



AUSPICIOUS MESSAGE OF DADI JANKI ON THE OCCASION OF THE NEW YEAR, 2020

Our dear divine brothers and sisters, the loveliest and dearest children of the Supreme Preceptor, God Shiva, the Creator of the divine world, endowed with happiness, peace and purity.

On the auspicious occasion of the confluence of old and new year, hearty congratulations to you all, the flawless diamonds, on the occasion of the New Year, 2020, which reminds us the Golden-Aged New World!

Virtues are the greatest assets. We have to become virtuous at the Confluence Age by imbibing the virtues like patience, humility, truthfulness and sweetness that God is inspiring us to inculcate. Make up yourself by looking at everyone's qualities. The atmosphere is filled with love by looking at virtues of all. It is very pleasant to live with positive thoughts and to be a well-wisher.

All are our friends; no one is enemy in the world. Look at everyone as spiritual brother and sister. This relationship of brother-sister is very beneficial. By following the Godly Directions, we will always stay together with unanimous consent. Get lost in the experience of eternal peace in a second. Don't think about the past and also about future. Give respect to each other, don't get influenced by anybody, and don't have hatred for anyone - this is our safety.

Let's concentrate on the sweet remembrance of God, and, thus, liberate ourselves from all bad tendencies and *sanskars*. Let us have new zeal and enthusiasm in the New Year, inculcate the new *sanskars* and inherit from the Benevolent God Shiva His Blessings of Health, Wealth, Happiness, Success and Victory at every step. Wish you all Happy New Year and Happy New World!

Your Divine Sister **B.K. Janki**

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From the Mighty Pen of Sanjay



SOUL-CONSCIOUSNESS IS THE ONLY WAY TO PEACE OF MIND AND WORLD PEACE



Thinkers, through the ages, have attributed the cause of the world unrest or peacelessness of mind to various factors. Some have opined that 'economic disparity' is the root cause of all the struggles and clashes between man and man or between groups of people in the same country. 'Class differences' or various 'economic ideologies', they say, have divided mankind into opposing camps, bent upon dislodging each other from the position they hold. To a great extent, this is true.

'Political differences' have been considered to be another major cause of personal bickering, sectional feuds, party rivalries or confrontation between one nation and another. Politics has generated a lot of heat in human relations and has led the various nations to bloodshed and bitterness.

'Religion', which should have been a cementing force between man and man and also between man and his Creator, has unluckily been serving the Devil, which it should have indeed eliminated. Men have, during the last twenty-five hundred years, pounced on each other and one another in the name of religion. Religion, which was supposed to be a bridge for leading man to the land of peace, has proved to be a gulf between one group of persons and another. It promised to give to man the much-wanted peace on a platter. Instead, it has become a weapon to wage wars, which were named by the fanatics as Holy Wars, Jihads or *Dharma Yuddh*.

'Linguistic differences' have been another cause for regional fights. Language, which was meant to be a vehicle of thought, an instrument of

expression or a medium for exchange of views and was thus supposed to bring about understanding and amity between people, inhabiting two tracts of land, has, instead of lifting man above the level of animal, awakened the brute in him. Instead of bringing about the meeting of minds, it has built up unscalable high walls between the children of God or the children of the same motherland.

Similarly, the 'colour difference', 'the racial differences' and 'caste differences' have also been very big factors leading to exploitation and hatred among the people.

All these and many other factors are, no doubt, responsible for peacelessness. They have, no doubt, sown the seeds of discord. But, deep probing will reveal that these causes are rooted in man's own mental unrest. The mind that lacks peace, radiates unrest. That is why they say that wars are born in the minds of men. Hence, the basic requirement is that man's mind should be peaceful because he is the basic unit of the society. Just as one rotten fish contaminates the whole pond, so does an uneasy individual in a family, in a locality or in a section of the society becomes instrumental in inciting people or making them restless. But, why should man's mind become uneasy? What is the cause or reason of this?

Vices are the Cause of Unrest

Deep reflection will lead you to the conclusion that any one of the five vices - lust, anger, greed, attachment and pride – is sufficient by itself to cause discord. It is an indisputable truth that he, who becomes angry, not only loses his own peace of mind but also deprives others also of their peace, either by his bitter words, or by means of violent fights or by retaliation. He, who suffers from greed, resorts to dishonesty by means of adulteration, window-dressing or mere show, bribery, evasion of income tax or other similar means. His mind is never restful, because

(Contd. on page no.33)

Remain ever detached in the world without letting the world enter in you.

■ Editorial ■

2020: MOST AUSPICIOUS YEAR FOR HUMANITY



In early December, the last month of 2019 and the Decade, Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (PBKIVV) was greatly honoured to receive the Hon'ble President of India, H.E. Ram Nath Kovindji, the First Lady, Shrimati Savita Kovind, and their daughter with other members of their large entourage. It was a humbling privilege to welcome the most dignified First Citizen of India as he inaugurated the National Conference on **'Empowerment of Women for Social Transformation'** at Diamond Hall of the Brahma Kumaris' Shantivan Campus, on 6th December 2019.

During his Inaugural Speech, the President narrated a heart-touching experience about Revered Rajyogini Dadi Jankiji, Head of the Brahma Kumaris: About a year back, Divine Sister BK Asha and Brother BK Brij Mohan had visited the Rashtrapati Bhawan to convey greetings from Dadiji and the entire BK divine family, as well as put forth a request from Dadiji to visit the President in Delhi. In his own very royal and humble way, the President asked them to convey to Dadiji that rather than her take any trouble to travel, he himself would visit the Brahma Kumaris Headquarters to receive Dadiji's blessings. So amidst great preparation and excitement, the auspicious day of 6th December dawned when the

Hon'ble President came to Shantivan, and spent about 4 hours with us!

In the Welcome Speech, I myself very respectfully shared the deep sentiments of happiness of the BK family on hosting the Hon'ble President, who had enhanced the splendor of the gathering. I further expressed concern over the dire situation surrounding safety and well-being of young children and women, some of whom have become helpless victims of beastly-natured individuals. The Conference on Empowerment of Women was most timely and essential to help awaken the psyche of society to their responsibilities towards the females of this land.

Rajyogini Dadi Jankiji showered blessings of spiritual wisdom on all in a very gracious and enthusiastic manner, praising the values and concerns of the President and all Political Heads of State in building a stronger and secure nation. Revered Dadiji also shared her personal experiences of sustenance by our Founding Father, Pitashri Brahma Baba, who had visualized in the late 1930s the need for Spiritual Empowerment of all humans, and secondly, the active participation of women in spreading God's message of purity, peace and love.

The moment we had been waiting for finally arrived when we were gifted with an impactful Inaugural Speech by our President, the highlights of which are as below:

The President said that the theme of this National Conference is very relevant. The Brahma Kumaris is carrying out empowerment of women for social change

in the true sense. He emphasized that a society based on equality and harmony could only be possible by empowering women.

The President said that women's safety is a very serious issue. A lot of work has been done on this subject but much remains to be done. The incidents of demonic attacks on girls shake the conscience of the country. It is the responsibility of every parent to instill among their boys a strong feeling of respect for women.

He further said it was his belief that in cases under POCSO Act, convicts should be deprived of the right of mercy petition. He felt they do not need any such right.

The President said education is important for empowerment of women. It is true that when you educate a boy, it benefits one family, but when you educate a girl, it benefits two families. It is a fact that children of an educated woman do not remain uneducated.

Remembering B. R. Ambedkar on his death anniversary, the President said that Ambedkar always gave priority to women empowerment. He also paid respect to Pitashri Brahma Baba, saying that by profession a Jewel Merchant, Brahma Baba's visionary insights and motivation made every Brahma Kumari sister into a jewel herself to serve society and the world.

During other Sessions of the Conference, different aspects of Women Empowerment were discussed. The Teachings and Experiences of the Brahma Kumaris Institution were appreciated in bringing

about long-lasting and visible change in society.

Further, we are sharing some very precious jewels of elevated Godly versions (extract) from a recent Avyakt Murli, where the methods for achieving Self-Empowerment are beautifully described:

“It is only because the spiritual children are extremely loving that they are constant companions and co-operative with God the Father. Where there is love, you become constantly co-operative companions of the One you love. The Father cannot carry out any task without the children and the children cannot carry out any task without the Father. This is why, from the beginning of establishment, along with creating Brahma, the Father also created Brahmins.”

“A companion is someone who fulfils the responsibility of companionship at every step, with every thought and every word. Those who fulfil the responsibility of companionship at every step, that is, those who *follow* the *Father* are true companions; they are eternal companions. True companions do not need to make effort over whether they should take a step in this way or that way. By placing your steps in the footsteps of the Father, you automatically cannot place your steps anywhere else.”

“In your intellects you are aware that: Whatever is the inheritance of the Father's unlimited treasures is mine. In your hearts, there is just the Comforter of Hearts. There cannot be anything else – just the heart and the Comforter of Hearts. So, since the Father is merged in your remembrance, then, as is

your awareness, so is your stage, and your actions are automatically according to that.”

“All of you have the enthusiasm to move constantly forward in service. There wouldn't be anyone who doesn't have enthusiasm to move forward in service. If you didn't have zeal and enthusiasm, how would you have come here? You have zeal and enthusiasm and it will remain all the time. Whilst moving forward together, with zeal and enthusiasm, are you all constantly free from obstacles? Zeal and enthusiasm are very good, but there is a difference between doing service free from obstacles and doing service in which you are constantly overcoming obstacles. To be free from obstacles means that you neither become an obstacle for others nor become afraid of any type of obstacle. One is when obstacles come to teach you a lesson. The other is when obstacles come to shake you. If you have learnt your lesson and become firm, that obstacle will then be transformed into love.”

“To be a Brahmin means to *challenge* Maya: Just let the obstacles come! I am victorious. You cannot do anything. Previously you were *friends* of Maya. Now you issue a *challenge* and say that you will become conquerors of Maya. To become a conqueror of Maya means to be victorious. To become a Brahmin means to *challenge* Maya. However, those who *challenge* her experience it to be a game, so that she comes and goes. You are able to recognize her from a distance and chase her away from a distance. You do not *waste* your *time*.

“You were told that you must neither be influenced by obstacles nor become an obstacle for others. *Marks* are accumulated on the basis of this too. One is *purity* and the other is unadulterated remembrance. Let there not be the slightest obstacle in your remembrance. In this way, always keep yourself free from obstacles in service, be content with your virtues and make others content.”

“BapDada is also going to tell you about three things which sometimes become an obstacle in service:

- Let there be no type of **attachment** to anything limited. To have attachment to the Father is something else, but let there not be any limited attachment.
- Let there not be any type of **tension** with yourself or with others. Instead of battling with Maya, let there not be any type of conflict with one another.
- Let there not be any type of **weak nature**.

In fact, the word nature (*swabhav*) is very good. “*Swa bhav*” means feelings of the self. The self is said to be elevated. There are elevated feelings, there are feelings of the self, there is soul consciousness. However, you use the words “*bhav-swabhav*” (conflict of feelings and nature) a lot. So that is a weak nature which, from time to time, becomes an obstacle to your flying stage. When your *nature* is elevated, it is like the Father's. If it becomes an obstacle, then it is a weak nature.”

“There are many types of tension and the reason for tension is the consciousness of “I”. “I did this. I can do this. I alone will do

this.” This consciousness of “I” creates tension. This “I” is body consciousness. One thing is, “I am an elevated soul”. Another is, “I am So-and-so. I am sensible. I am yogi, I am gyani. I am ahead in service.” This consciousness of “I” creates tension. This is why, in some cases, where there needs to be a fast speed in service, it becomes a slow speed. The basis of *speeding* up is to help others move forward. To help them move forward constantly is to move forward yourself.”

“The facilities for service are the fortune of your renunciation. However, if you keep this fortune limited by having the consciousness of “I”, it won't increase. Make others co-operative and constantly share the fruit of the fortune of renunciation with others and move forward.”

“What was Father Brahma's speciality? He always kept the children ahead. “The children are cleverer than me. The children will do this.” He had so much renunciation that he even renounced the fortune he received through his renunciation. If anyone praised Brahma because of the love they received or the attainment they had, he would remind them of Shiv Baba, the Father. You will not receive the inheritance from Brahma. You mustn't keep a picture of Brahma. Do not consider Brahma to be everything. This is called renouncing the fortune received through renunciation and becoming engaged in service. By doing this you become *doubly* great donors.”

“Let none of you make your nature be dependent on anything. The Father's nature is the children's nature. What is the Father's nature? His nature is constantly to have benevolent and merciful feelings for every soul. His nature is of uplifting everyone. It is a sweet nature, a nature of humility.

“Constantly keep your *balance* in life. Let there be a *balance* in everything. The *balance* of remembrance and service. Self-respect finishes arrogance. Remain stable in your self-respect. Let all these things remain in your awareness. Not too entertaining, not too serious; let there be a *balance*. Be entertaining when you have to be entertaining and be serious when there is a need to be serious.”

“Always claim special *blessings* from the Father at Amrit Vela. Every day at Amrit Vela, BapDada opens His apron of *blessings* for you children. You can take as many as you want from that. So, *balance*, *blessings* and thirdly, a *blissful life*.”

“Why has BapDada especially kept the *time* of Amrit Vela for you Brahmin children? Because, at that time, BapDada especially brings the speciality, the service and virtues of every child in front of Him, and He makes the speciality, virtues and service of every child imperishable by giving them a special blessing. BapDada gives each one the sustenance of the blessing of love and co-operation. Shiv Baba is the Bestower of Happiness and the Bestower of Peace, and He gives you sustenance. Just as parents get their children

ready in the morning, they freshen them up and say: Now, go and eat, drink and study all day long, so BapDada also gives this sustenance at Amrit Vela, that is, He fills you with power for the whole day. Any of you can take as many blessings as you want with an honest heart, not with selfish motives. He gives you just that much power to fulfil your intentions. Continue to move along, continue to fly.”

Blessing: May you experience supersensuous joy by remaining free from any bondage of the mind and become a bestower of liberation.

To swing in supersensuous joy is the speciality of the confluence-aged Brahmins.

However, any bondage of thoughts in your mind will not allow you to experience inner happiness or supersensuous joy. To be tied by some bondage of waste thoughts, jealousy, carelessness or thought of laziness is a bondage of the mind. Out of ego, such souls will always continue to think of blaming others. Their power of realization finishes and this is why they have to be liberated from these subtle bondages for only then will they be able to become bestowers of liberation.

Slogan: Let your mine of happiness remain so full that no waves of sorrow can come to you.

– **B.K. Nirwair**

HAPPY NEW YEAR- 2020

On behalf of the Editorial Team of The World Renewal Magazine, we extend warm greetings to all our esteemed Readers for a Happy, Ever-Healthy, and Ever-Prosperous New Year! May every household rejoice feelings of togetherness, not only in the first month of the year, but throughout 2020 by remaining empowered through Spiritual Study and Rajyoga Meditation.

Our committed viewers of the Peace of Mind and Awakening with Brahma Kumaris Channels can continue to take benefit of Godly wisdom from the Talks, Meditation Sessions and Cultural Programmes aired 24/7.

Wishing you again and again very sweet experiences through spiritual learning and 100% positivity in your interactions.

On Spiritual Service,
– **BK Nirwair**

COMPARISON AND COMPETITION: THE THIEVES OF JOY

– B.K. Manjula Baijal,
Begur, Bengaluru

I was jogging this morning and I noticed a woman about half a k.m. ahead. I could guess she was running a little slower than me and that made me feel good. I said to myself, "I will try catch up with her." So, I started running faster and faster. After every block, I was gaining on her a little bit.

After just a few minutes, I was only about 100 feet behind her; so, I really picked up the pace and pushed myself. I was determined to catch up with her. Finally, I did it! I caught up and passed her. Inwardly, I felt very good: "I beat her." Of course, she didn't even know that we were racing.

After I passed her, I realized I had been so focused on competing against her that I had missed my turn to my house, I had missed the focus on my inner peace, I missed to see the beauty of greenery around, I missed to do my inner soul-searching Rajyoga meditation, and in the needless hurry I stumbled and slipped twice or thrice and might have hit the sidewalk and broken a limb.

It, then, dawned on me, isn't that what happens in life when we focus on competing with co-workers, neighbours, friends and family and also trying to outdo them or trying to prove that we are more successful or more important and, in this bargain, we miss on our happiness within our own surroundings?

We spend our time and energy running after them and we miss out on our own paths to our given destination. The problem with unhealthy competition is that it's a never-ending cycle.

There will always be somebody ahead of us, someone with a better job, nicer car, more money in the bank, more education, a prettier family, a host of more handsome relatives, better behaved children or siblings, better circumstances and better conditions, etc. But, one important realisation is that we can be the best that we can be, when we are not competing with anyone.

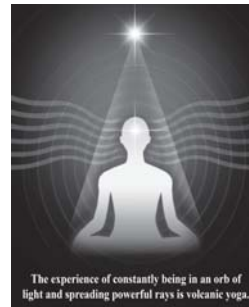
Some people are insecure because they pay too much attention to others' behaviour: what others are, where others are going, wearing and driving, and what others are talking.

Take whatever we have: the height, the weight and personality. Let's accept it and realize that we are blessed. Stay focused and live a healthy life. There is no competition in Destiny. Each has his/her own destiny. Comparison and Competition are the thieves of Joy. They kill the Joy of Living your Own Life.

Role of Rajyoga Meditation in Situations of Comparison and Competition

Rajyoga meditation plays a vital role because it is concerning about our deep thoughts, feelings or emotions rather than the body or physical things or materialistic world. It is mainly about emotional health, which supports a positive state of mind, which definitely helps in broadening our outlook to recognize and incorporate a connection to something larger than our self. It changes our negative thoughts towards positivity. It also changes the concept of situation of "competition" or "comparison" and inculcates the sporting spirit in self.

So, we should practise Rajyoga meditation in order to run our own race that leads to a peaceful, happy and steady life. ❖



The experience of constantly being in an orb of light and spreading powerful rays is volcanic yoga.

God and the metaphysical world above are the sources of sustenance of this physical world.

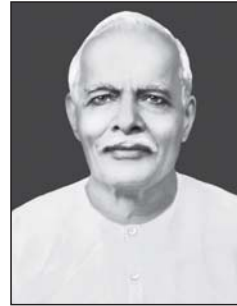
PRAJAPITA BRAHMA – THE APOSTLE OF GOD

– B.K. Surendran, Bengaluru

Dada Lekharaj was born as an ordinary person in a village in Sindh, Hyderabad. He had a spiritual bent of mind. Due to his sheer hard work and endeavour, he had risen to become a diamond merchant. His business was mainly located at Kolkata. From there he operated his business extending to Mumbai and other places. He was married and had children. When he was 60 years old, he started getting divine visions of the old world being destroyed by world war, natural calamities and civil war. He was also getting enlightenment about his own life and personality. He got the knowledge that all the human beings are souls, points of divine light, i.e., the life force, which is giving life to the body. All the activities are done by this divine entity, called the soul, through the medium of body. He is also a soul, who is immortal. The soul, when the body becomes old, leaves the body and takes another body and continues to play its roles birth after birth on the world drama stage.

This world is a huge drama stage. All the souls in all the religions are spiritual energies enacting their roles through the bodies. All souls are immortal; they are spiritually brothers. Along with the visions of destruction, he also had the vision of tiny stars descending and becoming divine beings – deities. In the midst of these visions and his own experience of confusions and wonders, he was not able to make out specifically as to what was happening in his life. In the meanwhile, he had the vision of the Supreme Light, who is the Supreme Spiritual Father of all souls, and indicating to him that he should become the

instrument for establishing the new world of deities and deity religion (*Adi Sanathan Devi Devata Dharma*). He was told that the current period is the end of Iron Age (*Kaliyuga*) and this old world will perish on its own under the weight of its own sinful acts. At the same time, a new world of deities will emerge. He was told that since he got the enlightenment of his own self and the abode of God and the souls, the beginning, middle and end of the Creation and the knowledge about his own self and Almighty Father, he is given the spiritual name - Prajapita Brahma. The Supreme Father started speaking to the human beings of the humanity through the mouth organ of Prajapita Brahma, and revealing that He is the Incorporeal Self-Effulgent Light, He



never comes in birth, death and rebirth cycle, but has descended in the body of Prajapita Brahma in the Confluence Age (the period of transition between the Iron Age and Golden Age) for the divine task of World

Transformation. He observes that He should come down to the level of human beings to reveal to humanity the secret of Creator and Creation. This present period is the most auspicious Confluence Age. The home of all souls is Incorporeal World (*Paramdham*) which is beyond the sun, moon, stars, galaxies and the outer space. The Supreme Father permanently abides there in the highest metaphysical world (*Paramdham*).

The Revelation of God

The Supreme Father, the Light of all lights, started descending in the body of Brahma from 1937. He unequivocally proclaims that He descends only once in 5000 years, which is called the *Kalpa* – a period of 5000 years for establishing Peace, Purity and Prosperity on

Live in your inner world of self when people don't let you live in this selfish world.

earth. The Time Cycle has four parts, Golden, Silver, Copper and Iron Ages. Once, it is completed again it repeats identically. He also openly announces that He descends to establish the *Adi Sanatan* deity religion, through *Brahma Vidya* - a package of *Sarvavidya Pratishta*. He is enacting three roles: as the Supreme Father He is sustaining the souls with happiness and peace; as the Supreme Teacher, He is teaching the souls the art of living technique and Rajyoga meditation to purge the souls of all the sins and to purify them; and as the Supreme Preceptor, He is teaching the souls the art of empowering the soul, of becoming soul-conscious from body consciousness and the ability to leave the body on its own, to win over death.

He is proclaiming that He has descended to establish the ancient most - first religion – on earth on the basis of psycho-socio-cum-spiritual education. This education is open to all the souls, who belong to all the religions of the world. It is universal education; therefore, He has established a *Vishwa Vidyalaya* – World University – for the world. He has opened innumerable study centres - Rajyoga Meditation and Godly Knowledge education centres – in all continents of the world to educate the souls. Those souls, who are attracted to this education from all religions, are being taught by the Supreme Himself through His daily sermons from the Mount Abu in Rajasthan. He is teaching the souls to be self-sovereigns so as to become the emperor and empress of the Golden Age – Heaven. Through this education, the souls qualify themselves to be completely virtuous, 16 celestial degrees of perfection, fully righteous and completely viceless. They will become flawless in all respects, healthy and wise, and most beautiful and handsome. When the souls come in contact with God, they become the children of Brahma also. Therefore, they are

known as Brahma Kumars and Brahma Kumaris – the mouth-born children of Brahma. They are also known as the true Brahmins.

He declares that *Adi Sanatan* deity religion is the most ancient religion in the world which was established in *Akhand Bharat*. When He establishes this religion, He also establishes deity kingdom. This religion and kingdom will be intact for 2500 years because this is established by God through Prajapita Brahma on the basis of spiritual education. This is the only one religion established through education, which after 2500 years get polluted with vices and came to be called as Hindu religion. Another important announcement is that He has come to take back home His children, the souls of all religions back to His abode *Paramdham* and the drama is going on. The world drama stage is going to cease for a brief period, through natural calamities, world war and civil war. After that drama will start afresh as the souls from *Paramdham* will start descending and take their physical body and start playing their respective roles.

To begin with, the souls belonging to *Adi Sanatan* deity religion will descend in the Golden Age and Silver Age for 2500 years and after that the souls belonging to other religions will start descending in *Dwaparyuga*. First of all, the founders of religions will descend and subsequently the souls of these religions will follow their founders. The founders undergo a lot of sufferings in the hands of vested interests. But, these founders never knew that they have descended to establish religions. They never establish religion and kingdom together. However, they will start their sermons and through their sermons, after their lifetime, those people, who came to like these sermons, will call themselves as belonging to Islam, Buddhism, Christianity, etc. We all know that all along *Dwaparyuga* and *Kaliyuga*, sages, savants and founders of religion had come and asked people

(Contd. on page no.13)

With the remembrance of God, one can cross the sea stormy sorrows and worries.

17th January: International Flowers' Day

SPIRITUAL INSPIRATIONS FROM FLOWERS



–B.K. Viral, Borivali (West), Mumbai

January 17 is celebrated as the International Flowers' Day. Let's draw spiritual inspirations from various flowers and become like flowers, which spread out fragrance to please and satisfy all.

The Fragrance of Virtues

The rose is the king of flowers. Hence, let's also become a king of ourselves and spread the fragrance of virtues!

The night flower blooms only in the night. Instead, let's keep blooming with a sparkling smile on our lips always.

The hibiscus flower is offered to Shri Ganesh. Hence, let's become pure and divine like the deities.

The jasmine flower is very fragrant, Hence, let's keep spreading the elevated vibrations of divine virtues all around.

Best Practices

The flower keeps giving its fragrance to each hand that touches it anywhere and everywhere. Similarly, let's always remain stabilized in the *experience* of our original virtues, irrespective of the external challenges.

The touch-me-not, mimosa, flower shrinks with the slightest of touches. Hence, let's shrink ourselves from anything, which is waste or negative.

The lotus grows in the mud, yet remains above the surface of the water, which denotes living in this world, yet remaining protected from its negative influences, thereby being *empowered* to make a positive influence all around.

The Magic of God's Love

Like the sunflower, let's keep leaning towards

the Supreme Sun, God, to become full of all the virtues and powers. The *Ak* flower is offered on the *Shiva Linga*. Hence, even if we have no quality, we can definitely *surrender* ourselves to God.

Hence, let's remain in the awareness of being a king over the self, thereby always be smiling, joyous and divine (i.e., full of positivity and free from negativities). Further, let's remain connected to the Supreme Sun, God, in order to be full of all the virtues and powers. By doing this, we will automatically bring the divine land – *Satyuga* – on this earth once again. ❖

(....Contd. from page no. 12)

to remember God. Now, God, the Supreme, has already descended and is exhorting us to remember Him and Him alone in soul-consciousness so that we will get rid of our sins, purify ourselves and we become able to fly away to the Incorporeal Soul World (*Nirvandham*).

At present, more than 10 lakh souls have recognized the Supreme Father and getting educated by the Lord, getting peace and happiness from the Lord.

Prajapita Brahma, who is the apostle of God, is called Adam. Adam is not God but Adam cannot be separated from God. Now, the Creator, the Supreme Father of all souls is on earth, Adam is also on earth and his children, who are students and qualifying themselves with the *Brahma Vidya*, and *Raja Vidya* also are present in all continents of the world. The Lord, who is the Supreme Father and Mother of the humanity, is blessing the souls with God Fatherly birthright of Purity, Peace and Prosperity for 21 births in the Golden Age and Silver Age and also later on in the Copper Age up to the end of the Iron Age. Please come and recognize the Supreme Father and Mother, enjoy listening the sermons of the Lord and inherit your God Fatherly birthright of Purity, Peace and Prosperity. Now or Never. ❖

Learn the art of making your mansion with the stones thrown at you.



REMOVAL OF IGNORANCE REGARDING ETHICAL BEHAVIOUR



–Jayanta Roy,
JRMC Global, Mumbai

In today's competitive world, the impact of your employees' ethical choices can be just as significant as the impact of your business decisions. The employees should learn to recognize business ethics issues, the dilemmas and the associated best practices to avoid personal and organizational harm. They should learn to build and maintain a respectful workplace and improve the performance. The organizations that conduct business in an ethical manner have higher employee retention, more productive employees and demonstrated customer loyalty. Therefore, it is necessary to remove ignorance regarding ethical behaviour.

The ideal solution for promoting ethical behavior is not a punitive one but a positive approach by the leaders of organizations. Ethical behavior must be practised by the leaders. Ethical decision making should be rewarded in the system and process of Corporation so that ethics and leadership can go hand in hand in practical life and behaviour.

The court of public opinion is stronger than ever, but being on the game is not an assurance that all is correct. Leaders must demonstrate the good faith to achieve ethical behaviour. No industry is immune from what is deemed acceptable and appropriate behavior in the court of public opinion.

The business leaders, therefore, have a responsibility for the business environment that they create, called "Corporate Culture". Ethical business leadership can encourage or discourage ethical behaviour and create the circumstances in which good people are able to

do good, and bad people are prevented from doing bad. Is compliance with the law all that is required to behave ethically? If the law was clear and unambiguous, there would not be much a role for lawyers and courts.

Leaders hold positions of power that come with special trust and confidence. Ethics win trust and trust wins business. Morality of leadership depends on the particulars of the relationship among the people. Ethical leadership is a life-time experience. To be a good leader, one should be aware of self-behaviour and personal mentoring.

In the pursuit of economic benefits, business operations cannot be separated from the influences of social, political and cultural impacts, including those of religion. And these influences cannot be managed by economic and legal actions alone; they have to be dealt with ethical considerations as well.

The discourses around the world have changed profoundly in last five years, and stronger voices have emerged asking global corporations to improve the human conditions. Many companies are increasingly finding their voices. Many companies have invested strategically in a sound ethics and compliance programme, and have worked hard to earn the trust of their customers and business partners, inspire their employees, deliver the value for their shareholders and improve their communities. Recent research reports showed that the world's most Ethical Companies, in particular, continued to show exemplary leadership in global business. Doing business with integrity matters for corporations.

"Business" or "economic" decisions and "ethical" decisions are not mutually exclusive. The fact that a decision is made on economic grounds does not mean that it does not involve ethical considerations as well. Being sensitive to ethical issues is a vital characteristic that needs

Only the Godly spiritual love can extinguish the burning fire of lust.

to be cultivated in ethically responsible people. Understanding one's own character and values should play a role in decision-making.

Sometimes, corporate or social environment is rife with ethical challenges and unethical decisions. It is simply easier to do the wrong thing. Sometimes, people make decisions they later regret because they lack courage to do otherwise. We tend to give in to peer pressure in our professional environments, because we want to "fit in" and to achieve success in our organizations, and also because our actual thinking is influenced by our peers.

Self-regulation - self-imposed standards of behaviour with reference to codes and principles of corporate governance - can correct and moderate the path of success. Culture of self-regulation starts with individuals and refers to individual thoughts, values and beliefs, which have a cumulative effect on corporate business and governance. Regulations/laws and self-regulations are complimentary approaches for ethical governance and sustainable results.

Practice of humility free up leaders to be happy and help build true connections and human relationships. Curiosity helps leaders to continuously learn new things and adapt. Humility helps leaders to unlearn selectively the past baggage and move on in the journey of life. Introspections help leaders to realize who they are but do not allow them to challenge their own views. Leaders should also understand how others see them. Leaders should always seek out with empathy and value other's viewpoints. Organizations tend to be healthiest where there is a supremacy of ideas, where people are willing to listen to the youngest person in the room, provided, of course, that he or she has the facts.

Will you remain passive and simply conform to social and cultural expectations to "go with the flow"? or to live a meaningful human life, you will reflect on your decisions, assuming the responsibility of autonomous beings. ❖

DO SOMETHING NEW AGAIN

—B.K. Sapna, ORC (Delhi)

Do not regret what has
passed in life;
Rather do something new
again.
Because, God has given
you
a wise intellect and
beautiful brain.

God told you what is right
and what is wrong;
So, live a happy life as life
is a sweet song.

Open your eyes of wisdom;
Then, everywhere there will
be novelty and welfare;
Get light by surrendering to
God
And, then, He will take your
great care.

So, let's start a new thought
and new life from this new
moment.
Those, who forgot the past and
live in the present,
are really mature and
intelligent.

Make truth your sole companion, all your enemies will surrender before you.

THE LIGHT OF SPIRITUAL KNOWLEDGE GIVES US PEACE, POWER, SUCCESS AND DESTINY (BHAGYA)



The sun shines brightly. It radiates rays of light. It also gives heat and also finishes all rubbish. The sun does so much work.

Imagine what the state of the world would be if the sun does not rise up.

It is the ignorance, lack of understanding and knowledge that creates sorrow. When the sun of knowledge and understanding rises in your life, there is so much light that you don't feel like sleeping anymore. In fact, you want to wake everyone else up too.

There is great enthusiasm to do something and to inspire others to do something. When someone wants to do something, they will even stay awake at night. They will want to awaken people even in their dreams. There are people, who are in a state of peacelessness and sorrow, and need to be helped and to be given peace.

Previously, when there was darkness and night all around us and we felt as if we were without sight; so, naturally, we were afraid. We had physical eyes, but we did not have the inner eyes to see; so, now, God has come down and is awakening us by opening our third eye and giving us insight as well.

When there is light and the eyes are opened, that is, when there is the light of spiritual knowledge of the soul and the Supreme Soul, our God Father; there is no fear of any kind; besides, we want to remove the fear of the world. Those around us should feel that we are like a police station. Having us close to them, they must feel like having security and protection. So, never allow yourself to

experience the feelings of insecurity, feelings of what is going to happen, and how is it going to happen?

All of us wish to live in peace but it is not enough just to have peace. We also need to have power. If someone is doing something unscrupulous, it is the divine and will power that will enable me to deal with them in a courageous and straight forward manner. It will enable me to set them right.

The body as well as the soul have a connection with energy. One form of energy is known as solar energy. The soul, too, contains a lot of divine or spiritual energy.

However, at the present moment, the soul is under the influence of its (i) *sanskars*, ii) nature, iii) habits and iv) hobbies. There are different types of habits. The hold that

habits have over us is, sometimes, so strong that they compel us to do particular things. The hobbies are the activities in which I personally have a lot of interest. They create the feeling that 'I really

want to do this'. Sometimes, one is under the influence of one's own nature. Some of our *sanskars* have been created under the influences of our vices, negativities and defects. Now, in order to transform them, we need the soul power. The energy will be drawn afterwards. The energy will come from up above. There will be spiritual energy - energy that comes from Incorporeal God Father Shiva.

When I have accumulated the soul power, this power will be useful for many others too. For instance, when solar energy has been accumulated, one is able to use it in so many different ways; light heat, fuel, etc.

What we are doing is creating a pure stage, a *Sattopradhan* stage, a stage in which we are



The nectar of God's divine knowledge is flowing now one may drink it now or never.

performing actions but we are totally beyond the influence of actions and a stage where we become perfect, full of all the virtues, values, powers and qualities. We receive knowledge and understanding from God and, with that understanding, we are able to free ourselves from being under the influence of all our defects, weaknesses and habits.

Then, there is no attraction for anything, anywhere nor is there any internal upheaval. There is no need to ask questions of panic and worry such as "What shall I do? and How am I going to do this?" I don't need to ask such things because God has given me the light of spiritual knowledge and understanding. In that light, I can see for myself what needs to be done. The light itself isn't going to tell me what to do. I need to figure that out. If I have been given the facility of air conditioning, I can't say: "It is hot, what shall I do?" I've been given the facility I am the only one, who has to switch it on. We have values. We have powers. Why should we not use them?

Presently, the soul has lost its values as if it has become dark and ugly. So, when there is light in the self, I can use that light in doing actions, in maintaining my relationships and connections which means, I haven't just thought about it but I have actually made use of that light. This is the energy that is working from inside.

Firstly, with the soul powers, I finished my weaknesses. My values will remove my defects. Then, comes the spiritual energy. I myself have that spiritual energy and, then, I supply it to others. This is called service.

When one becomes attracted to someone else; then, one becomes weak and is of no use. Think about it and become self-aware: Who are you? What is your religion? What is the quality of your actions? Peace is my religion and I am

absolutely firm on that. I will die for it. There can be earthquakes or floods but we are not going to be afraid because our religion is peace.

We have to accumulate such power with our every breath, our thoughts, with a pure and accurate awareness, with a good attitude, with our elevated vision and feelings. We have to preserve the honour of our divine and Brahmin clan. We are not the beggars of peace. We are not the beggars of the facilities of the world either.

Instead, we are the ones, who have to do very good spiritual endeavour, and that spiritual endeavour can bring many fruits for us as well as for others. There are many good methods, good thoughts and things that I can remind myself of, which, if used properly as part of that spiritual endeavour, will definitely bring the ultimate success. Then, there will be no question of my becoming drowsy. People seem to have the energy to speak a lot, write a lot and do all sorts of other things. Whilst doing all these, they don't feel drowsy, but when it comes to having yoga and making that spiritual effort; they say they don't have the energy. We have to create methods to stay alert in yoga. I should be able to sit in yoga at any time. This should be a good hobby, which, eventually, should become a habit. Then, it will become natural. Then, your *sanskars* will be created.

The people of the world should be amazed at the way we become peaceful within a second and spread the vibrations of peace. They will ask you: Where did this energy come from? We are on a spiritual pilgrimage and we can take others along with us. All we have to do are: We should be enlightened with the light of spiritual knowledge, stay in a powerful awareness and take energy from the above. ❖

With body-consciousness, the human soul loses its original purity and divinity.

HIGHEST ACHIEVEMENTS THROUGH SELF-REALISATION

—B.K. Prabir Kumar Bose,
Jharapada, Bhubaneswar

Have we ever tried to find out what is the purpose of our life on earth? Most of us do not think at all and, then, after fleeting years of alternating pleasures and sorrow, we are buried under the sod. For majority of us, life emerges from the unknown and dissolves into the unknown. Is this the highest achievement?

We move aimlessly on earth, rarely taking time to make a conscious plan to discover the purpose of our journey. We have never been equipped with the wisdom that guides our lives towards true and lasting fulfilment. We never try to know ourselves and the unknown. Do we know who we really are? Can we imagine where we really came from? Do we understand what are our capabilities? We are living in a dream of illusion and ignorance. The greatest sin is the ignorance — not to know what life is all about. And the greatest virtue is wisdom — to know the meaning and purpose of life and its Creator.

If we analyse the motive behind anything we do, we find that ultimately all actions and all undertakings have a common and universal goal; the removal of pain or sorrow and the attainment of permanent bliss.

We all agree that life is a journey, and a journey is always towards a destination. Amongst all types of journeys, the 'spiritual journey' is the most mysterious and yet exciting. Rajyogini Dadi Janki has rightly said, "The soul is still in a body, and the body may still carry negative predispositions arising from past actions, like shadows; but when I live with the

consciousness of being a child of God, and of my own highest truth, it is as though I am living in light. Shadows disappear and I radiate light. This is the form of an angel. But, that is the culmination of our journey."

Once, this spiritual flame is ignited within a sincere seeker of truth, there is no looking back until they reach the destination, which is the magnificent metaphysical world of souls or spirits. The experiences may differ from one another, but the feelings are the same. A sense of deep bliss, peace, contentedness, introversion, intoxication, freshness and boundless love cascade upon the seeker, and the seeker begins to feel that there is so much more apart from this mundane physical world.

I still remember when I had first experienced the joys of meditation after attending the seven-day course on Rajyoga by the Brahma Kumaris Centre at Bhubaneswar, Unit-9. A little miracle began to unfold as I began to connect with the silent voice within me. I could feel that was very special since I belonged to Him; being His creation I was extremely dear to Him; and He loved me like nobody else in this world. As I felt these words that came from deep within, I melted into tears of bliss. I forgot all about what I wanted from this entity. Since that time, my inner world has opened up. The qualities like love, acceptance, humility, service and compassion have been developed in me through Godly versions and practice of Rajyoga. As my interactions with the Divine grew, my thirst to experience Him more closely began to increase. There seemed to be a destination, a place where I have to go and, to achieve this, Baba is helping me to fly with Him to a place far, far away from this dirty world to a new world full of bliss, peace, purity, silence and beauty.

Now, in this Confluence Age, the most auspicious time in the whole *Kalpa* of 5000

A second's feeling of soul's silence can give you the feeling of the eternity.

years, the Supreme Soul, God Father Shiva, comes down to earth as the Supreme Father, Teacher and Liberator to impart spiritual training to the human souls through Godly knowledge and Rajyoga meditation. Hence, our endeavour should be to make the best use of this sweet time by following Shiva Baba's *Shreemat* for making our onwards journey fruitful.

Shiva Baba, the Supreme, says to remember Him in soul-conscious stage. Just remembering that "I am a peaceful soul. I am not this body" brings an inner transformation. This is the basic foundation of soul-consciousness. We should remember Baba, *Murli* and Madhuban – the Sweet Home – where Baba gives His divine teachings to the human souls, His sweet children. In the spiritual journey, there is no end; it is an ongoing process of self-discovery. This is the joy and wonder of Rajyoga meditation.

During the Rajyoga meditation, we come into an ever deepening contact with the divine presence inside. Thus, the divine seed inside starts to open and from that seed a new spiritual life gradually germinates and emerges in which blossoms a completely new spectrum of consciousness. It reveals what is real, authentic and true. The Divine does not inspire us, rather through Him we are inspired. As a result of this deep contact with the Supreme, we develop love and gratitude. Divine energy flows towards us and within us so that our hearts begin to vibrate with this divine flow of spiritual energy.

Through the Godly knowledge, we know that the soul is eternal and the body is perishable. The soul manifests its own divinity, which is infinite peace, infinite light, infinite bliss through the physical body on this earth. This earth is the field of manifestation and, at the same time, is also the field of realisation. God-realisation can be achieved only on earth and not in other

spheres, not in other worlds. The soul has to accept the body because the body is necessary for the manifestation of the soul's divinity. If we want to achieve something here on earth; then, it has to be done with the help of the body. The soul uses the body as its instrument. The soul is the master, the body is the chariot. This is also said in *The Katha Upanishad*. The body needs the soul, the soul needs the body. For realisation, the body needs the soul; for the manifestation the soul needs the body.

Everyone's goal in life is to acquire happiness, peace, love, satisfaction, security, wisdom and immortality. Their longings spring forth from the soul, the image or form similar to God's image or form, that lies hidden within every human being. We the souls are immortal, blessed children of Shiva Baba, sent on earth to demonstrate the perfection of our Father. But, as we misuse our independence, we suffer from disease and sorrows and go from the world shattered and scarred. Our religious books say that we are made in the image of God. But, what are we displaying now? An image that has been desecrated due to our ignorance.

The present Confluence Age (*Sangam Yuga*) is the right time for self-transformation as the act of purification has already started. The souls are changing their thought patterns from body-consciousness to soul-consciousness, thereby regaining the forgotten divine qualities and bringing about a positive change in the inhabitants of the society. These are soul's highest achievements through self-realisation.

The Supreme Father is the "*Karan Karavanhar*", which means that He is the sole World Benefactor and is transforming the world through us. We must act as a trustee. Shiva Baba has taught us to keep Him as our Companion. By making Baba our companion,

A bird in your hand is worth two in the bush because it is with you.

we can be a detached observer and remain unperturbed, undisturbed and unmoved in every walks of life. By following God's Supreme Directions (*Shreemat*), we will see a new light of perception and understanding within us.

We are Shiva Baba's children and inherently have everything He has. When we close our eyes, we have the whole universe and the whole Drama along with its Director and actors all come rolling in our consciousness. We should be very firm that we are not begging anything from Him rather we should demand that as He brought us into being, we can be nothing else but only His worthy dear sweet children.

In *The Bhagavad Gita* (Ch - 8 : 9), God says: "I am the source of everything, from Me all creation emerges. With the realisation, the wise and awe-stricken adore Me. Their thoughts fully on Me, their beings surrendered to Me, are enlightening one another, proclaiming Me always. My devotees are contended and joyful." ❖

This is the season of giving; giving peace, happiness and love to all. But, you cannot give what you do not have. Today, take time out to give yourself a moment of peace and, then you can share it with everyone.

Morning Musings & Night Notions



"The primary cause of unhappiness is never the situation, but rather your thoughts about the situation."
– Eckhart Tolle

"Real generosity towards the future lies in giving all to the present."
– Albert Camus

"Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside when it is inside."
– Ramana Maharshi

"We have only now, only this single eternal moment opening and unfolding before us, day and night."
– Jack Kornfield

"It is love alone that leads to right action. What brings order in the world is to love and let love do what it will."
– Jiddu Krishnamurti

"Love gives us in a moment what we can hardly attain by effort after years of toil."
– Johann Wolfgang von Goethe

"The aim of life is to live, and to live means to be aware; joyously, drunkenly, serenely, divinely aware."
– Henry Miller

"Happiness cannot be travelled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude."
– Denis Waitley

"Sweet children! Now, you are in the Confluence Age (*Sangam Yuga*). While remaining here, you have to remember God, the Soul World (*Shantidham*) and Heaven (*Sukhdham*)."
– God Father Shiva



When you wear the spiritual goggles, the world of Google will look as quite illusory.

Happy New Year and New Era



–B.K. Dr. Swapan Rudra,
Durgapur

Happy New Year comes year after year and we have got reminders only few days back. Every year we prepare ourselves for Merry Christmas in December and for the New Year at December end. The same thing happens year after year almost in the same way in everyone's life in a birth-long period. Human society has been continuing such celebration since approximately 2000 years after the Christ and we, the human souls, have been performing the same birth after birth in different costumes. Before Christ, there was no such international calendar like the English one existing till today. Up to 500 BC, there were different calendars in different countries according to the name of dynasties, i.e., *Vikram Samvat*, *Saka era*, etc as in India. The human history before 2500 years is not clear in any literature of any civilization or in any holy books of religions. The detailed knowledge of 5000-year-old *Kalpa* is given only by God in which the first half is described as heaven. But, the starting 2500 year time-span including *Satyayuga* and *Tretayuga* in a *Kalpa* is not known to any human being. There is only some concept of a beautiful place in the name of heaven, Garden of Allah, *Jannat*, *Bahisht*, etc. on the same earth or somewhere above, but there is no feasibility of it. As all the religious scriptures of Hinduism, Buddhism, Jainism, Islam or Christianity are written by humans by hearing the sermons from the saints or religious leaders or by recollecting from their own memory, there are always some

exaggerations with regard to place, time, dynasty, etc. in the heavenly kingdom. Many times the heaven is just an imagination or story. Only at the end, leaving 100 years of the *Kalpa*, God directly descended on earth and gave the full knowledge of the entire *Kalpa* and this knowledge is available only in Brahma Kumaris Organisation because God has spoken every word through Prajapita Brahma, the corporeal founder of this Godly University.

As the *Kalpa* repeats one after another, the situation comes in same mode every *Kalpa*, but still it is always new to the actors of this world drama. Now, time has come to celebrate the Happy New Era also along with Happy New Year for another few years until the end of this old world. We can see the calendar dates, not the happenings, in advance before the New Year, but never even guess anything either about the dates or events in the New Era.

Human science has progressed a lot and the physicists say on the basis of extensive search that our entire world is embedded in four dimensional space-time continuum, and all the events happened throughout the globe are located chronologically in that space-time continuum. When we examine a particular object from the standpoint of its space-time representation, every particle or event is located along its world line, which never changes with time, but simply exists as a timeless object. The universe, which we can or cannot see, is self contained and not affected by anything outside itself. It would neither be created nor destroyed, there will only be changes at a regular intervals through transformation from one phase to the other as per the Law of Entropy. Although every incident is inscribed in the space-time of a 5000-year-old world line, we cannot see any event in advance, and for this reason only the world drama is so beautiful and interesting. As all the facts have already been knitted in a *Kalpa*, we say that the world drama is predestined. Whatever pains and pleasures we get, while

When one is soul-conscious, all one's want and desires become less and less.

playing our respective roles in this drama, are good for us, which we cannot understand in ordinary feeling, although we say that God is good. Generally, we get sorrow from the pains and happiness from the pleasures, and we consider this quite normal. But, actually, sorrow and happiness are just the two sides of a coin depending on the experience of that moment or situation. In a same particular situation, some people are comfortable, some are not so, based on their specific mental status.

At present, in the *Kaliyugi* world, we cannot think much more about past or future due to complete submergence of all human souls into the darkness of ignorance. From this point of time, we can never think about such a future world without having any sorrow and misery, but still that happy and peaceful society is knocking the door. God has arranged everything for reaching the forthcoming Golden Age following the path of purity through His teachings, directions and nourishment liberating from the vices. Anyone can follow the path any time anywhere on this globe; and when one is accepting the Godly versions, which narrate the details of world history, geography including science and culture, he/she is getting a new birth in this same life. Humans are limited in bodies, but unlimited in souls when they think so; and, hence, the primary lesson in this Godly University is that I am not a body, I am a soul. So, this is the high time to be soul-conscious and to celebrate the forthcoming *Satyuga* at the end of this *Kalpa*.

God, the Supreme Soul, is the Creator and He is Director of this Eternal World Drama (EWD). At the same time, He is the Supreme Engineer and Surgeon, who is constructing the future heavenly world by His mastery by turning the present imperfect world into a perfect world where the divine people will live in soul-conscious state. It's a miracle or magic, not known by the present world except a chosen few, who are in knowledge of Brahma Kumaris

Organization. When we could believe the same as reality, we will achieve divinity. Godly children, being the right hands of God, are wholeheartedly engaged in the re-establishment of the Golden-Aged World and other people could gradually understand the facts also according to their own impressions. No more time is in hand and the massive catastrophic changes are going to start leading to the complete destruction of this Iron-aged world, as evident from the present scenario. So, there is no other problem, let us welcome and celebrate the Happy New Era also along with the Happy New Year, 2020. ❖

WHY SHOULD I WHINE?

–Dr. Kumkum Mehrotra,
(Gynecologist), Moradabad

It's OK; why should I whine?

So much positivities and qualities are there to instill in.

Improving the world is my immediate task;

No need to wear any mask.

Dark days will soon be history;

Then, I'll clap for getting victory.

During the past birth I hit someone,

Now, I understand the reason:

Why did I got a fracture?

And, now, there is a plaster.

I got to learn spirituality,

Understand meditation and infinity.

God is so loving and kind,

Who, though Unseen, instilled all positivities and qualities within.

He is so benevolent and generous,

Working hard to make me pious.

He says, "Comply with My order,

Become a self and world transformer

And revel in merry making as ever."

Leave everything to the course of time because it is the wonder worker.

SPIRITUAL EDUCATION IMPARTED BY BRAHMA KUMARIS HELPS TO REINSTATE VALUES

–B.K. Sujoy, Durgapur (W.B.)

Bertrand Russell, a great philosopher of the twentieth century, believed that 'education is a process of self-development'. He said that education should not stuff our mind with facts but it should develop our mind. He emphasized upon the enlargement of the mind and heart as one of the aims of education. Education should help to build up a strong and disciplined character and help in the cultivation of healthy habits.

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (PBKIVV) is a socio-spiritual-cum-educational organization, which imparts spiritual knowledge and its practical application in everyday life. It has a vision of a world where people live in harmony with each other and one another in perfect health, wealth and happiness for all. It focuses on the development of human potential, bringing harmony into human relationships and promote the spirit of Universal Brotherhood of Man and Fatherhood of One Incorporeal God through values of love, mercy, truth, peace, compassion, co-operation, etc.

Brahma Kumaris Organization recognizes the intrinsic goodness of every human being and helps people rediscover the qualities within them; thus, encouraging and facilitating the development of spiritual awareness through the process of lifelong learning. The spiritual education imparted by this organization gives people the knowledge of their true identity and the identity of Incorporeal God, the Supreme Being. In this type of spiritual education, one is

taught to establish a love-link with God, the Almighty Supreme Being and form a deep personal relationship with Him as one's beloved Mother, Father, Infallible Guide, Friend, Supreme Teacher and Protector.


The love-link with the Supreme Being not only helps to create a perfect harmony between our Mind and Intellect but also projects natural sweetness, generosity and cheerfulness of our character. The spiritual effort of establishing a conscious love-bond with Him or of creating a line of communication with Him by means of cognitive awareness is called Rajyoga meditation.

The spiritual teachings of Brahma Kumaris have given a fresh life to millions, irrespective of their varied backgrounds. People have discovered the true goal of life and the ways and means to reach it. It has helped a great many people to overcome vices and abstain from negativities like anger, ego, inferiority, jealousy, hatred, etc. With confidence and self-respect, they are quietly engaged in serving others by showing the path of fulfillment, whilst performing their everyday chores. The organization firmly believes that education should be for practical life and not merely for a vocation, profession or job. ❖


ATTACHMENT

The root of suffering is attachment. You have created a space in your mind that holds a person or object as part of you. When that person or object is criticized, neglected or not with you, you feel pain in your mind and you experience a sense of loss. If you want to be happy, you must learn to love and appreciate while remaining independent.

Broaden your heart to embrace all things and beings as God's creations.



**SAMADHI IS NOT ABOUT
DEATH:
ONE CAN EXPERIENCE IT
WHILE LIVING**



– B.K. Rose Mary

According to the sage Patanjali, *Rajyoga* is a way of life spread through eight stages such as *Yama* (abstaining from vices), *Niyama* (adopting virtues), *Asana* (sitting in relaxed posture), *Pranayama* (control of life-force energies through some system of breathing), *Pratyahara* (withdrawing attention from sense-driven information), *Dharana* (turning one's attention inward), *Dhyana* (meditation), and finally *Samadhi* (achieving equanimity and absorption in bliss).

This shows that *Samadhi* is the effect whereas preceding seven stages are the cause. These seven stages are like various stages of a student life from kindergarten to any higher degree, such as engineering, and the 8th stage is like the remaining period of life in which he works as an engineer. That is why this stage is named *samadhi* which literally means *sama* (equanimity) and *dhi* (*buddhi* or the intellect). Viewing all happenings with an equanimous intellect has to do with 'living', but not with 'dying'. If you reach an equanimous state of intellect, it is known as *Samadhi*. This is in contrast to the fundamental nature of the intellect, which is to discriminate.

Samadhi comes after following a life of consistent practice of meditation. The original word for meditation is *dhyana*, a combination of *dhee* (intellect) and *ayana* (travel), which

denotes journey of intellect to the Supreme Soul to imbibe His qualities such as knowledge, peace, love, joy, purity, power and bliss. The real meditation is possible only after acquiring true knowledge about oneself (the soul) and the Supreme Soul. And true knowledge is received only in the concluding phase of every *Kalpa* (a cycle of 5000 years) when God Himself directly teaches *Rajyoga* to the willing children. That means **true meditation and true *Samadhi* happen in our time**. As one experiences linking with the Almighty, his/her priorities in life change, and he/she becomes “dead to what the world is awake, and awake to what the world is dead,” (*The Gita*–2:69), which, in other words, means one dies alive or undergoes a living death – dead to one's old habit of seeking self-importance and pleasure-seeking and alive to doing everything in remembrance of God and leading a simple life. But, unfortunately, this figurative death that happens with regard to one's attitude, was later wrongly applied to physical death, and the word *Samadhi* wrongly became synonym for physical death.

God-given knowledge and constant link with God through practice of *Rajyoga* meditation enable one to see life in its true working and in its totality, and, thus, also to view drama of life as something wholly good. Even with regard to its part, or each happening, one has the correct view: Every action or happening is like the sprouting of a seed, which happens because of many causes and forces (perceptible or imperceptible) coming together, and every result too is like sprouting of a seed, which happens because of many factors and forces (perceptible or imperceptible) coming together. This means that there is logic in all happenings. Those, who are aware of this fact, have a favorable

All and temptations of this temporal world won't haunt you as you feel timeless.

disposition (*aradhana*) towards everything that happens in and around them. A person with such mind-set could be called *Radha*, which reminds us of the love between Radha and Krishna. The love between them is called platonic love, typical of love between friends, but not of married persons. If one operates from such love and views everything that happens, what a marvelous life would be with nothing to complain about! That means accepting the drama of life with pleasantness is worship (*aradhana*).

Conversely, finding fault with drama of life or not seeing the cause-effect relationship between happenings is self-deceptive and even equal to “mocking God”, states *The Bible* (Galatians - 6:7) This is because there is nothing to complain as everything serves a purpose. If one says, “I like fruit-bearing trees but not the mud”, it makes no sense because there are no trees without mud. Even a painful situation may turn out to be a blessing later and vice versa. For example, a soldier named Ignatious Loyala, who was severely wounded in the war-field, experienced a conversion that ultimately resulted in founding of Society of Jesus, a Roman Catholic Order of priests and brothers, which grew into a huge organization producing many scholars and charitable institutions worldwide. Its opposite also is true. The flourishing business may plunge into heavy loss at the arrival of new technology. Life is full of such dualities. They come to us as one following the other. They are like a coin having two sides – if you want one side, you automatically must accept the other. Even when unloved and defrauded, it doesn't disturb those, who are taught by God, because they know that people act according to their *sanskar* or temperament

(which means giving what others deserve is not their concern – they simply unfold according to their *sanskar* or temperament). When others act according to their *sanskar*, equanimous intellect would say: “I should act according to my Godly *sanskar* – doing everything in remembrance of God, and keeping myself linked to His qualities and powers, which would make me feel full. This would make me like a well-lit house, thereby remaining unaffected when other houses go into occasional black-outs.

Such equanimous intellect views even the world situations in the above mind-set. While people may lament over the deteriorating situations of the world, the equanimous intellect would see things in their totality and say that history is a cycle of rule of virtues (in the first half of the *Kalpa*) and rule of vices (in the second half of the *Kalpa*) – one half follows the other half like day and night. This is inevitable because there are only two possibilities – people love God for some time, then their love decays into love of the things of His Creation. In other words, people would live in *yog* (in remembrance of God) for a time, then they live in *vijog* (in separation) with each stage creating a thirst for the other.

This knowledge about the cyclic nature of the history too enables one to manifest equanimous intellect with ease. Such one always keeps a balance, which is symbolized by the one folded-leg position of Ganesh. The leg that rests on the ground stands for doing of affairs of the world and the other leg, which is folded, denotes the meditative living. This reflects a balance between practical and spiritual life, doing everything as an offering to God. This makes sense because the problem with going for worldly accomplishment with *full* force is that you

Realization personal self will lead to realization of the Universal Self.

always need another greater accomplishment to feel good (which means there cannot be real contentment through worldly means because mind is not meant to feel full with mere material accomplishments); and even if you become number one in the world, the unanswerable question would still haunt you: "I became number one, so what? or is it of any benefit?" The good feeling in you disappears soon because such success incites envy in others.

On the contrary, spiritual pursuit does give equanimous intellect full contentment of which you can find proof in the lives of those, who have already practised or are practising Rajyoga. We invite all the truth-seekers to practise Rajyoga meditation, which offers not only *Samadhi* (equanimity and absorption in bliss), but also *samadhan* (solution) to all problems. ❖

Thinking Creates Vibrations

When we're cooking, our minds are working. When we're stirring and rolling and baking, we're thinking. Thinking creates vibrations because that's what thoughts do. The vibes affect both the food and the people, who eat the food.

A Tribute to the Departed Soul, Late B.K. Prof. Mohinder Kumar Kohli



A sincere, effable and cordial friend, always inclined to help and support you; a gentle social and humorous person whose wit made him rise above the company; a dedicated teacher for whom teaching was not just a passion but became his second nature; but above all these qualities and traits, B. K. Prof. Mohinder Kumar Kohli had been Shiva Baba's completely devoted child in his thoughts, words and deeds. My association with late Prof. M. K. Kohli has been for more than 45 years.

Born on July 14, 1931, he did his Masters in History and English but chose to pursue his career in English. He was quite humble and gentle to the extent that while living in rented accommodation, he would, of his own, enhance the rent on the completion of a year. In 1982, he came to Baba's Gyan along with his whole family members, i.e., his *laukik* wife (B. K. Raj Kumari), and his three daughters, sisters B.K. Renu, B.K. Geeta and B.K. Reetu. Their dedication to the Godly service may be highlighted that they run Baba's Centre at their home in Gurugram (Haryana). B.K. Raj Kumari left her mortal coil in May, 2014 while Prof. Kohli bid us adieu on October 17, 2019.

He had a deep love for old music and literature. He has been a writer, academic as well as journalistic. He was a contributor to *The Tribune* and also to our English Magazine, *The World Renewal*.

To such a beloved child of Baba, the B.K. family members offer a glorious tribute and wish him to serve the world in next life.

– B. K. Ved Guliani

Give up all hopes from this world with your mind fixed on God, the miracle will happen.

BRAHMA – THE HIGHEST AMONG ALL GODLY MESSENGER

– B.K. Subramanian,
Avadi, Chennai

The World Drama Wheel or the Time Cycle has been equally divided into four ages namely the Golden Age (*Satyuga*), Silver Age (*Tretayuga*), Copper Age (*Dwaparyuga*) and Iron Age (*Kaliyuga*). It is only *The Shrimat Bhagavad Gita*, the sacred book or *The Vedas* of the Hindus that have such a valuable information about the Eras and Ages (i.e., length of each period), which no other holy book like *The Quran*, *The Bible*, *The Pali*, *The Granth Sahib* contains. It is obvious that only those, who have practically experienced or witnessed the scenes or occurrences, could have the authority to speak about the sequence of such events or phenomena. However, during these eras, chaos, commotions, catastrophe and apocalypse occurred and gradually caused the segmentations and fragmentations of the single united Bharat. The super-conscious human beings, called the deities, who enjoyed and experienced ever healthy, ever wealthy, ever happy and ever holy heavenly life both in *Satyuga* and *Tretayuga*, lost their immunity to balance their mind and body, while the scenes of anti-climax were faced by them during such periods.

It could be noticed that while the Founder Fathers of all other religions (i.e., Christianity – Christ; Islam – Abraham; Muslim - Prophet Mohammed; Buddhism – Sidharth; Sikhism – Guru Nanak; Jainism – Mahavir, etc.), are identifiable, the Founding Father of Hinduism is not known. As a result, those, who came on the world drama stage at a later time, gave their own interpretations and misinterpretations. After the

culmination of the *Dwaparyuga*, many *Sadhus*, *Sanyasis*, etc. appeared on the Drama Stage and mesmerized people with their own theories on the basis of the little knowledge they had. The human beings started racing behind them in pursuit of a better living on the earth. Also, man became a slave to the sensuality and did not bother about its cause and effect and started committing sinful actions, being quite unmindful of the resultant effects.

The super-conscious, soul-conscious deities and angels stepped down from the top of the ladder of heavenly life, birth after birth, right from the inception of the dawn at *Satyuga* and rolled down into the bottom of the dusk and, thus, the legend of the deities' heavenly life came to an end. At the inception of the *Dwaparyuga*, the day of Brahma was set off and the Night of Brahma set in; the messengers like Abraham, Buddha and Jesus Christ came down to this corporeal world at different points of time in the various parts of the world and guided the souls with the pure knowledge they had. For instance, the Ten Commandments of Jesus Christ, Eight-Fold Path of Buddha and so on, caused a positive impact on the life of people and made them live peacefully and happily to a limited extent. As time passed by, the power of inculcation of knowledge gradually diminished and the gate of evolution for the body-consciousness opened widely. The consistencies of the powers conferred on the messengers were limited since they did not dispel the darkness of ignorance squarely from the human mind so as to enlighten them with the knowledge of soul and the Supreme Soul. God Himself incarnates to give this highest enlightened knowledge through the lotus mouth of Dada Lekhraj, an ordinary man leading the household life, whom He renames as Prajapita Brahma for helping in His noble task of world-transformation. Indeed, Brahma is the highest amongst Godly messengers. ❖

Ignorance of spiritual knowledge leads man to crimes, and corruptions.



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.,
Associate Editor, Shantivan &
Associate Professor (Education),
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In Pharmacology, the term 'elixir' refers to a sweetened aromatic solution of alcohol and water containing, or used as a vehicle for, medicinal substances. Described as a phrase 'elixir of life', it refers to an alchemic preparation formerly believed to be capable of prolonging life. It refers to an alchemic preparation earlier believed to be capable of transmuting base metals into gold. In fact, Incorporeal God Father Shiva's Supreme Directions (*Murlis*) serve as the catalytic elixir for divine life of the Brahmins and Deities. The *Murli* serves to transform the Iron-aged life of *Kaliyugi Shudra* type of human souls into the Diamond-aged life of the Brahmins and then into the Golden-aged life of the deities. It also serves to prolong the longevity of both the Brahmins and the deities. In this article, the author highlights the essential importance and significance of the Incorporeal God Father Shiva's Supreme Directions (*Murli*) in its various aspects.

What is *Murli*?

Murli is Incorporeal God Father Shiva's direct utterances through the lotus mouth of Prajapita Brahma, His human body-chariot. The lotus mouth of Prajapita Brahma has found mention in religious literatures as Cow's Mouth (*Gau Mukh*) from which water flows or gushes out. This is symbolic of the flowing out of God Shiva's nectar of spiritual knowledge through the lotus mouth of Brahma for satisfying the spiritual thirst of impure human souls. On the basis of this knowledge, the souls forget their body-

consciousness and become soul-conscious, and thereby purify them of sins through the practice Rajyoga meditation.

In the cult of devotion (*Bhakti Marga*), reference about this knowledge is made to the immortal anecdote (*Amar Katha*) or *Tijri Katha* of Lord Shiva delivered to Parvati, His consort, on the Mount Kailash. This is again symbolic in the sense that the immortal anecdote (*Amar Katha*) refers to the immortal spiritual knowledge, and the *Tijri Katha* refers to the *third eye* of spiritual knowledge, and Parvati refers to every human soul, who is called/symbolized as the bride of Incorporeal God Shiva, who is the only Spiritual Bridegroom of all human souls, the spiritual brides.

Murli - The Real Flute

The real flute is not the instrument made of bamboo but is divine utterance of Incorporeal God Father Shiva. References are also cited to the sweet and sonorous sound of Krishna's flute (*Murli*). It is said that when the sound of Krishna's flute is heard, the cows and cattle magically run and flock towards him being quite spellbound by the attractive and touching spell of its sound. Even the devoted women (*Gopis*) of Vrindaban were madly in love with such sound and flee towards the direction of this sound by leaving their household chores or activities in which they were then engaged. This is again symbolic: the soul of Brahma and Krishna is the same but their bodies are different in Age of Transition (*Sangam Yuga*) and Golden Age (*Satyuga*); in

Remain ever in a sense of self-respect, then you won't wish respect from others.

Sangam Yuga, the Incorporeal God Shiva enters in Brahma's body-chariot to deliver the sweet spiritual knowledge (*Gyan Murli*) to the human souls, who represent or symbolize the Brahma Kumars and Brahma Kumaris, the real *Gopas* and *Gopis* respectively. So, the Incorporeal God Shiva, but not the corporeal Krishna, is the real or bonafide Flutist (*Murli*) of Spiritual Knowledge.

Murli – The First Utterances of God

When the Incorporeal God Father Shiva descends down upon the earth and enters in the body-chariot of Brahma, He gave His own introduction through the lotus mouth of Brahma by delivering His first utterances, thus: “*Nijananda Swarupam Shivoham, Shivoham; Prakash Swarupam Shivoham, Shivoham; Gyan_Swarupam Shivoham, Shivoham*” (I am the Blissful Self, I am Shiva, I am Shiva; I am the Effulgent Self, I am Shiva, I am Shiva; I am the Knowledgeful Self; I am Shiva, I am Shiva.” Therefore, these words are called the first utterances of *Murli*.

These initial divine utterances of God pouring out through Adam, the First Man, who is designated to be the First Deity (*Adi Dev*) of Heaven prove the fact that the ancient saints and sages were quite ignorant of the clear and sufficient knowledge of God, regarding whom they utter the words “*neti neti*” (no end, no end), which means that they have not reached to the 'end' of the “what, how, where, when” of God. The term 'what' refers to His 'name'; 'how' refers to His 'form'; 'where' refers to His 'abode' and 'when' refers to the auspicious time of His divine 'descent' upon the earth.

Murli – The Gita in True Sense of the Term

Murli, in reality, is *The Gita* – the divine songs or utterances or commandments – of God in true sense of the term. According to the versions of *The Gita*, He descends down upon the earth to

salvage the religion and the righteous souls, as stated, thus: “Whenever the religion or righteousness declines in Bharat (*Yadayadahi Dharmasya Glanirbhavati Bharat*), I take divine birth in order to evolve the religion, salvage the righteous souls and destroy the unrighteous ones.” Thus, the true Sermonizer of the real Scripture *The Gita* is the Incorporeal God Father Shiva but not the corporeal Krishna.

He does this by sermonizing *Murli/The Gita* not in every age (*Yuga*) but only once in the Confluence Age (*Sangam Yuga*), the Age of Transition, in every *Kalpa*, which consists of a period of 5,000 years in the ever revolving and repetitive Cycle of Time and Creation that go on forever without any end or stop everlastingly. Because, the Time and Creation are the eternal phenomena, which are unstoppable; only their nature changes from purest to pure (*Sattopradhan* to *Satto*), from pure to semi-pure (*Satto* to *Rajo* and *Rajopradhan*), from semi-pure to impure (*Rajopradhan* to *Tamo*), and from impure to most impure (*Tamo* to *Tamopradhan*).

Murli Liberates, Redeems and Elevates

Liberation, redemption and elevation are the objectives of the longest spiritual journey of human souls in the course of human life. Since the commencement of the Copper Age (*Dwapar Yuga*), the human souls started experiencing the fall from God's grace and heavenly freedom and came into bondages due to body-consciousness that culminates at the end of the Iron Age (*Kaliyuga*) in utmost hellish pains and sufferings.

Redemption of the human spirit/soul involves acceptance, confession and expiation of their sins/vices by acquiring righteous knowledge and following the righteous and noble path guided by none other than the Supreme, Incorporeal and Spiritual Guide through His corporeal human medium, Prajapita Brahma, through whose lotus mouth He delivers the sacred and redemptive

Today, man is more mad with hunger of lust than hunger of good.

spiritual knowledge, called *Murli*.

Elevation of the human spirit/soul involves the divine interference of Supreme Divine and Almighty Being, the Highest External Spiritual Force or Power, who is solely responsible for making a quantum shift or leap or transformation of human consciousness from their hellish state of body-consciousness to their heavenly state of soul-consciousness through His divine magic wand. That is why God is called the Supreme and most Wonderful Magician (*Jadugar*), who transforms the Iron-aged human souls into Golden-aged divine souls by His unprecedented magical touch.

Murli has the tremendous transformative power to liberate the impure and decadent human souls from the gripping clutches of the seven deadly sins/vices such as sex-lust, anger, greed, attachment, ego, indolence and jealousy. It redeems them by diverting them from the dark dungeons of ignoble, untrue and unrighteous path to the noble, true and righteous path of divine life. It also elevates them from their current hellish human stage to the forthcoming heavenly deity stage in which they will lead the purest life of primordial and pristine peace, bliss and happiness untainted by any iota of impurity and devilishness.

***Murli* Quenches the Thirst of Souls for Divine Knowledge**

Just like the partridge birds await longer and seek to drink the first rain drops after the scorching heat of summer, likewise the human souls, who are seared by the scorching fire of body-consciousness and suffer from unprecedented pains and agonies, seek to satisfy their long-lingering thirst for divine or spiritual knowledge of God, which only *Murli* quenches at last. The outpourings of spiritual nectar of knowledge work as *balms* for their

pains and sufferings, pacify them with *solace* by providing them shady *protection* and *succour* from the fiery vices, and heal them with *spiritual injection*, which are badly needed for their ultimate spiritual transformation and rejuvenation after a long period of hellish damnation.

***Murli* takes Human Souls back to their Original Nature (*Vritti*) and to the Lap of Nature (*Prakriti*)**

Under the negative impact of sins/vices in the Iron Age (*Kaliyuga*), the human souls were completely digressed from their original, essential and fundamental spiritual nature (*Vritti*), and had adopted the vicious Satanic nature of sensuality, perversity, promiscuity, depravity, criminality, etc. As a result, they were far removed from their original values-based spiritual lifestyle and indulged themselves in the materialistic, hedonistic and flamboyant lifestyle of degrading consumerism culture. They were also far removed from the dictum of “simple living and high thinking” that they once used to live and think in the lap of beautiful, attractive, fostering love and care of Mother Nature, which, in the words of romantic poet William Wordsworth, regarded as the worshipper of Nature, “never did betray the heart that loved her”.

Murli takes the human souls back to their original nature (*Vritti*) by giving them a real foothold in their original values-based spiritual lifestyle, and also brings them “Back to the Lap of Nature (*Prakriti*)” and also to the simple, natural and pure lifestyle from the humdrum and wilderness of modern, materialistic, depraved, corrupt, nasty, brutish, promiscuous and artificial lifestyle of the present industrial culture of materialism and consumerism in this fallen civilization. **(To be Contd.)**

Two is company, three is crowd; so remain with God by becoming two-in-one.

JOURNEY TOWARDS VICTORY



–The Youth Wing (RERF),
Brahma Kumaris

There are various forms of sleep or dormant state in youth life such as sleeping in the lap of ignorance; Sleeping in indulgence and luxury; Sleeping out of hopelessness and depression; Sleeping because of ambiguity, duality, confusion, lack of clarity; sleeping out of negligence. Lack of inner awareness or self-awareness is a spiritual sleep.

Sleeping in lap of ignorance is a trap for someone, who has no wisdom. This includes over confidence of fate and fortune without doing anything. The youth is reluctant to learn or strive hard according to his goal. If one is over-confident, time may run out. The urgent new is to strengthen one's mental muscles to give importance to things which have been neglected by the self.

The words such as “I will see, will do, will plan; let me think; things will happen on time, etc.” are the words of negligence. The youth should hear alarm, which awakens them from such sleeps of negligence. This kind of alarm includes constructive criticism from parents, teachers and other well-wishers. But, they stay negligent to such alarms, they have the habit to ignore such alarms, they don't respond to them, and that is dangerous. There are warning bells, which needs to be heard, but we ignore them. Fortune knocks the door only once and it is upto us to take the opportunity.

One needs understanding and power to hear alarm. Attention is the key. There is the need also of energy and enthusiasm. The young minds are

not ready to understand what one may face due to ignorance. One must accept, be humble in understanding such kind of sleep. Otherwise, one will be under pressure and tension. In the beginning, this may look okay but later this will damage one's life.

Intense effort (*sadhana*) and accomplishment (*siddhi*)

Intense or systematic effort (*Sadhana*) is luck in itself. One needs intense effort just to find the right way to achieve one's objectives. During Ph.D. the researcher takes several years just to understand the problem and additional six months to have the information about the relevant books. When he was in search of papers of various authors, he couldn't understand or differentiate between the relevant, less relevant or irrelevant papers. After meeting his guide he understands that some of the works or papers are seminal, which means path-breaking research papers. In this process, he tries to set the objectives of his research after going through the research works.

One may try hard but if it's not in the right direction, it damages. Right *Sadhana* leads to *Siddhi*. After identifying the correct direction and path, one can enhance the speed. But, direction is more important than speed.

Working with smartness or cunningness may offer one limited advantage, and one may even lose the battle in the long run. Working with proper conscience, understanding and clarity gives one immediate relief and victory. Otherwise, psychological energy gets exhausted in ambiguity, self-doubt and fear of the unknown. Working with clarity gives one confidence and courage to confront obstacles. In *The Gita*, it is stated that the Mahabharata War was all about the battle of the minds. In their

See the world and humanity with the third eye of knowledge, they will look more beautiful.

mind, Pandavas were confident of their Guide or Mentor; so, they fought with the mental qualities of bravery, complete faith and focus. In their mind, Kauravas were aggressive and focused but were lacking the mental qualities of confidence, clarity and faith in others.

Plato, the Athenian philosopher, said, "The first and best victory is to conquer the self." It is better to be the conqueror of the self than winning a thousand wars. Here, victory means victory over one's own mental weaknesses, bad habits, vices, negativities, etc.

People see, watch or observe a person's outer victory in terms of money, materials, post, position, name and fame. These observations are without knowing the person's efforts, hard work and sacrifices. People appreciated the achievement of P.V. Sindhu, Indian professional badminton player, for her Olympic performance and recent world championship. However, very few knows the hours of her workouts and how she had to preserve her disciplinary life. She controlled the use of sugar and mobile phone to remain focused on her practice. In 2011 Cricket World Cup, the victory on April 2nd by the Indian cricket team members led to victory of the whole nation.

John F. Kennedy said, "Victory has a hundred fathers and defeat is an orphan." It tells us that when you win, everyone wants to be your friend. When you are defeated no one wants to be around. Indian athlete Ms. Hima Das was not known to anyone before she became victorious in sprint running.

Your victory relates to the victory of so many people. One's victory leads to success and gives benefit to family and friends. A youth achieving success in getting a seat in a prestigious medical college leads to victory of his/her parents,

teachers and near and dear ones.

Maintaining the positivity in mind and self and remaining victorious are connected. Realizing the self as the child of God, the Almighty and accompanying Him during our journey towards victory will solve our problems. Digesting victory is equally important as remaining humble and grounded in spite of our spectacular performances. ❖

CO-OPERATION

Co-operation is, perhaps, one of the least recognised but most valuable of human virtues. So, for a person to be co-operative means for them to have a discerning eye for what is needed to bring success, and to supply it at the right time, in the right place and then to be off. Someone, who co-operates, offers his/her services and, then, splashes his/her name on the achievement, is not co-operative. It requires invisibility and precision to do and, then, to go without waiting for results. It also takes a discerning eye to see exactly what is needed, to be removed sufficiently from your own approach to a task and just to contribute one ingredient, which is, sometimes, may be an idea, a hand or a support. In this way, co-operation leads to unity, integrity and spirit of co-existence in people.

Only with a spiritual vision, one's worldview can change into positive.

(.....Contd. from page no. 4)

tricks, evil thoughts, worries, etc., find their breeding place in it. Besides, he spreads unrest in society by his unsocial acts.

Attachment in any form, either to one's own body, to property or to any other thing, kills one's reasoning faculty, leads him to nepotism and partiality, and to illegal ways or exploitations. He becomes the means of causing calamity, conflict and even a bloody revolution. To what length does a man not go when attachment to his offsprings and to his hearth and home lead him, as it were, by the nose, to dirty deeds?

Egotism or pride is the root cause of all the conflicts. It is because of this that there are clashes between two individuals, two countries or two nations. A conceited person simply causes distress to others and, on a small excuse, may retort and raise his hand.

Sexual indulgence leads to loss of strength and to disease, anger and intolerance. Obviously, unrest is in the persons in whom these vices exist or in place where they exist. In short, vices generate restlessness in one form or the other as much in the society as in an individual.

What is the Root Cause of vices?

Body-consciousness is the root cause of all viciousness. Only when man considers himself a body instead of a soul, views himself as a man or a woman and looks at others too from purely physical point of view and behaves in accordance with physical relationships, being aware of various forms of these relationships, only then does arise there the vice, called sex-lust. When one observes all things and persons from the standpoint of corporeality, attachment towards one's children and one's kith and kin is born. Being attached to them, one becomes greedy and, as is generally observed, his conceit suffers a shock because his desires are far from being fulfilled and he loses his temper. To a far-

sighted man, this truth is clearer than to the one, who has mere superficial knowledge.

Ignorance Leads to all these Vices

Vices have their origin in body-consciousness, which is due to ignorance. Ignorance of what? Ignorance of what man really is, his original home wherefrom he, as a soul, has arrived in this world; whose child, he, as a soul, is and his religion, ignorance of his destination or the aim of his life and what course his actions will take? So, knowledge of all these points, mentioned here, should bring peace to man's mind and by this means alone can be found a solution to this problem of world unrest. By dint of this knowledge, these causes will surely be removed from man's mind.

Solutions to Territorial or Regional Differences

Let us take the example of territorial differences as a cause of unrest. If people realised that they are souls, and that the bodies, they have, are simply the instruments of action or garments of the souls and that, in reality, they are the original inhabitants of one and the same metaphysical world, called *Paramdham* or *Brahmalok* from where they have come into this physical world and to where they, at last, have to return; then the prospects of lasting peace begin to appear. Not to speak of a particular country, the whole world is a caravan of people searching for peace. By this thinking, union of minds among all can be made possible and mutual trust generated. This is the truth on which we should reflect that all the souls cannot be born in only one country or to one father and mother in the same linguistic group. Hence, in this vast world of activity, some souls are born in one country while some others are born in another country. About this, there can be no occasion for quarrel. Should it be a reason enough for passengers in a train to quarrel among themselves simply

Only One Incorporeal God Father can make the whole mankind and Nature pure.

because they occupy seats in different compartments? No, surely not. Actually, the destination of all is one – the Soul World (*Paramdham*) – and the attainment of peace and happiness is the aim of all alike. This realization of a common aim can bring about oneness among the people.

Does anyone carry with them the piece of the land in which they are born? The great conqueror Alexander, the Great, left this world with his hands empty and when his mother went to the graveyard and enquired about where her son's grave was, the man in-charge (the sexton) replied: "Here are interned several bodies bearing that name (Alexander). Which one do you ask me about?" When such was the fate of Alexander, the Great, all men should remember that this body will be consigned to flames one day or will mix with the common dust.

If each one of us were, thus, informed on this point, namely that in the body resides a priceless, immortal, spiritual and eternal entity, called the soul, and we all have come from the Soul-World, (*Paramdham*), the idea of universal brotherhood will be installed to enable them to love one another. How happy people of a country, community or tribe are, when they have a chance to meet them in a foreign country? They set up associations, clubs and unions only to help one another. So, we should also co-operate with one another because we have come from one and the same metaphysical place (*Paramdham*) into this world, which is really an alien country. We should have concord amongst ourselves. Knowledge of this kind will release man from greediness, attachment or any sense of false identification and, having this universal brotherhood engendered, will bring peace to the

world.

Solution to Religious Differences

Now, let us think of the religious differences, which are a potent source of unrest. If all were taught to learn that purity and peace are the prime objective of the soul to acquire, peace will be established in the world and in the mind of man. You should be able to say that Hindus, Sikhs, Christians, Parsis - all are essentially and primarily souls. Before we regard ourselves as belonging to any religion, we should recognise ourselves as souls and should look upon others also as souls. Thus, there will be no occasion to lose peace of mind, because the soul's very objective is the attainment of peace and purity. We have to take note of the fact that, now-a-days, the slogan of the general public and their leaders is that people, whatever their religious beliefs, are all brothers. But, unfortunately, they do not live like brothers, because they know not what the basis of this idea is, nor have they the experience of how this idea works in other people's lives. So, there is obviously the necessity to make people understand the truth that all persons, wherever they live and whether they follow one religion or the other, are the children of one and the same Spiritual Incorporeal Father, the Supreme Soul, and are, therefore, spiritual brothers to one another. From the point of view of this material world, Brahma is the religious Father (*Adi Pita*), whom they call Adam or the First Man. Hence, it is now quite clear that when you have faith that you are a soul and look upon others, too, as souls, you will have the experience of what real spiritual brotherhood means. You will be linked to others with love and, as a result of that mutual relationship, there will be peace in the world. ❖

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