

From the Mighty Pen of Sanjay



SHIVA RATRI SIGNIFIES THE MOST IMPORTANT EPISODE IN WORLD HISTORY



If an event spills over, in its effect, the national boundaries of a country, we call it an event of 'global importance' and if it changes people's current mode of living or their view of life and cosmos, we term it as 'epoch-making'. In a similar manner, if a person gives to the people of his time, a courageous lead to reach new goals or formulates a new concept or new ideological system that brings tremendous changes in socio-economic, political or religious thought, we call him the 'harbinger of a new age'. Measured with this yardstick, the number of persons, whose acts can be considered as events of 'global importance' or whose ideas can be termed as 'epoch-making', will not be more than a few dozens, or at the most, a few hundred people from all countries and all fields of life.

If we carry out the process of sifting further, applying the criterion whether these persons and events brought about, in the net result, an era of happiness and security or gave rise to turbulence and turmoil, the number of persons, who really sowed the orchards of peace and security, would be very small, indeed. Smaller still would be the number of those events and persons who, not merely brought about massive changes in socio-economic, political and cultural system, but also made, at the same time, a valuable contribution towards raising the moral and ethical standards of the people to great heights, greatly enriched the spiritual experience of a large number of men and women, made a deep and lasting impact on all the major aspects of life and, in this matter, formed a class by themselves, individually.

It cannot be denied that the event that made this world the veritable paradise once upon a time, if ever it did, and the person, who caused it, "should be considered as the most superb and unique, or what one may choose to term 'superhuman', 'supernatural' and 'divine'.

God does not play any role in human history. But, if besides gleaning through the formal and recorded history, as we know history today, one takes into account the shreds and pieces of history scattered in almost all scriptures of the world, one would find it unreasonable to deny that the mention of this event in the ante-diluvian period, cannot be without substance or a kernel of

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Rates of Subscription for "THE WORLD RENEWAL"

INDIA FOREIGN

Annual Rs.100/- Rs. 1000/-

Life Rs. 2,000/- Rs.10,000-

Subscriptions payable through Money Order/Cash or Demand Draft (In the name of 'The World Renewal') may be sent to:

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

For Online Subscription

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

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■ Editorial ■

**MAHA SHIVRATRI:
A FESTIVAL OF THE
ENTIRE WORLD**

Through the known history of the world, whenever there has been incarnation of any of the Religious Founders, it has always been celebrated not only at the place of their descent, but almost in all parts of the world. People have revered such divine incarnations, and continued to respect their guidance and advice for leading a life based on principles, and service unto humanity. While this has been continuing for over 2000 years, a change has been taking place after the incarnation of Guru Nanak Devji, whose message of One God was very well received in Bharat and other countries. While religious teachings and practices have kept humanity grounded with insights of betterment for humankind, **we still tend to find limitations in the experience of empowerment through *Bhakti*, and therefore comes a time when the voice of humanity rises in unison to invoke direct blessings of the Supreme Being for a genuine, transformative change.**

The Religious Founders themselves have always invoked blessings of the Supreme, and shared the same with other fellow beings with utmost love and reverence. **As per the Law of Entropy, all newly designed and created systems will go through different stages of decay during the course of time. Similarly, all religions have also had their golden eras and then passed on to reducing stages of purity, piety and**

purpose. The present age displays a different kind of scenario where we find people engaging in worship quite simply to achieve limited and selfish goals. Further, **the quest for divine learning and virtuous lives seems to be only harboured in the minds, but actions are contrary to the wishes that are expressed through prayers.** In a way, the age of darkness, disillusionment, and impurity, '*Kaliyuga*', seems to be prevalent in every aspect of human endeavour, thereby leading to a state of irreligiousness steeped in the ugliness of the five vices or negativities, and a wide range of ailments. This seems to be the dire and crucial time for transformation, where we need to embrace Godly guidance for recovering our lost divinity, virtues and spiritual beauty of life.

This necessitates the exploration of possibilities for rejuvenation through the direct guidance from none else but the very Source of Spiritual Wisdom, Understanding, and Power. The Festival of *Maha Shivratri* is not only a reminder of God's existence, but inspires us now to be well informed about the Divine Task of bringing about change within the consciousness of individuals. It is only then that characters and behaviours may be reformed, and the universal virtues that humanity continually prays for, become an integral reality of each one's life.

This is why it is a matter of great celebration that as per the Supreme Being's promise, He descends to revive, rejuvenate and re-establish the golden principles of Universal Love, World Peace, and the Culture of performing Righteous Actions. The required power is derived from the simple understanding of

knowing of our spiritual selves, and our eternal relationship with the Supreme Parent, which we are reminded of through the medium of Spiritual Father of Humanity, Brahma Baba. The Supreme's reincarnation opens the gateway to heaven through the re-grooming of humankind to their original and elevated level of love, peace, happiness, wisdom and purity. The Kalpa-old spiritual wisdom enshrined in the Shrimad Bhagwad Gita is re-revealed at this juncture of the end of Kaliyuga and beginning of Satyuga: the most auspicious Confluence Age or Sangam Yuga. **Though critics and intellectuals may point with good reason to the progress the world is making in terms of the explosion of accessible and dependable technology, it has in fact brought on a silent revolution that is providing materialistic and limited enrichment. The undeniable truth is that the more the technology and unprincipled, undisciplined use of science, the more humanity is taken further away from the basic tenets of Spiritual Wisdom and Life Sciences.** We are now being educated by the Supreme Teacher about how the invaluable life of human beings has been wasted away in the attraction and pursuit of gross and temporary self-serving desires. **There is nothing wrong with having worldly aspirations, however, by combining materialistic aims with a spiritual attitude and foundation, or by leading life based on spiritual values and skills, one can truly bring back on track, and head towards lasting success, peace and joy.** Not only can humans beings then taste the flavour of golden-aged life

here and now, but also prepare themselves and other committed seekers to co-create a world of Paradise in the near future...

On one side, we hear the demonic speeches of some Leaders who are misusing their authority and control over nuclear weapons, while on the other side the Supreme Parent, Incorporeal God Shiva is encouraging us to learn in depth how to inculcate spirituality and perform righteous actions for the benefit of Self, Nature and our Global Family. The most powerful aspect of Spiritual Knowledge is the practice of *Sahej Rajyoga* (Natural Communion between Self and the Highest Being). **It's only when the entire world population follows the Supreme Being's kind guidance that all of us can transform ourselves from ordinary humans into righteous and outstanding beings: Deities.** For this, our Supreme Father & Mother, God Shiva, plays the role of Supreme Father, Supreme Teacher and Satguru. Till date, millions of human beings have had the greatest fortune of receiving the highest Spiritual Knowledge and learning the art of Rajyoga Meditation, and thereafter are inculcating the same to their individual capacity. **May the spirit of Maha Shivratri celebrations inspire one and all to lead lives as Karma Yogis and spread the Supreme's wisdom in every nook and corner of the world!** After all, Maha Shivratri means reincarnation of Incorporeal God Shiva to catalyse the complete transformation of the world from Kaliyuga to Satyuga, which means transforming unworthy humans into worthy deities, through the study of Godly Knowledge, practice of Rajyoga Meditation, inculcation

of Spiritual Principles, and Unlimited Service onto humanity. **Let's unfurl the flag of our Supreme Father, Teacher and Perceptor on the rooftops of every home to herald God Shiva's reincarnation.**

Wishing every human soul blessings from the Supreme Mother & Father on the occasion of *Maha Shivratri!*

For the benefit of our Readers, we share some of the latest Elevated Versions as a gift for your own Spiritual Awakening:

The Father says: Always continue to make spiritual effort; don't be lazy. It is understood, from the efforts you make, what kind of salvation you will receive according to the *drama*. In order to claim salvation, you must follow *Shrimat*.

You have to forget everything. The high destination is when you have made your stage completely soul conscious. Whilst you are here on the world stage, you must consider yourself to be bodiless. This effort is very great. Even a snake has enough sense to discard its old skin. You also have to discard your body consciousness.

Silver Jubilee Celebrations of Gyan Sarovar, Brahma Kumaris' Academy for a Better World

With most beloved BapDada's blessings, we will be honouring the Silver Jubilee anniversary of Godly Services of Gyan Sarovar Campus on 29 February and 1 March 2020. We extend our hearty congratulations to Revered Rajyogini Dadi Jankiji, Rajyogini Dadi Hirday Mohiniji, Rajyogini Dadi Ratan Mohiniji, Didi Nirmalaji and all the dedicated sisters and brothers of Gyan Sarovar in particular, and those of Pandav Bhawan, Shantivan,

This is such a huge examination that God Himself has to come to teach you. No one else would say: Renounce all relationships of the body and belong to Me. Consider yourselves to be incorporeal souls. You should have no consciousness of anything else at all. This is why Shiv Baba says that you mustn't even remember this one (Brahma).

When you souls become pure you will receive pure bodies. Now those bodies are not pure. Whilst souls are changing from satopradhan to sato, rajo and tamo, they receive bodies accordingly. You souls are now continuing to be purified, but your bodies will not become pure here. These *points* will sit in the intellects of those who understand them well and who continue to explain them to others.

The Father says: *Follow* the ones who make good spiritual effort. This knowledge is unique. It isn't in anyone else's intellect how souls *change*. The whole thing is about Knowledge and Yoga. You souls have to become pure once again and return home.

Global Hospital and Peace Park on this occasion!!

It's a matter of great rejoicing that we have completed 25 years of service to humanity by propagating the concept of Happy Living based on Spiritual Principles and Rajyoga Meditation.

Gyan Sarovar has played host to a wide spectrum of luminaries over the years: Hon'ble Presidents of India: Shri APK Abdul Kalam and Shri Atal Bihari



IMBIBE WHAT BABA SAYS AND YOUR FACE WILL SHINE



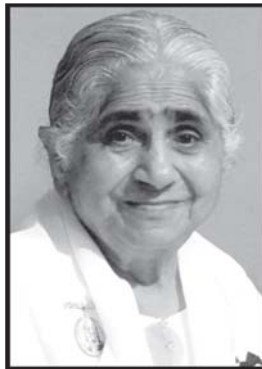
–Rajyogini Dadi Janki,
Chief of Brahma Kumaris, Shantivan

Say 'Om Shanti' and let it reach the whole world! Thousands of Baba's children are sitting in the Diamond Hall. You are all sitting peacefully. We are all happy.

Baba loves us and what do we have to do in return? We have to make Baba sit in our hearts. Once Brahma Baba said with intoxication, "I am the great, great, great grandfather." Take this feeling from Baba. He is making us equal to Himself. We have to follow Baba. Shiva Baba is going to take us back to the Supreme Abode. When we used to ask questions to Brahma Baba, he would make us laugh.

Today, in the *Murli* Baba spoke about renunciation (*Tyaga*), meditation (*Tapasya*) and service (*Seva*). We should have the attitude of renouncing. We can then do meditation (*Tapasya*) and service (*Seva*) also happens automatically.

See your own face and features. Each one's face is shining. When we listen to what Baba says, it goes into our ears and our faces start to shine. Baba has given us the gift of churning the knowledge imparted by Him. He used to give *chapatti* and butter to the children whose health was not good. Here, too, we have to churn the ocean to get the butter. Here, there



should only be the intoxication of becoming Narayan. In the world outside, people become intoxicated in many ways. They have the intoxication of the arrogance of the body. The way they walk reveals this. Our intoxication is incognito. We are learning to shed the body. Baba became *avyakt* by conquering over the vices. What do I have to do, now? Through me everyone should see and feel how our and their Baba is.

What is Yoga? To let the intellect be drawn only to Baba. To leave thoughts of money and physical things. Not to remember other human beings. To keep only Baba in mind. I am detached from this body and bodily relationships and I am loved by Baba. In order to receive love from Baba I have to be detached from the body and bodily relationships. I need to see Baba at *Amritvela*; then, throughout the whole day I will see only Baba. These are certain aspects of Yoga.

On one side is God and on the other side is my fortune. Baba is *Karankaravanhar* and I am *karanhar*. I have to be such that He can do His work through me. For this, I have to be Baba's true child. Let Baba be your companion. He is a very good and loving companion. His only thought is that we, the spiritual children, should become like Him.

What is love? We have to stabilise ourselves in the soul-conscious stage and give love to everyone. Let others experience Baba's love through us. Let everyone experience what it is to be close to our and their Father. Baba welcomes everyone. He loves everyone. Now, leave all traces of *Maya*. When we all leave all traces of *Maya*, we can fly back with Baba to the Supreme Metaphysical Abode. It is time for us to go back to *Paramdham* – the highest place beyond the five elements. Baba used to encourage us to have this experience. ❖

Mental pollution is the root cause of soil, water, air and noise pollution.

THE INNER WAR AND THE INCOGNITO VICTORY

—B.K. Girish, Bengaluru

This reading is not for a spiritual student who has not experienced an inner war, or has already won over it. On the other hand, those unknown but would-be well-known warriors, who are fighting 'it', might discover this soul to be one along their side in this epic battle. After a long battle, during the course of which I (the soul) am wounded on certain occasions and after defeating the enemy multiple times, I (the soul) realize that the battle can certainly be won with patience and perseverance. It can be best won collectively.

There was a time when my conviction of spiritual life being completely peaceful was rattled by intense inner battle. A time came when I was under the spell of extremely violent storm. I am not talking about twisters or hurricanes that batter a landscape. My mindscape was in tatters. O my God, what is happening! Does this happen to every spiritual student or is it happening to me alone? I accepted one thing – this is a signal of things lacking in me. I should set my house in order. I was battling the invisible – only inside.

The same question kept ringing in me – “Does this happen to every spiritual student or it is happening to me alone?” Will it happen to everyone else in this world or are there any doubly lucky souls, who do not have to undergo this ordeal? Questions like these came out uncontrollably. For me, who was totally unprepared to handle this, it was an unexpected serious jitter. Baba keeps telling in the *Murli* to console the souls: “Sweet Children, *Maya* attacks, but don't get frightened; it keeps coming

till the end. There will be thoughts that you never encountered before you took the knowledge... but don't do any *vikarmas*.”

Consultancy with the Spiritual Surgeon

Then, I thought why I should be wasting my time finding out if others are undergoing the same problem. If I am physically wounded, I would only think of first aid or going to a doctor first, rather than looking around to check if other wounded people are consulting doctors. In that situation, I would not be worried of my prestige either. The reality is, I am having a disease and so let me consult the surgeon – the Spiritual Surgeon. How does it make any difference to me if others have or have not consulted! If they have not, then they are lucky and let them not undergo the ordeal any time in their life. If they have, then they too can consult the Spiritual Surgeon. Anyway, that does not alter my life in any way. I became a tortoise and started concentrating on myself. *I realized that I am all alone here and I have to find my own way or grind my own ingredients.*

The next question naturally was how to consult the surgeon and tell my problems. He is Invisible and so I am. So, at a mental level, I poured out my woes. I “convinced” Him while I myself being in extreme nervousness that it is only He who has the solution to my problems. It is a pitiable state. I am lecturing God Himself on the same points He keeps telling me! He would have surely smiled at me. On the physical plane, I decided to write a letter stating my diseases. I wrote everything in minute detail, without any inhibition or hesitation. I was just a child in front of the Supreme Almighty. Having read the *Murli* point, “Lord is pleased with honest heart” (*Sachche dil par saheb raazi*), I tried to be completely true to Him.

The Storms

What are storms? What was the nature of

Sex-lust is the enemy number one of every human soul.

those storms? Storms are storms – they pick you up and throw you elsewhere. These internal storms lift the mind and throw it elsewhere. The storms varied. They are of ego, attachment, greed, anger and so on. There were whirlwinds of hatred, jealousy, suspicion, insecurity and fear laced inside these storms. I never realized that I had them in me all these days, silently doing their business. The battle was raging in the battlefield, beneath the calm external face. The face was a terrific camouflage.

The most bitter and unpalatable was the storm of impurity or lust. It was a shattering experience. Where have my previous efforts gone? What efforts did I make all these days to deserve them? How can these storms attack a pure soul? I questioned myself. Then the answer was: perhaps, I am not a pure soul. *But, then, none other than He tells me: "You are originally a pure soul." Should I believe my fluid current state or His words, which are always true?* I was in a predicament.

I was not prepared to accept any foreign element in me, the soul. How come these storms attack so intensely? Are these the results of unknown impure actions of the past births? Or some untoward thinking and mistakes in this birth itself? Or are these the old traits (*purana sanskars*). I was not satisfied with these points. "Don't offer explanations or lame excuses", I told myself. What is important is that I have to get rid of them at any cost.

I realized that the toughest battle occurs in the mind. Mind is the greatest battlefield. Goodness and evil are eternally at war. Sometimes, evils win and at other times, goodness prevails. It is this epic battle that makes a soul a hero or a villain in this great world drama. In this drama, maybe a very few need not have to fight. *Maya* would have accepted defeat from the day one, and that too not without a reason. Those souls

would have put good efforts across all births. For others, it is a battle (effort). Some feel it easy, while it is difficult for others. And over time, what once seemed a difficult battle appears to be a silly episode in life. It is always a case of complicated mind, rather than a complicated problem.

Interpretations and Misinterpretations of Karma Philosophy

During the times of immaturity and distress, we blame the *Karmas* of the past births, conveniently quoting the Law of *Karma*. This is an insult to the great law. It clearly says, "You get the result of what you do." This means the future is in my hands, i.e., it is *karmas* that I would be executing "*now*" that I will be experiencing the results. If I keep ruing over my past episodes or missed opportunities, I will always be wasting my bright future, and what more, for such thinking the future will certainly become the image of the past ghost. The past does not matter if I intend to "create" my future. The effects of past *karma* may be extremely hard, they will give hard times, but they cannot prevent me from doing what I want *if my intentions* are true.

I create my own fortune. Others create their fortune. I can't snatch others' fortune, nor can others snatch mine. The more jealous I am of others fortune (which in other words, trying to snatch other's fortune), the more will I be losing my own fortune. On the contrary, the more I admire others' fortune, I start creating my own fortune. What a wonder! Being where I am, I get "incentive" just by admiring others in my thought field!

The misinterpretations of the Law of *Karma* are more due to conclusions based on episodes in life, rather than observing the entire reel of life. I need to be patient till the better scenes unfold.

I realized that if I am willing to forget the past, realize my follies and bring in amendments my

Limitation of desires leads to peace, contentment and happiness in life.

actions leading to my future, the Merciful Lord is always there to give that much extra strength and help. He does not look at the past. The important point to realize is that the soul should transform and become a right hand of God in this tremendous task of world-transformation, which includes everyone's individual transformation. *Self-transformation is not an option, but is a necessity. It is inevitable. So, accept it with love and transform willingly without any doubt or reservation.*

Do not Fight, but Surrender

It is quite a challenge to be true to the self, leave alone to God. It requires courage. But, once I start being true to the self, no one can snatch my peace of mind. There are many obstacles to this such as the trivial questions of imagination: what others would say or think of me, how can I satisfy others even while I am true to self, the potential insecure future, whether I will be recognised, and so on. Maybe, the most embarrassing thing could be shedding a non-entity, called ego. *Whatever the matter is, nothing should come in the way of my strong conviction.*

The foremost important question is – “*how do I know whether I am true to the self? Am I really and absolutely true to the self or I am true to myself according to my biased or relative judgment?*” It was the most critical moment and intricate question that bugged me repeatedly. I discovered that I was not able to answer myself. I discovered that the answer lies in **surrender!** Just tell the Almighty the truth that “I don't know anything”.

I just said - hands up. I give up. In other words, I shed my ego, acknowledged my human limitation and gave the reins of my life in the hands of God. I knew I couldn't handle it anymore. This is not escapism; but a simple fact

to realize that I am completely dependent only on the Almighty. If I am not doing so, then I am leaning on *Maya*, which in itself means I am no longer realizing what is happening, or, in other words, I am under illusion.

What does *Maya* or illusion means? It means, “*I don't know that I don't know!*” “I don't know that I am wrong” or “I don't know what I am doing” and still think or argue that “I know”. What a ridiculous stage! Call it innocence, ignorance or arrogance – but the end result is the same!

I have to *surrender* myself to the Almighty with all the good and bad that are within. This is the only shortcut. For the reason that He has handpicked me, His sweetest child, He has already bestowed upon me all the powers, strengths, abilities and wisdom to get on top. *The least that I can do is not to doubt His choice and my capability.* The only thing left for me to do is to “discover within” because it is already there at my disposal.

The power of NOT knowing!

There is a familiar story. I kept hearing it and admiring it. Ridiculously enough, I never thought that this narration is my own story. A person came to a saint complaining that he is not understanding something. The saint took pity on him and placed a glass full of water and started pouring water on it. He asked why the glass was not holding the water. What a stupid question to ask, the person thought. He would have thought the saint to be stupid enough! But, the person realized (or maybe didn't!) his own stupidity after the saint told that unless he off-loaded what was there in him, he couldn't fill with fresh water.

The other way of putting it is, unless I admit unconditionally that “I don't know”, I will never be in the “know”. What is there to know if I already know? The wisdom lies in accepting the fact that “I don't know”, so that I begin to know.

Our desires give us sorrow; when they grow, sorrows also grow.

Another story goes like this – a lady bought a biscuit packet, rushed to the airport to catch her flight. She sat in the lounge waiting for the announcement. A man was sitting next to her. She opened the biscuit packet, which was in front of her, which she thought was the one she had purchased and ate one. The man sitting next to her picked the biscuit from the same pack and ate. She ate the third and he picked the fourth. It went on. Naturally, she was irritated to the core. “So uncultured of him”, she thought. When she was about to take the last one that was left, he gave a smile, picked it before she did, halved it, gave one piece to her and ate the other. Needless to say, she was fuming. As the boarding announcements were made, she hurried into the aircraft, sat in her seat and found out that the biscuit pack she had purchased was still in her bag! In her tension to catch the flight, she did not even realize that the biscuit pack was not hers; it belonged to that gentleman.

How many times did these things occur in my life! I don't know what is what. I think the problem is caused by someone else and conveniently thought of blaming on the other person or situation, or my own past. In other words, I am under illusion.

The power of “not knowing” needs to be understood in the right spirit. It is not a tool to find an excuse to run away. It means becoming humble. I admit that I don't know. When I accept that I don't know, realization dawns; the knowledge sinks into the intellect. This is a very interesting experiment one has to undertake in the laboratory of life. Humility is the ornament of wisdom. **(To be contd...)**

BEING HAPPY IS THE ONLY WAY TO GIVE HAPPINESS

The greatest gift we want to give to our loved ones everyday at every moment is happiness. We spend time with them, buy for them articles of physical comforts, support them, and yet they are unhappy at times. Most likely, it is because we are unhappy. Happiness is energy, not matter. Just by being happy ourselves and being happy while discharging our responsibilities, our happy vibrations radiate and trigger the happiness frequency in our loved ones and uplifts their state of mind to happiness.

Have you sensed, at times, that you need to make a lot more effort in sustaining your roles and responsibilities, if your mind is unhappy? Despite your extra efforts to care and provide for them, are family members and friends not happy with you? Does it leave you wondering what more should you have done? We often quantify our efforts and measure our loved ones' happiness against it. The truth is: how much we do for people doesn't matter. What matters is how happy we were, while doing everything. While caring for people or doing something for them, let us not create thoughts of stress, fear, anxiety, anger or pain. Otherwise, our negativity is sure to deplete people for whom we do so much, not allowing them to be happy with us. Without being happy, you cannot give happiness to others. Be happy and do everything that you need to do. It's your energy, which influences their happiness. Remind yourself this: *I am an embodiment of happiness. Being happy myself and, then, taking care of people, keeps my loved ones happy.* When you experience unconditional happiness, you have nothing but happiness to give to everyone. You don't even have to give, it automatically radiates. From today, let bliss be your natural way of living. Let nothing and no one pull you down. In every scene, contribute towards creating a happy family, happy workplace and happy world by being happy always. ❖

Your thoughts come out in words and actions spontaneously.

SOURCE OF HAPPINESS

—B.K. Surendran, Bengaluru

Once Thoreau remarked that 'money is not required to buy even one necessity of the soul'. Desires means wanting something. One, who has a lot of desires, is like a beggar. When a person is wanting something, he cannot be a happy person. When we speak of being free of desires, it does not mean that one should not have wants. Having wants is the intense desire to live. But, let the wants be not at the cost of our inner contentment, well-being and balance of mind. We should put efforts to fulfil our wants but failure to do so should not rob us of our precious property of contentment.

Normally, difficult situations and people will try to scuttle our contentment. But, for all these, application of right knowledge is required. Knowledge provides solution. Happiness is not the absence of problems and difficulties. Happiness is successfully solving problems and practice of effectively over-coming difficulties. Godly knowledge and practice of Rajyoga meditation are found to be the panacea for all problems and mental illnesses.

Positive Thinking

To stabilise in contentment we must be positive thinkers. Always weigh the positive side of whatever adverse happens and put full stop to waste thinking. Cull out the merits in each case and situation and exploit it to the utmost advantage for self-improvement. Thinking is a natural process. We have to see that negative and wasteful thoughts are not entertained. Again positive thoughts are those, which relate to self-improvement, soul consciousness, God consciousness, other's

welfare etc. We have to convert negative into positive just like love for arrogance, generosity for greed, etc.

Accept Variety of Sanskars

Normally, when we interact with fellow human beings we have a lot of expectations from them. Variety is the spice of life. Everybody is struggling to get rid of his own diehard habits and *sanskars*. When we look at others' *sanskars*, we should not get upset. Instead, we should look inside. What are our *sanskars*, which we are trying to get rid of over the years, but with little success? Hence, be sympathetic to the other person, who is also similarly placed in various situations of life. Give mental support so as to help him overcome his weakness, while we can reinforce our innate quality of compassion and love within ourselves. Be conscious of the fact that our job is to transform our *sanskars* and, hence, be patient. Be flexible and have a moulding nature. Learn new lessons from the bad *sanskars* of others and mould the self.

Pains and Sufferings

It is to tell us that we are in the process of settling our accounts. We must welcome the sufferings, the pains and the strains and undergo it with courage and patience. It is an occasion for introspection. We have to place ourselves in the care of God and happily undergo the sufferings. The weight of our misdeeds is being reduced through the sufferings. We are getting redeemed. Keep your balance and satisfaction in life. It is a reality, accept it. Let there be no regrets. God does not like us undergoing suffering. He is there to lighten our burden. His sweet remembrance is the shock absorbing mechanism in illness. Be courageous and patient. Things will change for the better. We often forget that we are souls, eternal spiritual children of the Supreme Father and Mother.

The more you remember God Father the more you become light.

Unexpected Financial Crisis

A financial crisis or other kinds of loss is always an expected eventuality in life. Therefore, always be prepared for it. It is time for constructive and purposeful thinking with a cool head. Planning and hard work are called for. It is also possible that this may be for better advancement in life. 'What happens is for good' should be our right attitude. Do not allow wasteful and negative thinking to enter our mind. Put a full stop. We are not alone. God is our Companion. Do not make Him a spectator, but make Him a Companion. He will not let us down. He will not like to see us in sorrowful mood. Be a companion of God and be spectator. Our hard work with divine blessings is going to pay rich dividend in near future.

Poverty

Everybody is poor in worldly sense in his last moments of life's journey. One even leaves his body itself here and goes. If one has many worldly possessions, it is of no avail. Poverty brings one nearer to God. God is '*garib niwaz*'. Poor people are free from various inebriations of wealth, powers, position, etc. It is a boon. The poor place themselves at the feet of the Lord, place themselves at the disposal of the Lord. Their life is sublimated for world welfare. One has to feel lucky for having been born poor, for this made him/her surrender to God. It is a blessing in disguise. Be happy.

Death of Near and Dear Ones

The knowledge of the soul and its role is the light and might one derives at the time of death of near and dear ones. Nobody dies. In fact, it is redemption from bondage. Every soul has its own part. Nobody can have grip over one's own life, not to speak of others. We must have attachment in detachment. These are inevitable events in worldly life. See through the reality of life on earth and be a silent spectator. There is no

reason to get upset or disturbed. It is a drama. There is only one relation, which is permanent, and that is the relation with the Supreme. Revive the perennial relationship with Him and make it lively. This exercise is going to make us detached from bodily relationships while living together. Be in the ocean of life, but do not allow the water of ocean of life to get into our boat of life and make it sink. Have an attitude of instrumentality.

Investing Happiness in Life

One is happy only when there is satisfaction or contentment in life. Therefore, it is necessary to safeguard happiness in life. It is a virtue. In this context, we have to think as to how we can invest happiness for our future. When we have a lot of money, we invest for future days, or days of old age or rainy day; in the same way, we can also invest happiness. Investing happiness means giving happiness to others. We have to make others happy. But, we can make others happy when we ourselves are happy. We have to check ourselves how much happiness we have in our mental godown. A stable, balanced mental frame is the reservoir of happiness. Our one-pointed attention should be as to how we can make others happy. When we keep attention to this, we will never hurt the feelings of others, criticise others or become arrogant. We will not do anything, which will make others sorrowful. We will always look at the brighter and beautiful side of others. The amount of happiness we give to others is the bank balance, which outweighs our negative accounts. Our negative accounts/the effects of our negative action through which we have given sorrow to others in our present or past lives will pale into insignificance because of the overweight of positive actions of giving happiness to others.

This investment cannot be stolen or looted nor destroyed. This will always be present wherever

God Father knows the wants of the souls, His children, before they know.

we go. There is no necessity to draw but it automatically keeps us contented and happy. Even if we are taken ill, we will not feel the pains and pulls of the disease. We will happily undergo the sufferings. Suffering will become only a formality. There will not be any change in our mental attitude of being "always be happy". The force of disease will not be felt by a person, who has huge deposit of happiness in his accounts. This is also the case of adverse circumstances. The circumstances will mould itself in our favour and a mountain like problem will reduce to a mole-like level. What we give to this world is ours. It becomes our real property, for this is going to accompany us in our last journey.

However, our happiness-giving pursuits should not be for negative purposes. We should not compromise 'Shreema'. God has given directions on righteous living. Therefore, we will not support anybody's vicious propensities for deriving happiness or for satisfaction of carnal desires, or feeding others' addiction of sorts, which destroy their lives. Making others happy again means transforming their lives, so that they also become happy.

The ultimate source of happiness and contentment is Godly knowledge. Knowledge is nectar of life. Knowledge is light and might. Knowledge is power. The power of knowledge is enlightenment. Ignorance is sorrow. Life is beautiful if coupled with God's sweet lovely remembrance. Therefore, the ultimate source of joy is the remembrance of the Supreme through practice of Rajyoga meditation. Let us remind ourselves that the God is our Eternal Father and Mother, Supreme Teacher and Supreme Preceptor. Godly service again is a source of great joy. It enables us to donate a life of greatness and joy to others. There is no comparison. Let us practise it. ❖

ABSTAIN FROM GOSSIP AND CRITICISM

Often our conversations revolve around other people. When we think or speak about habits and behaviours of other people, which we believe are not right, we consume their negativity into our energy field. Gossip is the simplest way to deplete your energy and to pollute the environment. Have you felt the urge to share a spicy story about someone? Did you struggle to keep it a secret from your social circle? In other words, had you indulged in gossip? No matter how skillfully we polish and present a negative opinion about people, gossip cannot turn into gold. Negative conversations not only dirty the reputation of the other individual, but also lowers our moral credibility. For one, if we really need to say something, we might as well share the many positive characteristics about people. Secondly, is it ethical to talk about a personal detail of someone's life just to make us look socially aware? Focusing on people's goodness makes us look good in our own eyes.

Remind yourself this - *I care for everyone's feelings and privacy. I refuse to gossip, judge people or indulge in small talk.* Sit back and programme your mind to speak only niceness about others and abstain from gossip. Increase your self-control and will-power. Protect your energy field from the behaviors and energies of people around you, just by not thinking and speaking about them. Repeat this every hour - *I am a powerful being. I focus only on the goodness in people and speak only the positives in them.* Create only clean thoughts and speak only pure words about others. Protect yourself and your environment. Your positive thoughts and words about others raise your energy and the energy of everyone around you. Make your every thought and word a blessing for others and start vibrating at the highest emotional frequency. ❖

Animals don't forget their parents, but human souls forget even their Supreme Father.



PURITY OF THE MIND AND INDESTRUCTIBILITY OF THE SOUL



–T. V. Jayaprakash, Palakkad

The wise say, "He, who has conquered his mind, can easily conquer the world." The attempt to strive to conquer over the mind finds success and brings peace, and in addition, it pays rich dividends in the search for salvation, liberation and self-realization. From the time immemorial, it has been acknowledged that the highest human achievement is the conquest of the mind. The flower will bloom always before a person, who expects it.

The *pneuma* is related to the spiritual realm, while the psyche or soul is concerned with our thoughts, feelings and decision making, rational, emotional, and volitional, and finally the *soma* or body, our physical earth suit, that deals with the five senses.

In Stoic philosophy, *pneuma*, *the spirit*, is the concept of the "breath of life", a mixture of the elements, air in motion and fire as warmth. Originating among the Greek medical writers, who locate human vitality in the breath, *pneuma* for the Stoics is the active, generative principle that organizes both the individual and cosmos.

Be a lover of the vision of truth even though lags behind, limping along the arm of time. Begin in wonder and feel the wonder. Ask the question: what is it all about? Life is nothing but a celebration of events. A happy life consists in tranquility of mind.

The big-hearted ones enjoy the moments spent in ecstasy. In every individual, the two trends—one towards personal happiness and the other towards unity of the rest of humanity - must contend with each other. Buddha says, "If you light a lamp for others, it will spread light on your path too." There is a law that man should love his neighbour as himself. In a few centuries, it

should be as natural to mankind as breathing or the upright gait; but, if he does not learn it he must perish. If you feel love or compassion, you have a motive for existence, a guide for action, a reason for courage, an imperative necessity for intellectual honesty. So, feel this and be a citizen of the world. John Keats, the English poet, writes, "To bear all naked truths, / And to envisage circumstance, all calm; / That is the top of sovereignty."

"Learn what is true in order to do what is right", that is the summing up of the whole duty of man. If the mind is pure, it can make the hell a heaven. It can change the hell into heaven by persuasion and purification. A man doesn't learn to understand anything unless he loves it.

Fame is the fragrance of bold actions. A wise sea captain caught in a tropical storm knows that if he holds his vessel on the periphery, it will get hurled from one side to the other. If he can reach the eye of the storm, he will enter a place of stillness. The storm will, then, subside and the ship can continue its journey. Great truths are portions of the soul of man; great souls are portions of eternity. Brahma is depicted in art as having four faces, symbolic of the four *Vedas*, the four epochs (*yugas*), and the four orders of society (*varnas*), and shown either seated or standing on a lotus throne or his mount, the swan (*hansa*).

The soul is not composed of any materials. It is unity indivisible. Therefore, it must be indestructible. For the same reasons, it must also be without any beginning. So, the soul is without any beginning and end. The weapons cannot cleave the soul (*Atma*); the fire cannot burn it; the waters cannot wet it; and the wind cannot dry it. It is eternal.

We can never change the past. Also we can never change other people. But, we can bring change in ourselves. Divinity is our real nature. We need to realize that change cannot be forced but can be achieved only through kindness, respect, understanding and acceptance. This realization brings peace in the self and others as well. ❖

Loving and serving mankind are also acts of loving and serving God.

Happy Shiva Jayanti/Shiva Ratri

**NEW AGE SPIRITUALITY
COMMEMORATES THE
DIVINE BIRTH OF OUR
SUPREME FATHER, THE
CREATOR OF HEAVEN**

–Bro. Bubbles,
Sydney, Australia

New age spirituality began in the last 100 years of the cycle of 5000 years when the world witnessed massive changes. This period is the confluence of *Kaliyuga* and *Satyuga*, called the Diamond Age (*Sangam Yuga*). It is during this period, the Supreme Father descends upon the earth to transform all that has gone wrong. 21st February denotes the 84th divine birthday of our Divine Father Shiva.

He has come to reveal the True *Gita* to cleanse and purify Bharat in particular and the whole world in general. There is sorrow, suffering, corruption in the world and conflict in every home, today, and we are, now, in the depths of hell, characterized by pains, sorrows and sufferings in *Kaliyuga*.

At this darkest hour of world history, God Shiva, the Supreme Father, takes Divine Birth by entering in the body-chariot of a human being, named Dada Lekhraj, and renames him as Prajapita Brahma. He imparts spiritual knowledge to His special children, who were the Deities once before, and His special children impart this spiritual knowledge to souls throughout the whole world. By making elevated effort, these Brahmin souls, then, become the Deities in the New World, called *Satyuga*. At the moment, those idols are non-living whereas, at one time, they were living



human beings with divine virtues.

It's, now, time to make special elevated effort to know the past, present and future and to claim self-sovereignty, our inheritance of peace, purity, health, wealth, prosperity and happiness, as well as a high status by imbibing divine virtues, good qualities and values in life.

We, the human souls, take strength from God through the power of *Rajyoga* in order to conquer over the vices by being *Manmanabhava*, i.e., allowing the mind to be with God.

It is during this period of the Confluence Age or Diamond Age, God becomes the Creator, the Director, the Principal Actor, the Supreme Father, the Supreme Teacher and *Satguru*, meaning the True Guide. He also becomes our greatest Server.

After the divine birth of Shiva is the birth of *The Gita* and then the birth of the first Deity, the first Prince of Heaven – Shree Krishna – who has made the number one spiritual effort in his last and final 84th birth. The term *Shyam Sundar* refers only to Deities. By following Rama's dictates, we become beautiful (*sundar*) and by following *Ravan's* dictates we become ugly (*shyam*). The first one (*Rama*) symbolizes the positive force and the other one (*Ravan*) symbolizes the negative force. By conquering over the negative forces during *Sangam Yuga* in every cycle, we create the Golden Age

In order to love His spiritual children, God Father first forgives them.

(*Satyuga*). God, the Trinity (*Trimurti*) Shiva, has three main helpers - Brahma, Vishnu and Shankar - in order to accomplish His noble tasks of world renewal through Generation, Operation and Destruction. Brahma helps to create the new world, which is called Generation; Vishnu sustains Heaven, which is called Operation and it is said that Shankar is symbolic of Destruction and cleansing of all evil and irreligious acts in *Kaliyuga*.

Liberation of souls cannot be carried out by any human; only the Supreme Soul, the Supreme Spiritual Father, is the Unlimited Bestower, who grants liberation to every human soul. Let's remember the Creator and not the Creation, as this is the time when God Himself is helping the souls to attain their purest form so that they can return to their original metaphysical home, called Soul World, and begin their new journey in the next *Kalpa* in the New World, called the Golden Aged Heaven or Paradise.

For more information, please contact your nearest Brahma Kumaris Centre where spiritual teachings are offered free of charge. ❖

OVERCOMING THE SUBTLE DESIRE FOR REVENGE

Ask yourself very honestly how many times in your life did you feel joy, even a slight trace of it, when something negative happened with someone, who had harmed you or hurt you or insulted you in any way in the past – either in the immediate or distant past. When this kind of joy, which is an impure form of joy, is seen inside you, even if it is at your extremely subtle thought level (if not in your words or actions), you need to remember that this is nothing but a feeling of *subtle revenge*, even if physically you haven't got back at any point of time at the person, who has harmed you, when he did so. It may not sound very nice, but this kind of joy is enjoying the pain of others and is obviously an extremely low grade form of joy. Sometimes, as a way of justifying our *joyful revenge*, we call it *justice*.

The driving energy or fuel behind this kind of revenge is hatred or anger. It is a feeling of saddism: *I really enjoyed it when what they had done to me came to them - I was so happy to see them suffer for what they had done, this is their punishment ... tit for tat*. It is a type of joy that only increases our accounts of negative *karmas* with the other person, which as a result, increases our sorrow, instead of decreasing it, although it may give us an impression for a while that it is decreasing our sorrow. This kind of joy will only cause the radiation of a negative form of energy to the other person, which will not only give pain to the other person, but will also cause the radiation of the negative energy of hatred from the other person to us that will never bring us long term joy. Imagine someone meeting with an accident on the road and in a lot of pain, and, instead of helping that person immediately, we smile at that person being happy with what has happened to him or her. What energy will such a person send us in return? This example is on a physical level, but the same principle applies on a subtle level. So, the next time something like this happens in our life, we need to remind ourselves only if we don't have the slightest trace of joy inside us that we can safely say that we are free from any desire for revenge, even though it may be very subtle. ❖

The greatest boon of God for souls is that He comes down to purify them.

CELEBRATION OF AUSPICIOUS SHIVA JAYANTI

–B.K. Dr. Swapan Rudra,
Durgapur (West Bengal)

Shiva Jayanti is being celebrated with grandeur every year not only in India but also in other countries throughout the globe. This is also called *Maha Shiva Ratri* festival supposing the fact that God Shiva was born at night, which symbolises both darkness and ignorance. No one knows since when *Shiva Ratri* has been continuing to be celebrated, but whatever may be the starting year, it must not be earlier than 2500 years. The first Shiva Temple was built by Maharaja Vikramaditya in Somnath in the onset of *Dwaparyuga* and we all know about 12 *Jyotirlingas* namely Somnath, Mallikarjuna, Mahakaleshwar, Omkareshwar, Kedarnath, Bhimashankar, Visheshwar, Trayambakeshwar, Vaidyanath, Nageshwar, Rameshwar and Grishneshwar located at different places throughout the country. People say that each *Jyotirlinga* takes the name of the presiding deity considering different manifestations of God Shiva. According to a mythological story, once Brahma and Vishnu had an argument over supremacy of Creation. To settle the debate, Shiva pierced the three worlds appearing as a huge infinite Pillar of Light, the *Jyotirlinga*, which later cooled into the Holy Mountain Annamalai where the Temple of Arunachaleshwara is located. It is also called that the *Jyotirlinga* shrines are in Temples where Shiva appeared as a fiery Column of Light. The *Shiva Puran* describes that the 12 *Jyotirlingas* are the body and the *Jyotirlinga* at Pasupatinath in Kathmandu is the head over this body.

Different stories are also there in Hindu mythology and different other *Purans*, but no where the true facts have been revealed because the truth was not known by any human being. Civilization or society always moves forward along with its own culture formatted, formulated and adopted by the people of that particular civilization and society. The saint personalities and great thinkers, generally, serve the society through their enlightened thoughts for the good of the people, but no one was able to narrate the mystery behind the worship of *Shiva Linga* and its spiritual significance. Now, at this time, God Himself has started revealing the fact details about the history and geography of the world through the lotus mouth Prajapita Brahma since 1936. Since the start of *Dwaparyuga* and before descent of God Shiva, people of different religions, faiths of different countries explained, analysed and motivated themselves and others by their own opinions being guided by the religious versions, approaches and interpretations of saints philosophical theories and scientific extracts; but, there was no direct Godly versions till then because God Shiva had not descended in the world stage before 1936. He was permanently residing for so long in the metaphysical Soul World (*Paramdham*).

God always descends in His right time at the end of a 5000-year old *Kalpa* remaining 100 years before the start of the next one. So, when *Kaliyuga* of one *Kalpa* is going to be an end and *Satyuga* of next *Kalpa* is knocking the door, God Shiva appeared at that juncture in the platform of this Eternal World Drama (EWD) and takes the body of Dada Lekhraj in loan to pour out the true spiritual knowledge to the Brahmins delivered through the mouth of Brahma. Every 1st half of



Sweet words have the power and influence to change people's nature.

the *Kalpa* including *Satyuga* and *Tretayuga* remains on earth as heaven where the deities live in soul-conscious state and later deteriorated to the state of ordinary humans losing the divinity and becoming inflicted with five vices such as lust, anger, greed, attachment and ego. The human society has taken a reverse direction since the last 85 years when God has entered into this world stage and has been educating the whole human society through Brahma Kumaris Organisation. This excellent, beautiful and incognito spiritual knowledge has already been spread among the people of 142 countries, and everyday many are getting interest in this innovative knowledge without any prejudice and limitation. The speciality of this knowledge is to know the EWD accurately and to know oneself and one's own part within the Drama Wheel. Whenever one starts believing in this knowledge, he/she will start progressing in his/her life wherever he/she is or whatever his/her present situation is. Godly versions through *Sakar* or *Avyakt Murl* are called true knowledge of *The Gita (Sachha Gita gyan)* and those are presented in such a way that everyone, who goes through it, finds solution even at this final time of havoc, chaos and calamities. Apparently, it seems to be difficult to follow God, the Supreme Soul; but, when one could know his/her own identity as soul and relation with Him he/she could easily recognise the Supreme Father as his/her own.

In heavenly period, the 1st half of the *Kalpa*, there is no need of God. The 2nd half is called the cult of devotion (*Bhakti Marga*) or the dark phase of ignorance due to absence of actual knowledge of life due to entrance impurities and vices within the human souls. All human souls will not be immediately attracted to this spiritual knowledge as they are comfortable in their companionship with 10-headed Ravan, who

promotes the vices within both males and females; but, at the same time, it is also true that without this knowledge, no one will get liberation or fruition.

Our Beloved Shiva Baba everyday teaches us in more than 4,500 B. K. Centres all over the globe and He always reiterates that only Godly study and remembrance of Him can transform a human being into a deity by clearing the wastes and negativities within the human soul. This 100-year *Sangamyugi* time is very short for such a huge preparation to get the lottery for entering in the *Golden Age*, and, hence, it is very precious and vital for completion of the 33 crore deities, who are now living as ordinary human beings in different countries. During this highest, auspicious and powerful time in *Diamond Age*, we can make our own destiny according to our own thoughts and desires due to God's blessings and our own personal spiritual efforts. Shiva Baba always advises us to do spiritual efforts, now or never. The meaning of it is that one can change oneself whatever one likes to be in future, deity or remain ordinary human being as before. So, keeping in mind all the aspects of the great change, *Maha Shiva Ratri* is a very special occasion to acquaint the people with the message of God through sweet words and mental power in remembrance of Him. It would be the high time to explain the different unknown things also related to the structure and design of *Shiva Linga*, its worshipping time and materials, difference between Shiva and Shankara and the significance of *Jyotirbindu* Supreme Soul and other souls in the light of spiritual knowledge, which is of utmost necessity in this deep darkness of spiritual ignorance in *Kaliyuga*.

Brahma Baba was the human body-chariot of the Supreme Father and he was the first to be absorbed in this knowledge and, then, gradually

(Contd. on page no.25)

The flowers spread natural fragrance, Rajyogis spread spiritual fragrance.

VEGETARIAN FOOD HABITS AND GUT HEALTH LEAD TO WELLBEING – SCIENTIFIC EVIDENCES



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

Food is utmost essential for any living being, and without proper nourishment life is adversely challenged. We all know that digestive system, i.e., the Gastrointestinal tract, functions untirelessly for meeting the nutrient demands of each and every cell of the body. Ingestion of food is from mouth; then, it is passed on to the stomach and intestine where it is digested by different enzymes converting the food to simpler absorbable nutrients, and the excess is stored as energy or protein, and, in the process, eliminating waste out of the body. But, the recent studies conducted by number of scientists have shown that apart from the digestion activity, the GI system has an even bigger, more complex role to play. “It has been linked to numerous aspects of immunity, to emotional stress and to chronic illnesses, including cancer and diabetes etc., which seemingly have no direct relevance to digestion. This is due to the presence of hundreds trillions of bacteria called microbiota (there are ten times more bacteria than cells in the average human body), which also inhabit the gastro-intestine. They not only help in the process but that also help our bodies maintain homeostasis and overall well-being,” says Dr. Tara Menon, a gastroenterologist at the Ohio State University Wexner Medical Center. According to the scientist, properly balanced population of these promote a healthy digestive tract, along with the immune system.

With the advancements in laboratory techniques, functions of the human gut micro biota related to immunity and the gastrointestinal, brain, cardiovascular systems and genes have been well studied. There are sufficient evidences suggesting intense exchange of information and potent connection between brain, gut and gut micro biota (gut feeling of the brain) round the clock even when we are sleeping. This communication also has impact on our human experience including our emotions, decision making and socialization, apart from our voluntary food intake. Thus, paying attention to this communication can be helpful for holistic health. It has been proved that nature of bacteria residing in gut are affected by the type of food we take. Vegetarian diets are found to be beneficial not only for the physical health but also for the mental and emotional health too, due to increased number of desirable micro biota. Though, the modern food system is diverted towards non-vegetarian diets influenced by western culture, which claim these to be more nutritious. However, on the other way, a number of scientific publications on PubMed and the public popularity as depicted recently by Google Trends emphasize on the increased interest in plant-based diets.

Our religions have already supported vegetarianism since ages. Now, researches have also shown that human beings are vegetarian by nature. Recently published (Front Nutr. 2019; 6: 47) review has shown the difference in gut micro biota composition between individuals following vegan or vegetarian diets and omnivorous diets. A plant-based diet appears to be beneficial for human health by promoting the development of more diverse and stable microbial systems. In addition, vegans and vegetarians have significantly higher counts of certain Bacteroides compared to omnivores. Fibers

Spend only one hour in meditation, the rest 23 hours will be fruitful.

(non-digestible carbohydrates, found exclusively in plants) most consistently increase lactic acid bacteria, such as Ruminococcus, E. rectale, and Roseburia, which promote gut health and reduce Clostridium and Enterococcus species, which are pathogenic in nature. High fiber intake also encourages the growth of species that ferment fiber into metabolites as short-chain fatty acids (SCFAs), including acetate, propionate and butyrate, which act as a major energy source for intestinal epithelial cells and may, therefore, strengthen the mucosal barrier. The SCFAs have magical effect on immunity against pathogens, blood-brain barrier integrity, provision of energy substrates, and regulation of critical functions of the intestine. Vegetarian foods also contain number of phytochemicals, which are immuno modulators too. For example, polyphenols, increase Bifidobacterium and Lactobacillus, which have anti-pathogenic and anti-inflammatory effects and also are protective to cardiovascular system. In conclusion, the available literature suggests that a vegetarian/vegan diet is effective in promoting a diverse ecosystem of beneficial bacteria to support both human gut microbiome and overall health.

A study (J Transl Med. 2017) suggests that people, who consume lots of protein, particularly animal protein, have higher risks of inflammatory bowel disease, a chronic condition that may reflect poor gut health. Another study (European Heart Journal, Volume 40, Issue 7, 14 February, 2019), suggested that consumption of red meat may raise trimethylamine N-oxide (TMAO) levels, which is produced by gut bacteria. The higher the levels of TMAO, the higher are the risks of heart stroke and attack.

Thus, our gut-brain connection supports the fact that our gut has been evolved to handle a huge variety of naturally grown vegetables, fruits

and other plant-derived foods, because of its anatomy (length of small intestine is 28 ft i.e. about 10-11 times of body length in contrast to omnivores which is 3-6 times of body length). Because of longer small intestine (as compared to carnivores), the meat has a longer transit time in intestine; consequently, it can purify and create toxins. These toxins have been implicated as a cause of colon cancer, and also increase load on the liver, thereby affecting its elimination of toxins efficacy. This can cause cirrhosis and even cancer of the liver. Meat contains a lot of urokinase protein and urea, which add to the burden on the kidneys, and can destroy kidney function.

Considering all above literature, it is evident that human beings are vegetarian by nature and people should be reinforced to be vegetarian; be it related to health, environment or ethics.

Our beloved Shiva Baba, being our Supreme Father, is very much concerned about our holistic health, i.e., physical, mental, emotional as well as spiritual health, and is guiding us about "what we should eat". His key role in the world drama is the Redeemer (*Patit Paawan*); so, He has descended upon the earth to purify his children both at mental and physical level, as the physical body is nothing but a heap of transformed food. At metaphysical level, all the actions (*karma*) are stored in our soul and pass on to the next birth. His teaching with regard to pure dietary habits, which were followed by Deities, are helpful in inculcating divinity in us. He has descended at this Confluence Age to purify us and has every hope to see us (His beloved children) with divine values. He also promises us that if we stay pure in this birth; then, we will receive the inheritance of health, happiness and prosperity for twenty one births during the periods (2,500 years) of *Satyuga* and *Treta Yuga*. ❖

Merge yourself in remembrance of God, virtues will emerge in you.



SOUL AND MATTER



– Dr. B. K. Narsaiah, Gyan Sarovar,
Mt. Abu, (Raj.)

The term 'soul' or 'consciousness' has been defined as the "spiritual or non-material part of a person, believed to exist after death" (Oxford Advanced Learner's Dictionary). In the oriental dictionary, the soul is also defined as a spark of life-energy living in the living body as well as an eternal existing invisible life-energy after death. While the psychologists and psychiatrists call this life-energy as "psyche" or "mind" or "consciousness," philosophers call it "self" or "awareness"; some also call it "conscience".

In order to understand the real meaning of the concept of 'soul' or 'consciousness' it is necessary to understand 'what is matter?; what is non-living matter?; what are living matters (organisms)?; what are plants and animals?

Matter, whether living or non-living, is composed of elements that are aggregates of molecules formed by the combination of atoms of the same kind. There are 103 basic identified elements. Non-living matter is made up of five basic elements of nature (*pachamahabhutas*) - earth, water, air, fire and ether - that have neither life nor awareness (consciousness). The living matter, called protoplasm, also consists of the elements, which are similar to those found in non-living substances in the atmosphere, crust of the earth, sea and celestial bodies. The elements of oxygen, carbon, hydrogen and nitrogen constitute about 96 percent of protoplasm. Atoms of these four elements combine in different ways to form organic and inorganic compounds, which are aggregates of molecules formed due to combination of atoms

of different elements. The primary difference between living and non-living matter seems to be at the level of compounds. The living matter, protoplasm, in a multi-cellular organism is organized in a definite pattern, cell being the smallest unit of protoplasm. The cells combine to form tissues, which group together to form organs, several of which function in unison to form an organ system. The human body - the most superior of all physical bodies - is made of several organ systems such as nervous system, respiratory system, circulatory system, digestive system, endocrine system, etc.

There is similar interplay of physical energy trapped in the elements/compounds, both in 'living' and 'non-living' matter. Even though the elements/compounds found in protoplasm, the living matter, are similar to those found in non-living matter, there is an additional component in the organic compounds found in protoplasm, and that is the quality of 'life'. Deoxyribonucleic acid (DNA) and ribonucleic acid (RNA) molecules are joined to simple proteins to form super molecules of nucleoproteins, which are considered the demarcation between living and non-living substances. DNA is closely associated with genes, the determinants of heredity that pass on physical and mental characteristics from one generation to another. RNA is associated with synthesis of proteins in the cell body. The physical energy trapped in a living matter is called biological energy or life-force. The cycle of biological energy or life-force for every 'living thing' keeps spinning separately through the processes of generation, growth, decay and regeneration based on the Law of Biogenesis, which states that all life derives from preceding life; and all forms of plant and animal reproduce their own kinds only.

However, life exists in much simpler, unicellular organisms like *bacteria* and *amoeba*

Always make a perfect balance between service and personal self-effort.

of both the plant and animal kingdom respectively. There are also entities called viruses - minute organisms - that show features of either living or non-living matter in different environments, parasitic and exhibit 'living' properties within plant and animal hosts; outside their hosts they are inert, non-reproducing chemicals that can be preserved in crystalline form indefinitely. However, when they are kept within proper living tissues, they grow and reproduce. The quality of 'life' in matter is determined on the basis of its ability to grow, reproduce, and react to change of environment by showing signs of irritability, and also based on its metabolic activity.

The living matters and organisms comprise of both plant and animal life including human; and the cells are building blocks of living organisms. Animals including human have living bodies of definite shape and size developed by living cells, but when the owner of the body - the conscient soul energy - in animals leaves the body, the body of dead cells decays and dissolves in nature and integrate into the five elements. Thus, the body, which is constituted of the living cells, is christened as the field (*kshetra*) or nature (*prakriti*) whereas the soul is called as the knower of the field (*kshetrajna*) or lord of nature (*Prakritipati* or *Purusha*).

The difference between the words 'living' and 'conscient' is significant here in understanding 'soul' or consciousness': 'living' means a physical body made of living cells whereas 'conscient' means an infinitesimal point source of metaphysical or spiritual light energy, a conscious energy of mind, intellect and impressions (*sanskars*), called soul. Thus, 'soul' or consciousness' is a conscient invisible point of spiritual light energy having three faculties - mind, intellect and *sanskars* - residing in the body but different and separable from body.

'Conscient' does not mean living or non-living but refers to an independent spiritual entity with conscient awareness (consciousness) termed as soul.

The Supreme Soul/Consciousness is neither a non-living matter nor a plant nor an animal nor a human being; but like soul the Supreme Soul is the all powerful conscient point of spiritual light with supreme attributes in state of ever Truth-Consciousness-Bliss (*Sat-Chit-Anand*).



There are many such souls but souls and Supreme Soul are not omnipresent. While souls are present in animals including man, souls (or consciousness) are not present in plant-bodies (that have no provision of brain to function) because conscient souls live in bodies that have brains, and through the brain the soul receives all information, knowledge of external activities in different parts of body through neuro impulses.

Animals and human beings are equipped with sense organs (*Gyaendriyas*), motor organs (*karmendriyas*) and special organ 'brain' without which the soul - a conscient energy with its independent existence in the brain system - cannot function. Hence, souls and Supreme Soul are not omnipresent in plants and non-living matters or things.

All animals including human beings, deities (divine human beings), belonging to the category of 'mammals' and "born from womb" are called viviparous (*jarayuja* or *pindaja* in Sanskrit). Animals like snakes that are born from egg are called oviparous (*andaja*) and have souls. Living organism like bacteria that are born and thrive in dirt as well as in organic substances like milk by self-multiplication are called self-multiplier (*svedas*) and have no souls.

If you hope to get everything from human beings, you may become hopeless.

Plants and trees born from seeds are called seed-born (*udbhidas*) and other living organisms like self-multiplying bacteria developing from living cells only without having conscient souls, belong to plant kingdom and are living things but not conscient; they have their special genetic conditions and characteristics for growth and development with the on-going life process of chemical reactions, but are not born according to good or bad deeds like human souls.

Animals born from womb or egg belong to animal kingdom and are born in their own species according to genetic characteristics and hereditary principles. The conscient souls belonging to particular species of animals enter into those particular bodies either in the womb of their mothers' bodies or eggs at a particular time.

Based on the spiritual teaching by Incorporeal God Shiva about the psycho-biological aspect of human being, it is clear that human being [*Jeevatma* (*Jeeva+Atma*)] is the combination of the conscient or sentient soul and insentient body, thereby reflecting the interplay of metaphysical and physical energies. The human body is a costume worn by the soul to play its role in the eternal world drama (EWD). The 'I' refers to the soul, 'my' or 'mine' refers to the body, explicating, thus, "I am soul" (IAS) and "I have body" (IHB) but not "I am body" (IAB) and "I have soul" (IHS). "Thus, the human body can be likened to a highly evolved multi-functional, self-empowered tool, custom-made out of insentient matter for every soul, the sentient master. As this tool is custom-made for a particular soul, it becomes junk once its master leaves it at death, denoting the end of a particular 'role' assigned to the soul, which then puts on a new costume appropriate for the next role through re-birth (*Mystery of the Universe*, 2008, p.8)".

The soul, the infinitesimal point source of

invisible metaphysical energy, is known by its inherent, eternal attribute, the consciousness. This attribute of consciousness is not an epiphenomenon of the brain or the electromagnetic forces at work in the brain and elsewhere, nor can it be called the product of chemical reactions taking place at cellular level in the brain and other parts of the body. ❖

(.....Contd. from page no. 20)

other Brahmins started coming to adorn the Brahmin family. Later, people from different walks of life have become attracted and attached with this B. K. Organisation and, now, the number of students is approximately 12 lakh; many more are still to come, at least 33 crore, for heaven and the rest souls for their own purification to again start qualitative spiritual life journey in the next *Kalpa* at any point of time after *Dwaparyuga*. So, introducing one self with this knowledge depends on each soul's own proclivities acquired through energy exchanges in different births. Today, the human souls are totally blank inside due to their body-conscious nature and they have lost the original qualities of the soul like peace, purity, happiness, love, power, truth and bliss. *Maya/Ravan* is their best friend, now, though they burn his effigy every year and worship Rama or God without following Him heartily with true knowledge.

We hope that men and women from every family will come to this knowledge a day whenever they could learn that this knowledge knows no bounds and through this there is enrichment in life in all aspects. So, let the Flame of Godly Light of Knowledge be ignited in the people, who are still living in darkness of ignorance and let us, celebrate the very auspicious Day of *Shiva Jayanti*, 2020 with grandeur, pomp and great success in Godly remembrance. ❖

Mental service is more effective than service through words of mouth.

TEACHER INFORMS BUT GURU TRANSFORMS

–B.K. Rose Mary

Just as sun comes at regular interval to give light and warmth to the inhabitants of earth, God Shiva, the Sun of Knowledge, too, comes at *Sangam Yuga* once in every *Kalpa* to restore the forgotten truth that would transform human beings into divine beings. This is proved by the effects seen, now, in the Confluence Age, and also in the succeeding Ages as the *Kalpa* (a cycle of 5,000 years) revolves.

Since nothing remains new forever, what has become old has to be renewed. This is more obvious in human systems. For example, when religions such as Judaism and Hinduism became decadent, Jesus and Buddha appeared respectively and gave a new beginning to them. Thus, we have plenty of religions, now, with each of them repeating the same pattern. This is true of other avenues of life too. In ancient India, treating the patients was free of cost (according to the testimonials of Chinese travelers such as Fa-hien, Hiuen Tsang, etc.), education was free, Kings were known as father (*Janak*) because of their fatherly qualities; yet all those good things have, now, been replaced with greed.

Such a decline in qualities is true of mankind's history as a whole. Just as the lives of most married people go through stages such as Diamond phase (romantic period), Golden phase (honeymoon phase of natural flowering of good qualities), Silver phase (struggling to manifest good qualities towards each other), Copper phase (conditional attitude of 'if you do this, I will also') and Iron phase (egoistic disagreement, conflict and complaining), the

history of mankind, too, goes through such phases, and the cycle repeats with God Shiva's renewal act taking place between the end of the old cycle and beginning of the new cycle.

That means history has no beginning and no end. The concept of a beginning for the universe is basically a Western thought. For example, Big Bang Theory. It states that there was no time and space in the beginning and our universe emerged from a singularity - a point of infinite density and gravity - and it is after this event that space and time came into existence. This theory was originally proposed by a Catholic priest, named Georges Henri Joseph Édouard Lemaître. This concept was later adopted by many scientists. Yet, this theory was rejected by great scientists (such as Sir Fred Hoyale, one of the most creative astrophysicists of the second half of the 20th Century) because it contradicts the very basic scientific truth that energy cannot be created but can only be transformed, which presupposes the existence of a conscious agent. If Big Bang Theory is true; then, it would mean matter created intelligence whereas numerous scientists do not agree to it. (Survey conducted by Elaine Howard Ecklund, founding director of Rice University's Religion and Public Life Program, <https://phys.org/news/2015-12-worldwide-survey-religion-science-scientists.html>)

Assuming a beginning for the universe poses many difficult questions. If one believes universe was created, and, thus, had a beginning, it would present the possibility that the universe need not have existed in view of its non-existence into past infinite. It would also imply that there was nothing, which means nothingness is possible; and it also means this state of affairs may have continued, with such a universe not coming into being. The only possible answer is that universe is eternally existing, and only an eternally existing universe can answer the question of

Tests of troubles come for those on path of truth but they win at last.

why the universe exists. No wonder there are persons, who think “that the universe is eternally undergoing a cycle of contraction and expansion.” (<https://www.space.com/38982-no-big-bang-bouncing-cosmology-theory.html>). And, in such a scenario, God's role would naturally be to “renew” the provisions of life's enjoyment whenever they are depleted/destroyed, as great people like Jesus believed (Mathew 19:28). This would mean God carries out His role of renewing at some transitional period of time, and remains silent during other times. In other words, people are reconnected with God at the end of each *Kalpa*. Thus, arose the word religion (from the root 're-ligare'), which literally means to "re-connect" with God.

In the concluding phase of each *Kalpa*, all people have the opportunity to attend a real *Satsang* to associate with truth when God Shiva undertakes a teaching and training programme. In this *Satsang*, the willing children are reawakened to the forgotten truth (*Sat*) about self, Supreme Self and the world, which have tremendous power to transform their lives. It is through this *satsang* that they come to know how to imbibe seven *sattwic* (divine/pure) qualities, which are the very *sat* (essence) of *Atma*. This aspect got into their memory in such a strong manner that the word for truth became *sat* (and its adjective *satya*, true) in each *Kalpa*, and first quarter of *Kalpa* was called *Satya Yuga* (Age of Truth). God Shiva's training is so unique that He does not try to please His children by diluting the seriousness of vices. He simply tells His children that 'if you remain virtuous in this one birth, you will live in the earthly Heaven for half of the *Kalpa*, but if you commit any sin, you will receive double punishment.' Thus, He is also remembered as *Rudra* (one who has a fiery/fierce disposition towards vices) by His children. He trained Brahma, the founding father

of Brahma Kumaris, so perfectly that he became the epitome of four goals of soul and its *purushartha* (*purusha* = one residing inside the body (*sharira*) known as *pura* + *artha* = purpose or pursuits).

Brahma was given the truth about various Cycles - (a) *Atma* in which the Cycle of birth-growth-death-rebirth of physical body happening repeatedly; (b) Cycle of *Kalpa* with *Param Atma* as the Director of the drama; and (c) his own life as a Cycle - as Narayan (also called Vishnu, meaning “one who spreads through”) at the beginning of each *Kalpa*, and as Brahma (from whom symbolic Brahmin children are born) in each Confluence Age (a fact that is picturized later as Brahma coming out of Vishnu's naval, which implies the same person living through 84 births climaxing in becoming Brahma, only to repeat the cycle in every cycle of *Kalpa*). In overall view, it is as though he was given a disc/CD containing information on various Cycles, or *Swadarshana Chakra*, a symbolic wheel that spins on his point-finger.

- (i) He was taught how to defeat attacks of *Maya*.
- (ii) He was trained how to imbibe qualities through *Rajyoga* and how to bring in purity in thinking, speaking and acting.
- (iii) He was asked to proclaim the forthcoming Golden Age - especially through service of making others like him.

Such actions made him Krishna (which means "attractive") or qualified him to be the Prince of Golden Age, who later becomes its emperor, and is renamed as Narayana. His four actions are perfectly copied by Brahma Kumaris and Brahma Kumars, making them his mouth-born children in the Confluence Age. The events of the Confluence Age find their symbolic expressions in the scriptures. (*Murli* 2.11.2017). In the second half of each *Kalpa*, when devotion and scripture writing begin, the above four

In order to remain stable, stay in soul-conscious stage and stick to it.

aspects are remembered and picturized through Vishnu's four hands, each of which is holding *Swadarshana Chakra* (symbolizing knowledge of various cycles/*Shreemat*), Mace (victory over *Maya*), Lotus (purity) and Conch (symbolic of serving the world). Thus, the spiritual children of Brahma earn the right to live in the Golden Age: "They made effort in their previous birth with knowledge of Easy *Raja Yoga*" (*Murli* 26/9/2016). It is as though they were planted by God Shiva, who calls Himself as "the seed of the *Kalpa* Tree" (*Murli*: 13.10.2017). That means there exists an incognito *Sangam Yuga* (Confluence Age) where restoration of righteousness takes place before the start of the Golden Age (*The Bhagavat Gita* - 4:7, 8).

Interestingly, this is one of the many activities foretold as would be accomplished by *Kalki* before the start of the Golden Age or *Krita Yuga*. "He will re-establish righteousness upon earth, and the minds of those, who live at the end of the *Kaliyuga* shall be awakened, and shall be as clear as crystal. The people, who are, thus, changed by virtue of that peculiar time shall be as the seeds of human beings, and shall give birth to a race who will follow the laws of the *Krita Yuga*, the age of purity" (*The Vishnu Purana*, Book Four, Chapter 24). It means in the concluding phase of *Kaliyuga*, many people would choose to adopt a life of purity, which would make them qualify to be in the *Krita Yuga*. This explains why the Golden Age was originally called *Krita Yuga*, which implies people created their own destiny to take birth in the Golden Age recreated by God. Thus, we have the words such as *Kriti*, *Krita* (from *kr*, to do, to make), which carry the thought of creation or causing to happen, *sams-krita* (perfectly constructed), etc. All such usages of the word *krita* helps us to

understand why the Golden Age is called *Krita Yuga*. In brief, the Golden-aged life led in Confluence Age is the Cause, and the Golden Age is the Effect as people are only reaping the fruits of their actions sowed in the previous Age.

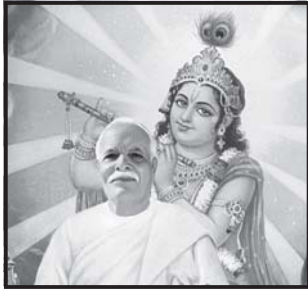
Thus, existence of Brahma Kumaris and Brahma Kumars, now, in the Confluence Age, and existence of words such as Religion, *Satya*, *Satsang* and *Satya/Krita Yuga*, and picturization of Vishnu/Narayana (which belongs to the second half of each *Kalpa*) are the proof that God Shiva makes His descent during the concluding phase of each *Kalpa* to teach and transform the human souls, His willing children. ❖

WHAT ALL WE NEED REALLY IS SPIRITUAL LOVE

Everyone looks outside for everything, including love. Love is all that everyone wants. Their purpose in life is love; to love someone, to be loved, to love their car, to love their dog, to love their garden, etc. But, all these types of love are perishable and are destined to fade away. The love we really want is within us all the time. When we feel love, where is the love coming from? It is within us, that's because we are embodiment of love. So, I need to sit in silence and get to know myself again, because when I get to know my true spiritual self I will find out that I am embodiment of such spiritual love. I don't need to look for it outside. I have an imperishable supply of the most sweetest spiritual love possible within me, because I, the soul, am a spiritual child of God the Supreme Spiritual Father, who is the ocean of Spiritual Love.

For children, God Shiva comes with gift of Heaven; Santa Claus comes with gift of toys.

Contd. from January, 2020 Issue **INCORPOREAL GOD FATHER SHIVA'S**



DIVINE DIRECTIONS (MURLI): THE CATALYTIC ELIXIR FOR DIVINE LIFE OF THE BRAHMINS AND DEITIES

–**Dr. Brahma Kumar Yudhisthir, Ph.D.,**
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Murli contains the divine utterances of Incorporeal God Shiva through the lotus mouth of Prajapita Brahma. Its praises are manifold in the sense that it is solely instrumental in changing impure human beings into pure deities and also in transforming the hellish Iron Age into heavenly Golden Age. Some of its other praises are as follows:

Murli Transforms the Human Beings into Deities

Murli has also the transformative power to change the vicious *sanskars* of the human beings, who are the embodiment of immorality, sensuality and negativity born out of their acquired body-consciousness and the resultant accumulated vices, into the deities by helping them inculcate the core and original values of the spirit/soul like knowledge, peace, love, happiness, purity, power and bliss. These spiritual values help them to be spiritual in true sense of the term and to lead a life of divinity as the deities in Paradise/Heaven being the embodiment of divine qualities, virtues and powers in practical life.

Murli does this by transforming their thought patterns in the sense that it enables them to transform their earlier waste, negative, immoral and ignoble thoughts into useful, positive, moral and noble thoughts. It also enables them to transform their material, immoral, extravagant and perverted lifestyle patterns, which they had developed on the premise of consumerism

culture, by transforming their such inappropriate lifestyles into very easy, simple, modest, moderate, pure, peaceful and viable lifestyles on the basis of newly inculcated values and spirituality.

Murli Links the Human Souls with God, the Supreme Soul

Rajyoga meditation is the only exclusive spiritual hotline for linking or uniting the human souls with Incorporeal God, the Supreme Soul, the Almighty, Absolute and Supreme Authority of the Universe. Just as a discharged mobile battery is plugged into the plug for recharging it with material electric power, likewise the discharged human souls, who have already lost their original, essential and fundamental qualities, virtues and powers, are required to link or unite them with the Supreme Source of all Qualities, Values, Virtues and Powers. Through this meditation practice, the human souls become two-in-one with God by merging themselves with Him, and thereby attain their long-cherished goals of self-realization and God-realization. In this way, they feel the spiritual affinity, affability, cordiality and amity with the Incorporeal God and, thus, easily establish all relationships with Him and realize the sweetness of such eternal divine relationships.

Murli provides the practical knowledge of mediation (*Tapasya*) and teaches the human souls how to link or connect with Him through

When the thought of giving comes to you, instantly start giving.

Rajyoga meditation practice and thereby help them restore all the already lost qualities, values, virtues and powers to them from Him through regular, deep contact and communion with the Highest Supreme Being.

***Murli* Makes our Life Lotus-Like**

The lotus is considered pure because though it is born out of impure mud under water yet it remains pure above the surface of water. As a symbol of purity, the pure deities are shown symbolically holding lotus on their hands, standing or sitting on the lotus. *Murli* makes the impure and sinful human life lotus-like in the sense that it inspires the human beings to become pure in thoughts, words and deeds, and practically show purity in conduct, manners and behaviours while coming in day-to-day interaction with other fellow beings and strangers as well.

Practice of Rajyoga meditation, which links/connects the impure human souls with the ever Purest Incorporeal God Shiva, the Supreme Soul, who is the Ocean of Purity, infuses purity in them just as a powerful magnet magnetizes a piece of iron that comes in contact with it. Purity is regarded as the foundation or the stepping-stone of acquiring all other virtues in life because where there is purity all other virtues automatically come to settle in. A person of purity is loved, liked, extolled and also worshipped by others, who flock to him/her for getting peace and happiness because purity is the mother of peace and happiness.

***Murli* Drives out Satan/Ravan**

According to *The Bible*, the famous Christian Scripture, Satan is the symbol of Seven Deadly Sins (SDS) such as lust, anger, greed, attachment, ego, indolence and jealousy. It is said that Satan, being disguised as a snake, tries to motivate Eve, the first woman, in the Garden of Eden, to fall in the trap of body-

consciousness by insinuating her to eat the proverbial Apple, called the fruit of Forbidden Tree, which God has forbidden the couple (Adam and Eve) in heaven not to eat. But, unfortunately, Eve got easily motivated by Satan, ate the fruit and also impressed Adam to eat the same; and, as a result, they lost their celestial, most innocent soul-consciousness state, came to the sense of body-consciousness, felt nakedness of their bodies, and finally were hurled down upon the earth from the heaven, and thereby were doomed to suffer hellish pains here.

In Hindu mythology, Ravan, the ten-headed demon king, represents five vices such as lust, anger, greed, attachment and ego in both males and females. In order to derive utmost transitory sensual pleasures, the human souls ignorantly indulge, in these sins or vices of lust, anger, greed, attachment, ego due to body-consciousness and suffer from hellish pains and anguishes.

With the magical power of *Murli*, it drives out the sense of body-consciousness, which Satan or Ravan has insinuated and instilled in the human souls and enabled them to see, perceive and treat them as outer bodies being oblivious of their real spiritual identity as spirits/souls. Regular study of *Murli* in both morning and evening helps them to stick to their original and essential soul-state, and thereby transforms the lens of their vision, perception and deportment, and also see themselves and others as souls while coming in interaction with one another.

***Murli* is the Divine Food and Tonic**

Just as the food for the human body consists of the various material food articles, likewise the food for the human spirit/soul consists of the various kinds of thoughts like positive, moral, ethical and spiritual thoughts. The vegetarian, fresh and food articles, which are pure and

When you count the blessings of God, thoughts of sorrows and worries won't come.

useful, sustain the body and physical organs, nourish and heal them whereas non-vegetarian foods like meat, fish and egg, stale foods and spicy food articles containing onions and garlicks, which are harmful for human beings, harm the body and physical organs *and also the mental and psychological state of the human beings.*

Murli is the divine food and tonic for the human souls in the sense that the spiritual knowledge contained in *Murli* transforms and purifies the current negative and waste thought patterns of the human beings into positive and useful ones. It also makes human thoughts positive, moral, ethical and spiritual. When human beings consciously think and entertain positive, moral, ethical and spiritual thoughts instead of negative and waste thoughts, they work as the divine food and tonic for them, and thereby heal the human psyche.

***Murli* is the Antidote**

The human body and mind are mutually related and interdependent in an inextricable manner. Body affects mind and mind also affects the body in symbiotic manner. The transformative power of *Murli* is useful, therapeutic and convalescing for the human physique and psyche in an unimaginable manner. The points of *Murli* act as antidote both for body and mind in the sense that they prevent the sickness and ailment of body and mind from deteriorating and degenerating into harmful and depressing states.

Murli also provides useful tips for both physical and mental health, and guides the human souls to take necessary and timely precautions for a healthy state of body and mind. Incorporeal God Father, Supreme Soul Shiva, is rightly called the Supreme Surgeon and prescribes the spiritual injection - *Manmanabhava* - for the physical, mental, moral

and spiritual renaissance, regeneration, convalescence and uplift of the human spirit/soul in an unprecedented manner. The healthy tips suggested and prescribed by God Himself have cured many human souls of their physical and mental ailments, moral, ethical and spiritual dilemmas, and thereby helped in achieving physical rejuvenation (*Kayakalpa*) and complete and marvelous mental, moral, ethical and spiritual transformation.

***Murli* Shows the Highway of Divine Life**

In the current Iron Age (*Kaliyuga*) of utmost decadence, disorganization, fall and deterioration, the impure human souls lead a hellish life by treading a narrow and nihilistic path of gross immorality, impurity, sensuality, obscenity, and perdition by following the evil directions or opinions of their own ignorant self (*Manmat*) and those of others (*Parimat*).

Murli provides human souls the Holiest Supreme Directions (*Shreemat*) of the Incorporeal, Knowledgeful and Almighty God Father Shiva that show them the Highway of Divine Life and lead them to live a peaceful, holy, happy, and divine life in Heaven or Paradise or *Shivalaya* in its most primordial and purest stage. The divine life is granted to them by God for obeying and implementing the holy commandments of *Murli*, His divine utterances delivered through the lotus mouth of Prajapita Brahma. In this way, they reap the fruits of their own spiritual efforts in the Transitional Age (*Sangam Yuga*) before the advent of the Golden Aged Heaven characterized by divine qualities like peace, purity, happiness, truth, non-violence, compassion, integrity, forgiveness, nobility, chastity, serenity, silence, cheerfulness, generosity, etc. of which they become embodiment as deities in their divine life.

You are a soul; when you see others, visualize and treat them as souls.

Murli is the Harbinger of the Golden Age

Just as the Cuckoo is regarded as the harbinger of the Spring season with its blossoming colourful and fragrant flowers, natural plenty and bounty, symmetry, divinity and perfection that beautify Nature and all its parts and parcels, likewise *Murli* is the harbinger of the New Golden Age with its marvelous and eye-catching beauty and perfection, graces and glories.

Murli with its sonorous, sweet and transformative power of spiritual knowledge not only sweetens, transforms and beautifies the human souls and but also Nature in its entirety. With its magical touch and vibrations, it transforms Nature and its parts and parcels from its earlier violent and destructive quality of "Nature red in tooth and claw" into "Nature as the compassionate and fostering Mother" that "never did betray the heart that loved her". It also transforms the embodied human beings/souls from their earlier vicious and nihilistic nature into divine beings with the characteristic features and qualities of the worship-worthy deities in their divine glories, perfection and charisma. The Golden Age is characterized as an Elysium where Man and Nature are in perfect unison, where Shree Lakshmi and Shee Narayan, who are made in the image of God, reign as the First Empress and First Emperor respectively of the heavenly world being the divine representatives of God.

(To be contd.)

Morning Musings & Night Notions



"If winter comes can spring be far behind?"

– P.B. Shelley

"Nature did never betray the heart that loved her."

– William Wordsworth

"Our scientific power has outrun our spiritual power. We have guided missiles and misguided men."

– Martin Luther King, Jr.

"I used to pray for answers, but now I'm praying for strength. I used to believe that prayer changes things, but now I know that prayer changes us and we change things."

– Mother Teresa

"Your beliefs don't make you a better person, your behaviour does."

– Sukhraj S. Dhillon

"With God, there's always an appointed time for things, and when you put Him first, trust in His timing, and keep the faith, miracles happen!"

– Germany Kent

"The more you know the Holy Spirit, the better you feel about your person."

– Anikor Daniel

"Curiosity is the doorway to our personal possibility!"

– H.L. Balcomb

"Forgive others not for satisfaction but because one day you will need the forgiveness from your God!"

– Afshan Aslam

"I enter in the body-chariot of Brahma, deliver the spiritual knowledge through his mouth and adopt the children through him. Thus, he is the father and mother of the humanity."

– God Father Shiva



Thoughts are vibrations, which spread more speedily than the speed of light and sound.

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

truth. Almost all the ancient texts mention the establishment of Paradise, *Satyuga* or Golden Age by God and the creation of Brahma, Adam, *Adi Deva* or the first Godman. Now, this is really the event that '*Shiva Ratri*' signifies. *Shiva Ratri* is a festival celebrated in India to commemorate the descent of God (who, because of His salubrious acts, is also known as Shiva), who uses the medium of Brahma to create order out of chaos and law out of anarchy and to establish an era of purity, peace and prosperity. This event, in its grandeur, magnanimity, impact and quality, stands apart from all the rest.

European Renaissance and its Impact

In the history of Europe, Renaissance and Reformation hold an important place. All historians agree that Renaissance marked the end of the Middle Ages or the Medieval Period and with it began the Modern Age. Historians are also of the view that this movement brought about changes in all walks of life and affected, in course of time, the whole globe. Thus, in their view, it was an epoch-making movement of global importance.

Comparison with *Shiva Ratri* – God's Birth-night

Let us compare Renaissance with *Shiva Ratri* or the event of God's descent. The very word '*Ratri*', which means 'Night', signifies that God Shiva intervened in the history and affairs of mankind when there was utter darkness shrouding and clouding the intellectual horizon of mankind. The event of Shiva's divine birth is celebrated on the 14th dark night of *Phagun*, which is the last month of the Indian Calendar and, thus, implies, in allegorical terms, the climax of the darkness of ignorance at the end of the world-cycle. At such a time, superstition and blind faith are rife in society. The reason of hundreds of millions of religious people is fettered by the

clergy of their respective religion, be it the *Mullas* in Iran, now, or the *Pandas*, *Pujaris* and *Purohits* of the Hindus or other religious fanatics elsewhere, today. There is corruption rampant in the whole society - the places of worship included. As a result, a large number of people have become atheistic and lead immoral lives. There is religious persecution of one sect by another, one religious community by another or by atheists of the theists. Moral values having been thrown overboard; there is rampant lawlessness, anarchy and confusion.

This is described in the scriptures as *Dharma Glani*, i.e., moral turpitude, religious decrepitude and spiritual lassitude. It is at such a high time that Shiva, the Incorporeal Supreme Soul, descends on the world scene to put a full stop to this vicious trend and to create a world of high ideals, moral and noble acts.

The first thing He does is that He gives a spiritual rebirth to souls by imparting them the spiritual knowledge *par excellence*. He truly enlightens human beings and creates in them the spirit of enquiry, so that they break the shackles of old dogmas and ideologies. The divine knowledge imparted by Him helps to bravely cut the fetters of blind faith preached by the clergy and the superstition indulged into by the credulous relatives. He widens their mental horizons, raises their spiritual stature and ennobles greatly their spirits.

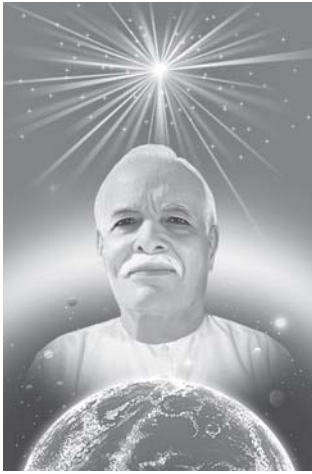
Before He descends, people believe blindly in anything and everything preached by the high-caste Brahmins about heaven and hell, transmigration of God's will, the duties of a married householder and about the wife's unquestionable obedience and fulfilment of the desires of her husband, however vicious and immoral they may be. Now, God Shiva asks all human beings first to think: whether a principle or practice is right or wrong, good or bad; whether

God's cooperation is available ever for those in Godly service.

it is based on justice and fair play or injustice and tyranny; and, then, only to accept it. Thus, He removes a major cause of injustice, which the male-dominated society had been practising without any voice having been raised against it.

Altogether New Values and New Concepts

God Shiva teaches, through Brahma Baba,



new social values. He raises the status of women to be at par with that of men. He asks all men and women to be morally and spiritually as elevated to those, who devote their whole time to teaching the spiritual art to others. He exhorts

them to make religion to be a natural part of life as breathing and not to keep it as a separate profession, a vocation or practice, so that the caste system prevalent earlier, now, becomes obsolete. He gives new meaning to the notion of castes so that the social system is, now, rid of caste war and class conflicts and of exploitative tendencies.

He gives the banner of the new revolution in the hands of women. His work in this field is not merely on certain high-sounding slogans of little permanence but, rather, it takes deep roots and gains willing acceptance from not only women, who find in Him their sole Liberator, but also from men, who do not merely acquiesce in it by force of circumstances but become its

crusaders. They all hold firmly the flag of 'Total Purity', which no one had raised before. He gives altogether a new form and meaning to all worldly relationships, particularly to the relationship between a husband and a wife, which is, now, based on yogic principles and divine ethics.

Harbinger of the Golden Age

God Shiva gives bold new concepts of Time and Space, of Men and Matters and makes a complete departure from the past. He instills into all sections of society, the spirit of crusade, so that they spread in all directions, migrate to many countries and communicate this new knowledge to the world at large.

With the available media of mass communication, He does it so expeditiously that His speed is truly Godspeed. What the 'Renaissance' could not achieve in three hundred years or more, is, now, achieved in better shape and is seen in the world community. This period of transition is called, in the Hindu scriptures as '*Sangam Yuga*' or '*Sandhi Yuga*' and in *The Genesis*, in *The Bible* as 'The Beginning'. This is really the bridge between the old and the new. The old knowledge, by virtue of which there was once, paradise on earth, is, now, revived. Or, you can say that the enlightening New Light spreads to create a New Age, called the Golden Age, where there is the highest possible moral order, the sublimest possible socio-economic and political systems, and Nature also is at its best because Man is in complete harmony with himself and his surroundings. This Golden Age is called *Satyuga* or *Dev Yuga* in the Indian tradition and 'Paradise' in the Judaic family of religions. Considered in this light, *Shiva Ratri* is the most important episode in the world history. ❖

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