



# *The World Renewal*

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Pure thoughts  
are the  
invaluable  
treasures  
of your  
life





**New Delhi (Hari Nagar):** National Inner Empowerment Campaign for Defence & Security Forces is being launched by Vice Admiral S N Ghormade, Vice Chief of Naval Staff, Mr Pradeep De, Addl. Director, NCRB, BK Ashok Gaba, BK Shukla and others.



**Houston (USA):** Mr. Taranjit Singh Sandhu, Indian Ambassador of USA is being felicitated by BK Dr. Hansa Raval.



**Malaysia:** Mr. BN Reddy, Indian High Commissioner is in group photo with BK Meera after a courtesy meeting.



**Dallas (USA):** Mr. Aseem Mahajan, Consul General of India is in a group photo with BK Ranjan after sharing Godly knowledge.



**Guangzhou (China):** Mr. Vikram Misri, Ambassador of India to China is being given Godly gift by BK Sisters LiuQing, WangXueYing, PanQunXi and HuangXiaoXian.



**Reeva:** Mr. Shivraj Singh Chouhan, Chief Minister of Madhya Pradesh is being given Godly gift by BK Lata.

From the mighty pen of Sanjay



## YOGI'S SELF-EXAMINATION

Some people say that after they have acquired *Gyan* and the knowledge of *Sahaj Rajyoga*, they notice an appreciable change in their living but after a few years, the rate of their spiritual progress somehow slackens. Although they still have before them a clear picture of the subtle state of mind they aim at, they do not, however, feel that their effort has satisfactorily accelerated towards the goal. They wish, therefore to know the method they should adopt to increase the tempo of their effort.

*A cursory examination will show that this slow rate of progress is attributable to nine principal causes. If we try to remove them, there is no reason why our aim should not be achieved. The fact however; is that we either fail to pay full attention to their removal or, even when we try, we really do not know the way to go about it. An effort will, therefore, be made, in this article, to identify these causes so that we may know how to tackle them.*

Now, a person's state of mind depends often largely on the daily routine he goes through. The

day, of course, means all the 24 hours from the time of waking up from sleep in the morning till the time of going to sleep at night and the term 'daily routine', therefore, comprehends all the thoughts one thinks and the acts one does. When this routine is irregular and unbalanced, the yogic effort is bound to be retarded. It is, therefore, very essential to pay special attention to one's daily routine.

### 1. To go to sleep punctually at night with the right state of mind

In order to wake up punctually in the morning, it is essential to go to sleep punctually at night. Although it is desirable to reduce the hours of sleep as far as possible, it is commonly observed that 10 p.m. is an ideal time for one to retire for the night, for it enables a person to wake up as early as at 3.30 or 4.00 a.m. the next day which is the time when there is comparative silence and purity in the atmosphere and which is, therefore, most suitable for the practice of meditation and experience of bliss that flows there from. If a person goes to sleep later than 10 p.m., he will

(Contd. ... on page no. 32)

## CONTENTS

- |   |   |
|---|---|
| ● Yogi's Self-Examination.....3                           | ● Humility Treads the Fine Line Between Arrogance and Self-Deprecation.... 18 |
| ● Merry Christmas & A Happy New Year!!!..(Editorial) ...4 | ● Forgive and Forget..... 20  |
| ● Godly Knowledge in Family Life.... 7                    | ● All the Powers of the Mind are Hidden in the Concentration..... 21          |
| ● God Consciousness ..... 9                               | ● Power of Now..... 24  |
| ● Truth is Ever Lasting!..... 11                          | ● United we Stand, Divided we Fall .25  |
| ● Contentment ..... 13                                    | ● Virtue or Vice – the Choice is Constantly Yours ..... 27                    |
| ● Imbibing the Quality of Sweetness.. 14                  | ● The Magic of Transformation ..... 31  |
| ● Finish the Past and Live in the Present....15           |   |
| ● The Power of Easy Rajyoga ..... 16                      |   |



## MERRY CHRISTMAS & A HAPPY NEW YEAR!!!



I am very happy to express the thought that it is after one long year that we are going to have a Merry Christmas. Following Christmas, of course we expect change in the whole global atmosphere with everyone feeling the freedom of life and enjoying the company of one's family, friends and cherished ones, as they celebrate the New Year with a lot of joy and happiness, especially amongst the children. So first of all, I extend my heartiest greetings to all of you for a Merry Christmas and very-very happy New Year!!

I trust that by the time of January 2022, all sorts of COVID variants would be overcome and finished, and they will not think of returning to trouble God's blessed children all over the globe. Human beings descend on earth, take birth to manifest their own *sanskars*, and enjoy the company of other human beings, whether they remain based in one place or carry out their roles as travellers. Lucky are those of us who have recognised finally that the entire humankind is creation of One Supreme Father whom we call the Divine Mother and Father, God Shiva, in Bharat, and of course Allah, Jehovah, Waheguru and so on in other belief systems. **This is the opportune time for us to rise to the occasion and find**



**similarities in our own religions and the live by the universal concept of one God, and one Human and Global Family.** If this concept is accepted, adored and respected then you can imagine what kind of world we will have! The entire world would get transformed into a very-very loving society where refreshing smiles would be the order of the day, and of course plenty of peace and fulfilment for everyone to appreciate on earth; as they say, let there be peace in the skies, let there be peace on earth, let there be peace in the oceans so that there are no borders or battles or broken hearts in the skies or on earth or in the oceans... The fact remains that war does no good for anyone,

and so **it's better to awaken to the call of time and support humanity back to its original stage of goodness, serenity and the sunshine of virtues and powers.**

There are some of us who have been very fortunate to receive God's blessings in the form of spiritual wisdom which is so essential for self-evolution, self-refinement, and self-divinisation, and eventually to become a server of humanity. At the young age of just 20 years, I was blessed to receive the opportunity to communicate directly with the Supreme Father, Supreme Teacher and Supreme *Satguru* through the medium of Pitashri Brahma. **People wonder and often ask: what is the basis of an individual's personal happiness or spiritual intoxication? I would say it is the practical experience of being so close to the Source of Enlightenment, Inner Happiness and Joy par excellence.** How do I explain to my dear spiritual brothers and sisters that being in the company of Supreme Father and His Corporeal Medium can be the most rewarding celebration!!

The magnetic pull of the spiritual vibrations of '*BapDada*' (Incorporeal Shiv Baba and Pitashri Brahma combined) are so enchanting that the seekers of real happiness instantly find what they've been searching for so desperately over the ages. This most loving company of our Spiritual Parents can only be experienced once in the complete Cycle of 5000 years. On the path

of *Bhakti*, people do offer their love, regard and reverence on auspicious occasions, especially MahaShivratri. Even though many of the rituals are carried out with blind faith, yet they leave such a deep impact on the devotees, be it the observation of night vigil, or day-long fast or offering of milk, and *belpatra* (leaves) which are considered to be Lord Shiva's favourite leaf. **What a pity that these rituals have been performed year after year for centuries but the real super-sensuous joy is only bestowed upon and truly experienced by devotees when their third eye has awakened, and they have recognised their own real selves, and re-forged their personal relationship with the Supreme Being.**

Through deep, clear perception of the Almighty Being in His luminous form of divine light, and development of unconditional love for the Supreme Parent in meditation, we receive the most invaluable gifts of enlightenment and non-fleeting joy and happiness. Celebration of religious festivals have allowed us to experience similar joy, albeit temporarily, as they are memorials of the experiences we have accumulated during this spiritual lifetime, however each religion worships or remembers the Divine Being in their own unique ways, and these may not be exactly identical to what God teaches us now directly. **Therefore, it is essential that we listen, understand and implement all His**

**teachings at present, only then we can remember, and reconnect to our eternal bond with the One and claim our spiritual inheritance.** God's guidance is pure spiritual knowledge or wisdom that flows from the Supreme Source to us, and enables our beautiful transformation into the worthy, spiritual progeny of God.

In a recent *Avyakt Murli*, *Avyakt BapDada* have shared a powerful description of the stage of happiness we spiritual children should aspire to, which we are sharing below for the benefit of our Readers:

*“Happiness is the only thing visible on your faces as the practical form of all Godly attainments. Happiness is the special basis of Brahmin life. There is the difference of day and night between temporary happiness and the permanent happiness based on the complete and perfect stage. Temporary happiness is definitely visible for a short time on the faces of those who have temporary attainments. However, spiritual happiness definitely makes you happy, and the vibrations of spiritual happiness also reach other souls. Other souls also experience peace and power. Just as a tree that is full of fruit gives people the experience of coolness for a short time with its cool shade, and they become happy, in the same way, souls who are full of the fruit of Godly attainments and spiritual*

*happiness give others the experience of peace and strength in body and mind with the shade of their attainments. Like rays of the sun, the vibrations of happiness make you forget the atmosphere, people and everything else and change everything into an experience of true, spiritual peace and happiness.”* (Extract from *Avyakt Murli*, 5 December 2021)

**To enjoy the fruits of our devotion, faith and efforts, we are advised to explore the treasures of God's intimate and benevolent company, and make efforts towards total freedom from all karmic bondages.** This aspect of highest realisation and practical achievement is possible only when God Himself descends on earth from His Supreme Abode: *Paramdham*, which is why we must not waste any time of the current auspicious Diamond or Confluence Age.

We wish all our spiritual friends from any religious denomination the fortune of receiving glimpses of God's visions, understanding and imbibing Spiritual Knowledge, and experiencing everlasting joy and happiness.

We extend our hearty greetings and best wishes for a very meaningful, 'spiritual' festive season and abundant gifts of Piety and Divinity.

Om Shanti,

– **B. K. Nirwair**

## GODLY KNOWLEDGE IN FAMILY LIFE

■ B.K. Surendran, Bengaluru



**K**nowledge is very necessary in all walks of life. We all know that Godly knowledge is the quintessence of all types of knowledge which is necessary for personal life, family life, professional life, social life and public life. It is helpful for personal empowerment, harmonious family and professional life and ensures peaceful coexistence in social life.

### Descent of God to renew the life

There is a wrong apprehension that Godly knowledge disturbs family life. The world is sustained by man and woman from time immemorial. Both in Golden age and Silver age, the husband and wife were leading a viceless life. The birth of human beings was with the power of yoga. Today human beings are drowned in the quagmire of vices which is creating a lot of disturbance in family life, that in turn affects social and public life. We are all aware that almost all cases related to domestic violence and violence against women are the result of sexual abuse and related malpractices. Therefore, the Supreme God Father has descended to teach Godly knowledge and Rajyoga.

We begin in the Golden Age, when the world is pure and we are in touch with our true nature as souls for whom the body is just a physical vehicle, then move through the cycle until life gets progressively worse. Life in Golden and Silver Ages was free from the vices such as sex-

lust, anger, greed, attachment, ego, jealousy and so on. Even

in *Manupuran*, it is stated that householders are the pre-eminent *ashram*/ hermitage because they sustain the *brahmacharis* - those who have not yet entered the house-hold life and those who are mendicants-*sanyasis*. Hence *grihasthis* (householders) have an exalted position in the world. They are the makers and shakers of the conditions in the world. The activities in the world are headed by men and women who are very much involved in it.

### The consequence of Godly knowledge and Rajyoga

The Supreme Soul God Shiva is our Eternal Father. Since we are all souls, we require proper education to renew our life. God reveals that He descends once in 5000 years to empower and rejuvenate the human souls. God raises the human souls to the level of deityhood through the power of Godly knowledge and Rajyoga. He explains that the ancestors of human beings were deities and not monkeys. Our eternal Father corroborates this wonderful knowledge with clarity and precision. If one can listen to the sermons of the Supreme without any preconditions, prejudices, misconceptions patiently and respectfully, the truth can be understood very clearly. There are thousands of people who have understood this knowledge and experienced the Self-effulgent Light Form of

God. Consequently, their life has transformed incredibly overcoming all their vicious tendencies. So far it was believed that overcoming the vices of sex-lust, anger, greed, attachment and ego would be impossible. But it is found that power of spiritual knowledge and practice of Rajyoga enables the souls to effectively get rid of their vices. Many of them are householders. There are many living examples.

There are some self-disciplines for those who are householders and who lead a Godly knowledge-based life and practice Rajyoga in their day-to-day life which are mentioned below.

- ▶ In addition to the routine and *Murli* class (morning spiritual knowledge discourse session), one should be aware that 'I am a trustee or instrument of God' and stabilize the self in points of self-respect. One should attend the household chores with an attitude of detachment. This trusteeship will enable one to be free from the attack of vices. One should be egoless and constructive and soul-conscious and this changes our outlook from the gross worldliness to spiritual consciousness. We are spiritual beings with a physical form of male and female entity. The physical is perishable. Hence we should be aware that we are immortal beings. What is seen in the world is a drama being enacted by the souls. There would be tragedies, maladies, comedies, remedies and so on. Let us not be carried away by the scenes and sceneries. These are the consequences of the *karma* of the souls.
- ▶ In order to satisfy the worldly relations, we must go along with them to the places of worship, marriages, death ceremonies and

so on if it is necessary. We must be connected with the community in which we live and participate in all social functions strictly adhering to our code of conduct and rules and regulations of leading a *satvic* life. We should inculcate virtues and assimilate Godly knowledge before giving Godly knowledge course to others.

- ▶ Our thoughts should be selective. As far as possible we must avoid wasteful, negative and vicious thoughts. We must select positive, pure, powerful, elevated thoughts. At the same time, we must adhere to the traffic control sessions throughout the day. In the evening also we must practice at least one hour meditation. Our dinner should be very light, and before going to bed we must practice half an hour meditation so that we will have sound sleep which ensures a powerful *Amritvela* meditation. These meditation sessions will empower us to overcome the forces of vices while being in family life.

God has come to take us to the New World and His mission of establishing one world, one religion and one kingdom has been going on for the last more than 85 years, still there are many souls who have not yet recognized their Supreme Father. The situations in the world convey the message that the present life on earth may not last long. Hence, this is a message also, to please get connected with the Supreme God Father. This is the time when He Himself comes to this corporeal world. This is Now or Never. ■

**PEACE**  
Not to cause anyone sorrow even  
in your thoughts is  
complete non-violence.





## GOD CONSCIOUSNESS



“Remember me exactly as I am, and I will guarantee to relieve you from all your sins”.

– God Shiva through Brahma



■ **B.K. Yogendra,**  
(India one solar power plant), Shantivan

**H**umans are social beings. We are all interconnected. Everything is 'energy' working at different frequencies. We all share almost everything that is in existence on this planet. Not just the five elements and its resources in various forms, but also, we share thoughts, feelings, emotions with each other. It is this sharing and caring that is what makes this world a unique place in the whole universe. Therefore, each one of us is responsible for the situation that we are in today, be it a good situation or bad situation.

At the core of our social fabric, at the foundation of our connection and relation with each other is our identity. The identity defined by our family members connect us with our family, the identity defined by the society connect us with neighbourhood, be it in the form of culture, religion, language, place of origin, status, in the form of name and fame etc; the identity defined by our education system connects us with the people and resources that gives us bread and butter. Therefore, it starts with our identity which then connects us and relates us with each other. Therefore, it is very important to know our correct identity and very important to know the identity of the person we relate to, because that will define whatever situation we are in today.

It is exactly this 'identity crisis' which is addressed by Shiva Baba through His spiritual

knowledge. Shiva Baba not just gives us our real identity but also gives us His identity through the mouthpiece of Brahma Baba. God Shiva says we are souls, a point of light, like a star that shines in the sky. 'I the soul, shine at the centre of the forehead.' Further, Shiva Baba gives us His own introduction. He says, 'Just like you, I am too, a point of light, but I am the ocean of all virtues and powers. I am the Source, I am the Creator, the Principal actor and the Director of this world drama.'

Thus, by introducing His identity to us in form of His name (Shiva Baba), His place of stay (Paramdham), His form (as point of light), His role in this world drama (comes at the end of *Kaliyuga*), and His responsibilities (to create a new world order), it becomes easy for us to connect and relate with our Eternal Father.

### **Remember Me**

It is very easy and natural for us to connect and relate to human beings, because of their physical form; we can see them, touch them, feel their physical presence, listen to them, share feelings and emotions. This was the only way we know to connect and relate with anyone but not until Shiva baba revealed us our true identity. I, the soul, am invisible to the naked eyes and so is Shiv Baba who cannot be seen, touched, or can be heard with these physical senses. God is beyond birth and death. He is beyond these five

elements. All we must do is connect and relate with Shiva Baba with the help of our mind and intellect (thoughts and visualization).

Therefore, Baba says, you have to forget what has been taught to you by this world. You are not what you see, neither you can rise above by attaching yourself to these worldly people and material things. Baba says, now that you know yourself and that you know Me, remember Me as I am, and connect with Me through all relations. (*Deh sahit deh ke sarv sambhandh ko bhool, apne ko atma samajh, mujh baap ko yaad karo*).

It is important that we experience all kinds of relationships with Baba, be it as a father, teacher, *sadguru*, brother, sister, companion, friend etc. This is possible only when we realize ourselves as a soul and establish all relations with the Supreme Soul. It is all about connecting with God through thoughts, feelings, emotions and making God our Companion in every act. This experience will give us strength, purity, peace, happiness, knowledge and take us to an elevated stage of consciousness.

### **Source of Everything**

Shiva Baba is the source of everything that the Soul seeks for. Baba is the Ocean of love, bliss, happiness, peace, knowledge and power. The same are the attributes of the soul. All things that we do in life are aimed to acquire these attributes. We have misaligned ourselves through body consciousness and we do not understand out of ignorance that we are always climbing a wrong wall.

We must realign the ladder of our purpose and attainments by connecting with our original identity and establishing our connection and relation with the Source, the Ocean, the Almighty GOD. It is only when we connect with

the Source through practice of God Consciousness, we gain the purpose of our living, we align ourselves with God's purpose and we rise from strength to strength.

### **Alignment of Purpose**

Connecting with God is the only way to acquire super-sensuous joy and power to do good. It will motivate us to do selfless acts of goodness towards everyone around us. Once we taste this experience, then all the other experiences through material gains or through relations with human beings are trivial.

It is only through this practice of establishing all relations with God that we achieve strength to keep on doing good without any expectations. These experiences empower us with selfless attitude towards everyone. It is because our own needs of the Soul are taken care by God through various super sensuous experiences of love, so we become full in everything and this 'fullness' makes us a 'donor' (*daata*); This is what is referred in Gita as "*karma karo fal ki apeksha mat karo*". Selfless acts without expectations are possible only through '*Remembrance of Father*'.

This means that as we establish all relations with God, we become like God, God's purpose becomes our purpose, God's responsibility becomes our responsibility, God's work becomes our work and vice versa. This is how there is automatic alignment of purpose between us and God.

### **God Consciousness**

Soul consciousness is the foundation to God consciousness. When we practice soul consciousness, automatically we remember Shiva Baba who is also incorporeal. This shift in perspective is all that we must practice without

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## TRUTH IS EVER LASTING!

■ **Sis. Farha Sayed,**  
(Tarim, Yemen) Mumbai

**T**ruth is a beautiful thing when we see the transformative growth and change that results from embracing it in our lives. Truth is that which is consistent with the mind, will, character, glory, and being of God. The spiritually mature have the courage and desire to face the truth about themselves and their lives, instead of running from it.

What is my relationship with the truth? Do I suppress, exchange, reject, or welcome truth? In what area of my life and relationships do I resist facing truth most? How has my attitude and response to truth affected others?

Manipulation, misplaced confidence, and lies come from a heart that rejects truth. To approach Truth is to approach God. To seek truth is to seek God. The pursuit of truth is a godly act. When you are naturally happier, stronger, and more deeply engaged with people and place, you can assume you are touching on the Truth.

It pays in rewarding relationships. It pays in unblocked energy. It pays in passion. To stand tall in who you are, unafraid to reveal what you want and need, kind enough to tell the truth, and brave enough to bear the consequences, is a telling sign of spiritual development.

**It is absolutely possible to love and be loved unconditionally**

You know this is true. You know it from experience. You are in the house of unconditional love, every time you are touched beyond thought by the beauty of your fellow human beings, and every time one has been touched by you. Even something as simple as the smile a stranger gives

you when you hold the door for him or her. Or when you are moved by the success of someone you love and feel it as your own. When you are touched by someone's sadness and want to help. When you open your eyes, you see that such moments are taking place all the time.



**There is a path that teaches you how to navigate from discomfort**

You can practice becoming comfortable with discomfort. You can practice letting your dear ones and yourself off the hook for not being perfect. And you can practice letting life in, allowing people, circumstance, your own brilliance and your own foibles to touch you deeply. When you know how to navigate from discomfort back to equilibrium through the practice of meditation and can extend yourself to others fearlessly by cultivating loving kindness, you can stop looking for love. You have made your life into love itself.

Death is truth, it is inevitable. It is a reality. Every individual or living organism faces death, goes to unknown dimension, takes birth again and comes back. This is kind of a circle and each one of us are bound to complete this circle. The fundamental purpose of death is birth which allows us to start fresh in this eternal life circle.

In terms of life's eternity, death is the first step of a soul's journey to a new existence. Everything is related to *Karma*, created by us in our past lives. Death is certain. Life could be short or long, pre decided by our own deeds, thoughts and work. Every single thought or action plays an important part to decide our future. Our life has continued, will continue to exist eternally with the universe, it has

neither beginning nor end. We live in physical bodies and feel our transient forms only. Immortality is mere delusion. As life undergoes the eternal repetitions of birth and death, it expands freely and dynamically, always charged with limitless potential for self-improvement.

Many people blame God for taking or giving life. This is not true. God is the Supreme Power who has created the universe. Our own *karma* is responsible for our present lives. We choose life to create good causes. Our planet or other dimensions need good souls who can work for the well-being of humanity. We must know that Universe is not created for us only. Universe is equal for everyone, from a bacterium to a human life. Truth is also ontological which is a fancy way of saying it is the way things really are. Reality is what it is because God declared it so and made it so. Therefore, God is the author, source, determiner, governor, arbiter, ultimate standard, and final judge of all truth. ■

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losing our energies towards body and bodily relations and the things that are corporeal.

To achieve God Consciousness, we have to practice four subjects of *Gyan, Yoga, Dharna and Seva*. Practice makes man perfect. It is this perfection that will lead us to be like God and perform actions that are benevolent to not just human kind but also to the nature and the five elements. This should be the aim of our life. ■

## SEEDS OF A RELATIONSHIP

An incorrect belief that many of us carry is that relationships are about behaving and speaking in the right manner. This is because we think people see, know and judge only what we speak and do. We think they cannot sense what we think, so we don't pay attention to our thoughts about them. Ask yourself—have you ever created negative thoughts and positive words, believing that the other person can only hear your words. Have you ever said to someone that it was wonderful meeting them, even though you are creating thoughts of boredom? We need deep checking and a constant awareness to see how we are different in our thoughts, words and actions. Relationship is not just a label of a role or a responsibility – parent - child, husband - wife, brother - sister, friends, senior - junior or two strangers. Relationship is an exchange of energy between two souls. Each soul creates energy of thoughts, words and actions. Any soul with whom we are exchanging this energy, at that moment we are in relationship with them.

We create around 25 to 30 thoughts per minute; we may speak around 3 to 4 lines in a minute and may perform 1 to 2 actions in a minute. Since the number of thoughts is much more and thought energy travels faster than sound, thoughts become the basis of the relationship. Also, thoughts are created even if we may not be physically present with each other. So, the number of thoughts we create for another person is much more than the words we speak to them or our behaviour towards them daily. Let us take care of our every thought, for every soul, at every time, remembering well that this is the foundation of our relationship. If we wish to change the quality of any relationship, we only need to check our thinking about them. Change our thoughts and the relationship will change.

## CONTENTMENT

■ **B. K. S. C. Sunil Kumar,**  
Bangalore

**C**ontentment is the most fundamental of all virtues. Where there is contentment, the remaining divine virtues will be there. Contentment is the cornerstone of happiness. Contentment is one of the most essential needs in today's competitive world. We must be first satisfied with the self and with the Supreme, in order to lead a contented life. Then we receive the blessings of happiness naturally from all.

We can make a big list of the causes for unhappiness in our lives such as sickness, financial problems, emotional distress, stress, workload, unemployment, and so on. Even though there are many such reasons for unhappiness and discontentment, when we take a serious look at calm mindedness, the root cause of all these is expectations, desires, failures and dependence.

"Remember your good fortune and forget which will not come, this is the secret of happy life", said one of the great Kannada Poet. Today, there is one or other problem or challenge in everyone's life. Some feel deprived even though they have everything. There is a constant need for more, and new deficits keep arising. Happiness or contentment is not based on material acquisitions. Not all the rich are happy. Happiness, peace, contentment and pleasure cannot be bought on the basis of money. Money is most necessary for life, but not everything. In life, desires or expectations is like following our own shadow, which we cannot

catch it. Contentment is recognizing our good fortune and appreciating it.

When we are expecting something from someone, if we do not get it then we feel unhappy. It is not wrong to expect from others. But expectation and dependence on



others will cheat us on time. Then we become more depressed and unhappy. The habit of becoming self-sufficient is better in life.

Stress, resentment, and dissatisfaction, are some sort of psychotic disorders which is increasing today. In all situations, our mind always expects a response that is right for us. But when things do not go as planned, at such times our minds drift uncontrollably. Then the battle of thoughts begins, and the chain of waste thoughts start unhindered. This is where the mind starts to get heavier and the psychological pressure gets overpowering. Then we are displeased with the situation or with ourselves.

What matters is how we see each and every situation. To control the galloping mind, we need to have a reservoir of positivity. When we always have the stock of divine knowledge, we can see adverse situations with a positive outlook and develop better thinking. Although developing such a mentality is difficult in the beginning but gradually with meditation, it becomes natural.

We should consider life as a theatre. In this everyone has their own roles. Here the hero, the villain, the side artists are all playing their own roles according to their capacity. But we need to enact our roles as a hero actor. Why is the villain evil? That is not a question to ask. He is just as committed to his role as we are. The protagonist

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## IMBIBING THE QUALITY OF SWEETNESS



■ **Sis. Neeti**, Mahipalpur, Delhi

**O**ne of the strongest powers of Shiva Baba is his sweetness, His quality to maintain His sweetness in thoughts, words, actions and relationships. He also calls us as His sweet children and guides us to speak less, slowly and sweetly. Sweetness is also about forgetting any bitterness from past, being cooperative and appreciative, showing love not just in words but feeling it inside as well. Baba's sweetness reflects His love, His appreciation towards our efforts and potential and also demonstrates His tolerance. It also tells us that He has played His part in the drama countless times and He is quite assured about the times to come. It would be insightful to delve into what really stops us from being as sweet as Shiva Baba.

### **Haste and Judgement**

When we are seeking perfection but are impatient to achieve it today, our focus remains on getting things done rather than enjoying the journey. Also, when we fear how our personal weakness or team's weaknesses would be judged by others or nervous whether we would be able to meet expectations of others, we would struggle to appreciate others. Even when we try hard to see good in others or situations, our propensity to move forward as soon as possible or to hide our weaknesses would keep us focused on gaps. In all these situations, we should remind ourselves of our current capabilities and the

progress made by us or the other person so far. Additionally, by having expectation setting and giving regard to all our stakeholders, we will not feel pressurized to lose our sweetness by remaining in fear of whether we would be able to meet their expectations.

### **Intolerance**

When we notice that someone's style is different from us, then rather than losing our sweetness, we should either accept and adapt to other's style or find an appropriate time to discuss / reflect on how the relationship can be worked out. We should be tolerant towards any setbacks because of physical or mental ailments of other persons. By accepting others, we would be able to arrive at a better course of action. It is also noteworthy that till we have not arrived at a conclusion regarding someone's fault, we should not cast aspersions on others.

### **How love helps?**

When we love someone unconditionally then we are not just attracted by their qualities but are also ready to invest our time, energy and resources in them. Rather than losing our sweetness by looking at our loss, love gives us the strength to believe in the potential of others. Therefore, to become sweet we must first start loving Baba and his children.

By striving to imbibe this quality of sweetness in us we would be able to imbibe so many other qualities automatically so this should definitely be one of first picks in our Spiritual journey. ■

## FINISH THE PAST AND LIVE IN THE PRESENT

■ B. K. Chirya, Owego, USA

**P**reparing for a journey we recognize what is needed and what to leave behind. On this spiritual journey packing up our past actions is the first thing that needs packing and disposing. Actually, we need to pack up everything internally - even that which happened 5 minutes ago. Do not recycle! Just keep on accumulating the positive treasures within.

Until we change our thinking, we will always recycle our past experiences. If I am constantly



thinking about what I did in the past and recycling what I have to do tomorrow, I am not valuing the newness found in the present.

*This is a big transformation!! - to take benefit from the present in the present.* Being on a spiritual path helps us change these limited old patterns of thinking.

Let the past be the past - both my past and the past of others. There is no need to keep repeating the past in my head. Whatever happened, happened and now move on. Like a filing cabinet, the past is a resource of information for learning, but not a place to linger. At work do you spend your day in the filing cabinet? Similarly, are we allowing negative events of yesterday or worries about tomorrow linger in our mind? Realize - if I don't have the

strength to finish what happened in the past, I won't have energy for the future.

Free yourself now from being a prisoner of the past and become free to create your future. Saying farewell to the past is the sign of a person who is aware of the possibilities of the moment. *Become fully aware that all you think, say and do right now creates tomorrow.* Each of us radiates thoughts, feelings and attitudes from deep within. So, in the present, every minute, look at the quality of your thoughts and make them peaceful, positive and pure. Continue to strengthen the soul with this diet of peace, compassion and love through spiritual studies and meditation.

What I'll experience in the future depends on what I think, speak and do NOW in the present. It's good to know that God our Supreme Parent and Teacher is always there to help. He understands our past, cherishes and nurtures our present and helps us become the carefree architects of our divine future. God is constantly available to us when we turn our thoughts to Him because God is always Present in the Present! ■

**Contd. from page ... 13**

(hero) will face more testing conditions. But is it not the hero who wins at the end of the play?

In Bhagavata it is said that 'what happened was good, what is happening is also good and what will happen will be also good'. Although the circumstances seem unpleasant for the moment, but if we wait and look ahead, then sooner or later, the benefit behind the situations will unfold. Things are always beneficial if we look at it from a positive perspective. But there must also be some patience and courage. ■

## THE POWER OF EASY RAJYOGA



■ T.V. Jayaprakash, Palakkad



**P**ractice having remembrance of the God Father Shiva with great love, be happy, get closer and reach the destination. You will never get tired, but experience unlimited happiness. There cannot be love without remembrance; because it is only by having remembrance that the souls become pure. End all the bondages of the souls and be free from sin and liberated from punishment!

There is a saying, "Know your enemy and know thyself...if you know yourself but not the enemy, for every battle you win, you will experience defeat. If you know your enemy but not yourself, again defeat awaits you. If you don't know yourself and you don't know your enemy, victory will elude you forever."

Often the most significant barriers come from within, in the form of our own beliefs and perceptions that limit us. To recognize these barriers itself is an achievement. This helps us to detect the real enemy. You know what to do to fulfil your purpose and vision.

Positive thoughts like joy, love, hope, mercy, peace, honesty, harmony, tolerance, enthusiasm and understanding lead you towards achievement of your goals, self realization, as they are value based ones which have no selfish intentions.

On the contrary, negative thoughts like anger, stress, egoism, racism, laziness, revenge, carelessness, criticism, jealousy and attachments are related to disadvantages, and tend to be destructive in nature and offer no solutions to problems created by individuals and situations.

Returning to Shiva Baba; we belong to the

unlimited Father. There cannot be happiness without the everlasting wealth of Knowledge you inherit from Him directly. We need wealth, peace of mind, and a body free from disease; where health is the integrated development and well-being of the mind, body and the society as a whole.

We understand that there is a war ahead. If there is just a spark somewhere, everything will explode. We don't even get time to think what to do. A big war took place through just a small thing, we know. The old world is about to end. We sweet long lost, forgotten, but now found children have to claim the inheritance from the Spiritual Father immediately, and inspire others too. Everybody knows time is limited.

We know what the world is today; and what it would be! Destruction is just standing ahead of us. Even if we know, we don't know what to do. We know from your experience that a big war broke out of a small thing. The old world is about to end. We have to build a new world of peace, happiness and harmony, a Rama *Rajya*. If we remember the Father constantly we remain cheerful! Soul consciousness makes us so!

When we become body conscious our happiness disappears. The efforts made now become useful for the cycles, a fixed deposit in Baba's bank of Love. Some of us become tired and wonder how much we still have to go! If we reach our destination, our efforts would have been worthwhile. We have to follow the directions of the Father. We have received *Shrimat*.

One has to become *Satopradhan* from



*tamopradhan*. This could be brought into effect only through knowledge of Purity we gain from the Father of Knowledge. That is, to come to light from the darkness. *Gyan Marg* is the true path that leads us to our destination, salvation, and realization of the self. We have created so much noise through the path of devotion, in vain, but leaving a mark of stain.

Rajyogini Dadi Prakashmani ji, had said a few years back; let us encourage man to acquire spiritual powers with which, on becoming virtuous, he can lead heavenly life, full of happiness and peace. Without spiritual empowerment, Paradise or Ram *Rajya* is mere imagination and it cannot be transformed into reality. And with spirituality alone, human values will be re-established in the society which will bring about the Golden age.

Spirituality means upliftment of the soul's basic virtues like peace, love, bliss, purity and strength and dealing with all humans as brothers, children of one Supreme Father, Supreme Soul. The function of spiritual empowerment is to destroy our internal vices and bring back the soul's eternal and original virtues and power. To change society, man needs to change his own thinking first.

Let's just sit down in remembrance and remember the Father. People make an effort to claim an elevated status. Let's remember and make others remember Baba. Let's claim the inheritance from Him for 21 births. We have found the right path. Let's claim a royal status again and again. ■

## THINK AND TALK ONLY ABOUT SOLUTIONS

Sometimes we face times when situations are challenging or people are difficult to manage. If we focus on the problem, we get upset, we worry, we fear, we blame and we complain. All these deplete our energy, and in a depleted state, our problem appears even bigger. We need to save our energy and focus it on creating solutions. Do you often keep talking about your problems more than solutions, and dwell on negative feelings? During a crisis do you get stuck ruminating, thinking and discussing – Who was responsible, why did it happen, how could things go so wrong with me? Or do you remind yourself and others involved, to simply focus on what is to be done now? However bad our situation is, its solution is the only thing that really matters. Loading the mind with overwhelming questions drains our energy apart from wasting time. We need to silence the mind, not allow it to go on with thoughts of blame, feeling like a victim, criticizing or rejecting the situation. These thoughts deplete us, deplete others and deplete the energy of the situation. This approach magnifies the problem. Details of the problem can be thought of later, immediate need is to shift to solutions. Let's accept the problem. It has already happened so we need to focus on the present moment. Let's divert our every thought to seek a solution, create a solution and implement it. Remember your responsibility and empower everyone to together focus on solving the problem.

From today, when you are in the middle of a difficult situation or with a difficult person, tell yourself your life is perfect and every scene is beautiful. Direct your energy towards solutions whenever there is an issue, big or small. Accept the situation, the person. Do not waste your energy in questioning scenes or behaviours. Know that it is people's *sanskars*, know that it is your past karma, you had written this scene in your destiny. Focus on yourself, your actions, your behaviour. Focus on your objectives, on the next scene and use your energy to be in the present. Your power is in the present. So, remain calm. Focus on the solution, think of the solution, talk of the solution and create a solution. Finally implement the solution and cross the situation.



## HUMILITY TREADS THE FINE LINE BETWEEN ARROGANCE AND SELF-DEPRECATATION



■ B. K. Sujoy, Durgapur (W.B)

I was standing near the sea shore and I wondered: why do all rivers flow into the ocean? It must be because the ocean is below them. And this thought spread into my inner being like light. Blessed are those who are humble because the divine fills them with His own treasures.

In today's stressful world greatly concerned with the pursuit of happiness, a bit of humility can deliver great reserves of inner strength. All spiritual traditions value humility and make it essential for a person to be humble to be able to receive divine benediction. The Bhagavad Gita, 13:8, lists humility as the first of the 20 qualities that comprise wisdom. Significantly, the Gita mentions the idea of humility by a negative definition to convey its subtlety: '*Amanitvam*', absence of the craving for respect or absence of ego. Surprisingly, it is difficult to find Indian equivalents to the word humility in daily usage, while references to the concept are abundant in our scriptures. Many terms use '*neti*', meaning 'no me' or 'I am not' and give rise to words such as '*viniti*' and '*samniti*'. Not surprisingly the Sanskrit word '*ahankar*' literally translated into 'the-sound-of-I', quite simply, the sense of the self or ego.

From the interpersonal perspective, being humble facilitates trust, and builds relationships. The humble may be more talented, gifted or skilled than anyone else and above all better learners and problem solvers. In fact, studies show that humility is more

important as a predictive performance indicator than IQ. With humbleness comes a self-acceptance from grounding one's worth in one's intrinsic value as human beings rather than other trappings of power and wealth.

Is it possible to develop humility? We must first embrace our humanness and have an accurate understanding of our strengths and weaknesses. Expressing gratitude can induce humility in us, and humble people have a greater capacity for conveying gratitude.

Holding nature in high esteem, recognising it as an overwhelming and awe-inspiring force reminds us of our own insignificance in the cosmic scale. Being curious and open to learning fosters humility. Emulating great people and imbibing from what we lack in taps the inner reserves of humility. After all, as Socrates said, 'wisdom is, above all, knowing what we don't know'.

Famous British poet Alfred Tennyson described humility as "the highest virtue, the mother of them all". Philosophers, great thinkers, sociologists, and preachers across regions and religion have always placed emphasis on humility as a virtue. As children, we were taught about the importance of having humility and kindness. Indeed, being humble and kind never goes unnoticed and can have many long-term benefits.

Humility is the absence of pride and the ability

to be down-to-earth and modest under all circumstances. Humility is exhibited by respectful behaviour towards others. A humble person doesn't think they are superior to others and is devoid of arrogance and self-praise. Also, a humble person won't seek favours in return for others support. Helping others and showing compassion comes naturally to them.

Another key aspect of being humble is the lack of prejudice in action. A humble person will help everyone, irrespective of whether the person is a close relation or a complete stranger. For instance, a humble person would allow an old woman standing behind them in a queue to proceed before them even though she may be a complete stranger.

Humility, kindness, or gentle behaviour are traits that are often considered old-fashioned. The hustle and bustle of our daily lives make us forget about these virtues. But humility is relevant even today. People don't accord due importance to humility these days simply because the modern lifestyle doesn't really instil trust among people. The common advice is to be careful and keep an eye on our rivals. This point of view supports the theory that one has to adopt a "no-ground-conceded" approach in dealing with others.

Self-praise and a stubborn attitude are commonly seen as essential to achieving life goals. All this is in contrast with the principle of humility. However, having humility doesn't mean being timid or letting others trample over us. Being humble doesn't imply that we become subservient or fail to assert ourselves when needed.

In simple terms, humility is giving respect and being dignified in our social behaviour. In spiritual language, humility is about being

egoless. As we drop the labels of the body, the roles, the performances and all those details of body consciousness, we automatically become egoless. In soul-consciousness, humility simply comes naturally. Humility is an innate quality within the soul. One has no ego about anything because someone who has humility is simply in a state of self-respect.

When we come from a place of inner self-respect, then there is nothing to lose, because we feel secure within our self; it is from this place that humility can grow. By contrast someone who is insecure will not be in their self-respect and will be using the tools of body-consciousness, especially the ego, to prop themselves up. Humility is about acceptance. Accepting the other person for what they are and also the roles that they play. Humility is not about having a hierarchy of egos and playing the game of 'who is better than who', the humble person has no need to play these games any more.

We forget that humility is one of the latent virtues and powers of the soul. There is no loss in humility, there can only be gain; actually, it is a state of power within the soul. Humility can only come from a steady and stable place of self-respect, inner self-respect really, which is based on a true knowledge and experience of the self, not as the body, but as a pure consciousness. That is who we all are in our essence, now is the time for us to live from that place of awareness of being pure consciousness.

Meditation is contemplative practice that will help us properly to situate ourselves in the world. Excessive pride is a form of narcissism that puts the self above everything else. Pride will ruthlessly protect the ego; pride can close us off from the world, as our ego always strives to set

(Contd. ... on page no. 23)



## ‘FORGIVE AND FORGET’ THE PARAGONIC ATTRIBUTES OF RAJYOGIS



■ **B. K. Subramaniyan, Avadi**

**B**apdada (God Father Shiva & Brahma Baba) has repeatedly advised his Rajyogi children to forgive all the souls who caused them sorrow either by way of words, thoughts or by physical actions. Rajyogis have a vision of love and acceptance for everyone rather than of revenge or retaliation towards those who did wrong during the course of journey in life. Just as God's love is forgiving and unconditional, He teaches His children to have inner ability and stability to overcome any situation with ease and dignity.

Forgiving any soul is easy; but it is not so easy to forget the events that had caused sorrow to us. Negative past experiences leave deep negative impressions or scars and can take a long time to heal. Some people live with the pain for an entire lifetime. Negative experience imprints are closely linked with negative emotions like anger, hatred or fear. So, we need to empower our mind to let go of the past events. When we listen or read spiritual content daily and absorb them, negative memories fade into the background. Regular intake of such knowledge raises our consciousness and gives us an experience of spiritual bliss. In this state, memories of sorrows and negative experiences become weaker and weaker. Also, meditation which is an important aspect of spirituality makes us realise the deep and fulfilling connection between the self, and the Supreme Father. It gives immense power of love, happiness, and peace and heals us. In the experience of these attainments the past

ceases to burden our consciousness over a period. Sending vibrations of good wishes and blessings to souls who may have hurt us gives life a focused, positive and higher purpose which helps to get over past memories. Also, when we radiate positive energy, the power keeps pushing us forward. We will look forward to each day rather than looking back. Feel white rays of forgiveness, peace and happiness are emerging from your forehead and reaching the other soul. When we do this exercise, that person will feel the vibrations and forgiveness from both sides will be done.

There is a verbal saying in this world termed as Chip of the old block. It means Father has given birth to a child with all the features and qualities as that of father. When we claim ourselves to be the child of God Father Shiva, we also need to have the purity and divinity which reminds others of our Spiritual Father.

The following couplets of Thirukural in Tamil reproduced with English version explains the duty of a father towards his son and also narrates the obligatory duty of a son towards his father as a token of gratitude to be shown to his father.

“Father's help towards his son is to bring him up on the first line/fore front of the society in name and fame. Son's help towards his father is that the society should think that it is his father's reclusion that had fetched such a great name and fame to his son.”

Are we not privileged to inherit the Heavenly Life from God Father Shiva through the precious and valuable human medium Pitashri Brahma

(Contd. ... on page no. 26)

## "ALL THE POWERS OF THE MIND ARE HIDDEN IN THE CONCENTRATION"

**S**wami Vivekananda once went to Germany. Swamiji spent some time in the city of Kiel there. During this, Paul Dyson, the headmaster of the Sanskrit department of the *Vishwa Vidyalaya* located in that city, met Swamiji. Dyson was well aware of Swamiji's wisdom. There was a discussion of knowledge between the two for a long time. Meanwhile, Dyson got up from work and went out.

In his absence Swamiji started reading a book placed on the table there. When Dyson returned, Swamiji found himself engrossed in reading the book. Swamiji was reading the book with such concentration that he did not even realize Dyson's presence. After some time when he put the book back, seeing Dyson sitting in front, Swamiji apologized for his complacency in reading the book.

However, Dyson had doubts about Swamiji's concentration and believed it to be untrue. The shadow of doubt was clear on his face, that is, he could not believe that Swamiji did not come to know about his arrival. When the conversation started again between the two, Swamiji referred to some examples he had just read from the book kept on the table. Hearing this, Dyson said, "Surely you must have read this book before, otherwise it is impossible to read a 400 page book in a few minutes and quote it as it is."

Then Swamiji laughed and said, "I have read this book for the first time today. This seemingly impossible task becomes very easy once the

■ **B.K. Ram Singh, Rewari**

mind is concentrated." Dyson was stunned to see Swamiji's focus.

Work done with concentration is fruitful. Therefore, it should be made a permanent part of our nature for the results. All powers are attained through concentration. With concentration, innovation can be invented. With concentration, you can invoke any soul and you can help any soul sitting far away with elevated thoughts. With the power of concentration one can catch the thoughts or voice of any soul.

With concentration, excellence and success will automatically start happening, and the power of man's testing also automatically increases. Those who practise concentration evolve quickly. They can do any work with scientific accuracy and great efficiency. What others do in six hours can be done, by one who has concentration, within half an hour. What others read in six hours can be read, by one who does concentration, within half an hour. Concentration purifies and calms the surging emotions, strengthens the current of thought, and clarifies the ideas.

Concentration helps a man in his material progress also. He will have a very good out-turn of work in his office or business house. He who practises concentration will possess very clear mental vision. What was cloudy and hazy before becomes clear and definite now. What was difficult before becomes easy now. And what was complex, bewildering, and confusing before



comes easily within the mental grasp. You can achieve anything through concentration. Nothing is impossible to a man who practises regular concentration.

Many misguided, unloved, troubled, unhappy, disturbed, sick etc. can also be given the boon of peace, love and strength. It is through concentration that even many wandering intellects can easily be concentrated. The power of concentration easily makes many human beings free from obstacles, that is, there is an attitude of affection, welfare, good feelings, good wishes and respect towards everyone.

#### **How to increase the power of concentration?**

The power of concentration can be increased through the power of silence. If a person enjoys introversion, then the power of concentration increases. What distracts man the most is his mind. If the mind is to stop wandering, then it is easy to concentrate. Along with this, the practice of spiritual attitude is also very important. When you sit for prayers and meditation, never think of your office work. When you work in the office, never think of the child who is sick or of any other household work. When you take bath, do not think of games. When you sit for meals, do not think of the work that is pending in the office. You must train yourself to attend to the work on hand with perfect one-pointedness. Meditation and contemplating on divine knowledge helps to bring this focus.

#### **Contemplation becomes easier with concentration**

It is only through concentration that one can easily experience a monotonous state. Concentration works to get rid of many bondages

and remain engrossed in the devotion of one God. Concentration, while getting rid of many options, always makes useless thoughts and *nirvikalpas*, that is, it always makes you experience the flying stage. Concentration converts useless thoughts into pure thoughts. With the power of concentration, contemplation becomes easier and there is a feeling of completeness in purity.

#### **How does the power of concentration work?**

Once a Sanskrit scholar approached Kabir and asked him, "O Kabir, what are you doing now?". Kabir replied, "O Pundit, I am detaching the mind from worldly objects and attaching it to the lotus-feet of the Lord". This is concentration.

Concentration is centring the mind on one single thought. When you focus your mind, you don't waste your energies on irrelevant thoughts or activities. This is why developing concentration is important for any person to be more efficient and take charge of their life. This skill is vital to any kind of success. Without it your efforts go to waste but with it you can accomplish great things.

#### **Features of concentration**

Concentration bestows serenity or calmness of mind, inner spiritual strength, patience, great capacity to turn out tremendous work, alacrity, acumen, agility, beautiful complexion, sweet voice, brilliant eyes, powerful voice and speech, power to influence others and attract people, cheerfulness, joy, bliss of soul, supreme peace. It removes restlessness, agitation of mind, laziness. It makes you fearless and unattached. It helps you to attain God-realisation.

The more is the mind fixed on God the more is the strength you will acquire. More concentration means more energy. Concentration opens the

inner chambers of love or the realm of eternity. Concentration is a source of spiritual strength.

By staying concentrated we can know the infinite knowledge within ourselves. If you focus the rays of the sun through a lens, they can burn cotton or a piece of paper; but the scattered rays cannot do this act.

Even so, if you collect the dissipated rays of the mind and focus them at a point, you will have wonderful concentration. The concentrated mind will serve as a potent searchlight to find out the treasures of the soul and attain the supreme wealth of the Self which is eternal bliss, immortality and perennial joy.

### **Benefits of developing the power of concentration**

Concentration has many uses and benefits. Concentration aids in study, enables faster comprehension, improves memory, helps to concentrate on a task, job or goal, hence man achieves more easily, and efficiently. It is a powerful tool for creative visualization and it helps to develop psychic powers.

Being able to concentrate for long periods of time is a skill that children benefit from in their learning and brain development. Concentration is very important to achieve any goal and to be successful in life.

When this ability is strong, the mind follows you more readily and is not engrossed in useless, negative thoughts or worries. The ability to concentrate plays an important role in meditation, in achieving mental mastery and achieving peace of mind. The uses and benefits of concentration are many more such as:

- **Ability to focus your mind**

- **Freedom from unnecessary and annoying thoughts**
- **Ability to choose your thoughts**
- **Better memory and confidence**
- **Strong will power and calmness**
- **To study and understand more quickly**
- **Inner happiness**
- **More powerful and creative Visualization**

So, you must have a mind that will obey you at all times sincerely and carry out all your commands in the best possible manner at any time. Steady and systematic practice of Rajyoga will make the mind very obedient and faithful. You will be successful in every attempt. You will never meet with failure. ■■■



### **SECRETS**

**Acceptance is the secret of contentment. Appreciation is the secret of happiness.**



#### **Contd. from page ... 19**

us apart. Humility, on the other hand is being open to the world, and seeing oneself in a much larger context. Pride is aggrandisement, humility is closer to reality. The regular practice of meditation of mindfulness and transcendence of self, will aid us in developing a much healthier sense of self.

A quote attributed to theologian C. S. Lewis notes, "Humility is not thinking less of oneself but to think one's self less( or less often)." The key to humility then, is to focus less on ourselves, and focus more on others or how we relate with others. ■

## POWER OF NOW

■ B.K. Mahima, Mumbai

**G**od says, 'Sweet Child, past is your teacher, future will unfold beautiful moments of divinity but, present is like a precious diamond and jewel.' God teaches about The Power of Now. God, is the *only mindful actor* on the world drama stage.

God knows only the language of now. God is showering his divine powers and blessings now. God is seeing his children in their spotless, perfect form now, here in this imperfect world.

God, our almighty father emphasises us of mindfulness, and shows, pragmatic ways to apply mindfulness amidst various challenges.

In the words of God - mindfulness is being soul conscious. God teaches that there are 2 stages - Soul consciousness and Body consciousness. When we are in body consciousness and perform different actions, the physical body is engaged in performing that particular act, but the mind is busy thinking about others, making future plans, repenting about the past. In body consciousness, the only awareness is 'I am a gross physical body, I am my name, I am my position, I am my attainments', then, thoughts, words and actions (the trio responsible for creating our destiny) are scattered and not stable or powerful. In body conscious stage, the mind hops from one branch of thought to another. A second ago, the mind was thinking about someone, immediately the mind is thinking about something and very next minute it is somewhere. All this is happening fast and in an unaware mental state.

Because, the souls have degraded to the level of body consciousness, we find it impossible to enjoy and focus the mind on one

thought. We then, end up speaking harsh words and perform waste, ordinary or sinful actions.

Now, let us dive deep in the stage of soul consciousness. When the soul is in that awareness of my true identity, then I am conscious or mindful about every thought, word and my actions. In simple words, every thought, word and action created, spoken or performed (respectively) considering the self a tiny point of light, will automatically be powerful. In soul conscious stage, because the seed i.e. our thoughts are powerful, the tree i.e. our words and actions will bear fruits of success, unconditional happiness and peace.

It has been a common notion since ages that, in order to conquer the mind i.e. to conquer our waste, ordinary thoughts, one needs to either have supernatural abilities or be aloof, escape the world and practice intense meditation in jungles. What we do not know is 'God is a Magician', who makes the impossible possible and ignites hope in hopelessness. God, the Supreme descends on earth and teaches mindfulness i.e. He shares with His children simple and easy ways to consciously create pure, high vibrational, elevated thoughts in a soul conscious stage. And, the wonder is His Students come to Him from all walks of life - be it householders, business tycoon, celebrity, children or grandparents.

There is no age, qualification or religion criteria to learn creating pure thoughts and take care of our mind. God guides and helps ordinary human beings to reach their divine, highest potential whilst staying in this material world. ■







## UNITED WE STAND, DIVIDED WE FALL



■ B.K. Manjula Baijal, Begur, Bengaluru

**A**ll of us in this world are individuals with different personalities and viewpoints but yet there are certain points of truth on which we all agree. One of them is that the world should be full of peace and love. Another point of truth is that God is one and the Supreme. Also, if there is someone who can unite us as one family in this world, it is only the power of God which can do that. Lastly, the world once upon a time was a united family which got broken into pieces and got divided by religion, caste, language and nationality differences. The world today is divided in a big way. In some cases, people of one country dislike people of another country and in some cases even people of different castes but of the same nationality quarrel over many issues. The quote, "United We Stand, Divided We Fall" – sums it all. But how do we get united? Let's explore:

▶ 1. First of all, remember my family of parents, siblings and all other relationships is a temporary connection. My permanent connection, my closest and every birth relationship is with God. In every birth, I get new loved ones but God, my Spiritual Parent does not change. So, my family changes many times, my physical mothers and fathers change many times, but my eternal mother and father – the spiritual parent – God is always the same. This is the case with every human being in the world. Also, God is the only one who knows me and my

every birth, the best. So, for me to become a source of love for others, I need to take the first step of giving

God an important place in my life. Remember 7 billion sources of love, when created, will make the world united as one.

- ▶ 2. Unity between people is based on a common thread of spiritual brotherhood in spite of differences of nationalities, castes, languages and also *sanskaras* and opinions. It's not possible to unite unless we feel we are brothers in spirit. At some places in the world, racism exists and people dislike each other because of that. In such cases, if people remembered the spiritual identity of the other and saw each other as a spiritual being first and a human figure later, there would be immense love between humans. Spiritual wisdom says that "We are all one." Sometimes we say that, but we do not feel it. When we see each other as God's children and we also remember that once upon a time, before coming down on the earth, we lived together as souls, in our spiritual home; then love for each other will flow naturally and unity will be seen in all corners of the world. The spiritual home is the soul world, which exists beyond the five physical elements.
- ▶ 3. Love and unity between humans is also based on positive *sanskaras*. When two people with negative *sanskaras* come



together for a particular purpose in any sphere of life, then it is very common that there will be a clash or negative differences of opinions. Such people don't vibe well with each other and the effects of these reach families involved or professionals involved or any other people connected. Such people exist all over the world. So, a lack of inner niceness means negative relationships. The world is a web of billions of relationships. At the moment, this web is very negative and getting weaker with each day with more and more complications on the rise. If human beings become more beautiful, this web will become more positive and stronger.

- ▶ 4. The world today needs correct guidance to make their actions beautiful, peaceful and loveful. Sometimes, we see people around us, performing negative actions and we realize that if they had a guiding light in their lives, someone who could be like a parent and explain to them what is right and what is wrong, they would not talk, act and even think in this way. Such a guiding light would be someone who has the divine wisdom of the law of *karma* and also one who understood what are positive actions and what are negative actions, which is none other than God. God is the only one to whom each and every individual in the world would listen to. Unity in the world will happen very easily if people imbibed God's wisdom in their minds and hearts. Wisdom will bring a spiritual maturity. Actually, negative actions and not loving each other, is a

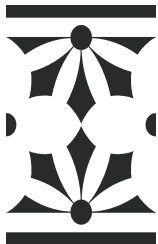
sign of immaturity at the level of the consciousness.

- ▶ 5. The most important foundation of unity is co-operation. Co-operation amongst people is today lacking because the energy of competing and comparing has increased in families as well as workplaces and also friend circles. When people try to overtake others in every sphere of life, then distance between hearts increases. Also, feelings of jealousy, hatred and ego are being filled in every relationship because of this. These feelings need to be replaced with feelings of love and good wishes for each other and also happiness in seeing each other progress in life. Co-operation also means being with each other not only in their moments of joy but also in their moments of sorrow and giving each other the hand of your support. When individuals as well as groups of individuals, become friends at every step and build bridges of co-operation, the river of unity will flow in the world. ■

**Contd. from page ... 20**

Baba for a legendary period of two thousand and five hundred years?

If we remain in the consciousness that we are the Master Benefactors just like our Father, then we will not hold grudges, hurt or feelings of negativity for anyone but will share God's vision of creating a New World by creating heaven within. We will look inwards rather than looking at people and situations. We will send and receive positive energy and will inspire others to become Rajyogis through our thoughts, words and deeds. ■



## VIRTUE OR VICE-THE CHOICE IS CONSTANTLY YOURS



**The Snowman That's Melting Under The Sun Of Body Consciousness Whose Powerful Rays Make Him Hot And To Perform Bad Habits**

■ **B.K. David, UK**

**W**ho decides to turn on your TV? Is your TV the boss or is it you? Is your TV in charge, with it deciding when and what channel to watch? Can your TV switch itself on against your wish and make you watch it?

This aspect of the TV is the same for vice. Does vice rule you and control when and what you see, do, hear and for how long?

As you know you are in control of the TV and what you watch and when, the same cannot be said of vice that controls you and your thoughts, lifestyle, motives and movement.

**Virtue and vice cannot be found in your same trouser pocket.**

As the snowman and sun cannot remain together that must see one yielding; so, virtue and vice struggle to remain in the same pocket (mind) or handbag. Such are the opposing natures of vice and virtue; these cannot remain even in your opposing trouser pockets.

**We all have two people inside us. Surprised?**

Many have dual personalities and at any given point flip from being virtuous to a raving lunatic; be that at home, in the car or at work. As soon as vice appears, virtue must retreat and runs away.

Just as you wear two shoes that hide your two differing feet, so in person hides their two personalities of vice and virtue.

Virtue cannot stand to be next to vice and vice cares little for anything other than pleasing the senses and feeling satisfied.

You will never make sense of vice as its end result always leads to a feeling of sorrow when finally put down. When you look at virtue it always makes perfect sense in all ways as it gives only happiness.

It is hard to remain virtuous when body consciousness and its brother vice are on display in 100 different ways in every shop window you walk past that not only will take your time and attention and money but also your peace of mind.

Life is geared up to take from you and this is why the internet flourishes as on every internet site and page is something to attract you and take from you.

**The world has now grown into one huge constant challenge.**

You can leave the house in peace and a good mood and 10 minutes later find yourself sat next to an angry person and before you know it, you're being challenged to keep your peace and composure; especially if their attention and anger is being directed towards you; and for no apparent reason at all.

**The snowmen and the sad shallow puddles**

Have you ever seen a snowman in summer? That would be as rare as finding a virtuous peaceful person in a busy supermarket when a

food shortage had been announced the night before on national news.

To find a snowman sunbathing on a beach would be far more common than finding a person that had within him just virtue and no vice.

**People tend to sunbathe under the hot sun of vice more than they do the cool sun of virtue.**

When this imbalance reaches a critical point and the scales weigh too heavy in favour of vice, the earth shall flood from the endless melting snowmen which made up humanity.

If humanity carries on as it does without paying great attention to their thoughts and actions, it can disappear overnight in the ensuing flood caused by the internal heat generated by the sun of bad habits that is stuck at high noon and there is no hiding place from its X-rays and the far reaching effects they have on a person's mind and peace.

**Sin and vice make for heavy soles that will drag you down and sink you.**

The tides and scales turned round long ago when people's vices and sins became prolific and made them heavy enough to drown on a daily basis.

If the circus knife thrower keeps on getting drunk and throwing knives at his assistant, it's certain what's to take place.

If you've got a large amount of sorrow in the rucksack of your mind it will be impossible to keep your head above water as the weight of vice and its impact of sorrow will pull you down as your shoes turn to lead as you walk too often the wrong path with inevitable results.

**The world is full of reluctant swimmers that prefer to hold on to their lead lifebuoys.**

This sinking and sunbathing and walking the

wrong path are all connected and all common over the planet with people drowning themselves each minute from clutching their vices to their chests and too blind and ignorant to let them go.

**Come rain or shine, cloud or blue sky, thick snow or heat wave, people are drowning from holding on to their vices and not relinquishing them.**

The soles of shoes wear out and yet are still worn. When there is no energy in a soul it still has the capacity to absorb vice and it still can certainly drag a person under, long before saturation point is reached.

To see a complete snowman in winter is easy but to find a complete (perfect) person (snowman) in your street all year round is almost impossible.

The human race is a snowman sunbathing in the sun wearing the sunglasses of body consciousness that do not allow him to see the sun of falsehood beating down on him.

This stationary snowman that is stuck in his ways also wears an overcoat of ignorance which works in reverse and is warming him up to his doom.

Can you see the walking snowmen each day melting under the sun of body consciousness wearing their hats and scarves of stress that is keeping them warm?

**The sweating snowman is no longer smiling.**

This snowman is melting from stress, nervousness and fear as his world that fed his senses and kept him cool is now melting before his eyes and his steamed up glasses are making him blind.

**Man's path is everywhere and has become a blind plight and reckless fight.**

Look from Antarctic to Arctic and all regions in-

between, from California to China, and there's not a perfect person to be found. Look south, east, west or north, behind or in front of you, up above or down below, next door or in the next city or country, and you'll never find one perfect person. You will meet many good people but no perfect people.

**There was such a world where recycling, worrying and arguments never took place.**

It's not by coincidence or chance that many should strive for perfection in themselves and want it in their lives. There is visible evidence in history books and temples showing perfect deities that although perfect and divine, were people like me and you, but who possessed incredible virtues and lived on this same very planet we are on today but when it was in its perfect, unpolluted state.

So where have all the perfect people gone? These perfect people would have naturally, led perfect lives with never a quarrel, argument, even slight tiffs and with no fighting or conflict at all.

Long gone deities would have lived in perfect surrounding in a perfect country in perfect times and had perfect enjoyment each and every day that would end and start in perfection. Because deities were immersed in constant and endless perfection in every aspect, perfection is remembered of them.

**Perfection brings with it great happiness as its constant shadow and this is why many chase after the feeling and lifestyle of perfection.**

Many go to extremes in trying to bring it back to life the feelings of perfection that once was their only nature. If you were a perfect deity for thousands of years, you'd also want to bring

back into your life that incredible state of perfection.

This is why many people crave perfection (happiness) and will do anything to get that perfection back and will not stop until it becomes part of them again!

**If once you walk round smiling constantly in peace and total perfection, it would be natural to want to walk in those very footprints again.**

Are you one that tries desperately to rekindle the fire of perfection in you that once raged in your soul that each day would get reflected outwardly through your thoughts and action that brought warmth into the lives of others?

It is one thing to have an inner fire to keep oneself warm but another to consciously try and share your inner fire of goodness with others.

Some will use fire to selfishly cook for themselves each and every night and never even think to share a meal or anything with another person. Yet some would light a huge bonfire that would act as a beacon to ships out at sea to keep them safe.

**Do you feel that each day you get a slight glimpse and taste of your past perfection?**

Do you often take small inner steps towards your perfection in the hope of experiencing it and getting lost in it? Yet, later in the day end up taking three steps back from it as your old self pulls you back again where you are stuck once again next to your old you, that is old, ugly, aching, habitual and in constant pain and confusion as it wants desperately to be free.

**Your old you will always welcome you back with open arms.**

Your old self with its old nature will always be eagerly waiting your return should you ever

venture from its side in search of goodness. Many try to leave their old self in favour of their higher perfect self and time and again get pulled back by the 'elastic restraints' of their bad habits.

**It's wiser, healthier and infinitely more profitable to chase after your perfect self than it is money and position.**

I've met people similar to myself that crave to feel their perfect self and seem unable to stop that desire and fire from overtaking their life and pursue it with honesty and sincerely as it overtakes their life and becomes their sole motivation.

**Enlightenment and peace of mind and contentment can only be achieved by one of these methods. Know which one?**

Are you one that also longs for their long-lost perfection to reappear and are tired of often resorting to get that feeling through exercise, diets, fasting, religion, business, wealth, meditation, yoga, penance, fashion, surgery, clothes, music or art?

If you see extreme in your life or on TV, it can be traced back to past perfection or belief in it and wanting to experience it today.

**Life should be all about bringing back to life your once huge trees of peace.**

Most have only a carrot's worth of virtue and qualities and a few pieces of coal thrown in. Once their peace was a growing tree in their life providing them with an abundance of daily fruit but which has now turned into small fragments of coal.

**Does your heart sometimes get very hot?**

**The scarf of bad habits has a limited shelf life that easily turns rancid so affecting your health and causing you to melt.**

Only the infinite wisdom of Father Christmas

(God) can save and guide all melting snowmen but if the snowmen remain busy opening their gifts of vice, then that Godly advice shall be missed and it will only be when they're a sad puddle.....

**A person's lifestyle can be gauged by his scarf, hat, carrot, eyes and broom.**

Most own materialism but not any peace or real happiness and ease of life that they want and indirectly work towards daily. Instead of gaining peace, they suffer a life of stress in the fridge of vice and pain.

**Is your mind like a fridge with no light inside it, even when the door is opened?**

It is from their cold fridges that stores materialism in its freezer and from the fridge shelves of vice and pain that sees most leading their lives.

Strangely, they work hard trying to eke out some daily happiness but in so doing, almost freeze to death in this fridge that seldom opens its door to truth and God's light.

**And what do you want from Father Christmas this year?**

I want what I had last year; love, peace and happiness. If these come in even a bigger box with a bigger bow, even better. ■

## HEALING

**I gently return to equilibrium,  
nurtured by a well spring of love. I,  
the soul, am washed and soothed by  
the quiet energies of stillness.  
Embracing the vastness of my inner  
landscape, I understand the cycles  
of growth and decay.**

## THE MAGIC OF TRANSFORMATION

**G**od is also called the Businessman, Jewel Merchant and Magician. Look how He transforms a human being - this is also magic, isn't it! An ordinary magician will transform a piece of paper into a currency note and transform stones into coins. The Father says, "I transform you children with stone-intellect into those with a divine-intellect." This is magic, isn't it! So, the Father says, "Children, what you become now will give you happiness for ever. You have to attain happiness for all time, so engage yourself in making such efforts. There should not be any carelessness in your efforts; you should not become slow in your spiritual efforts. The speed of the same should be fast." We should, thus, pay attention that if we have any weakness of lust, anger or greed, it should be removed fast. That means we should remove anything that is bad. Weakness means any bad thing or negativity.

If you are not able to remove those weaknesses, you should take divine directions (*Shreemat*). You will get direction or advice, for that. If a doctor gives you medicine and you don't feel better with it, tell the doctor and he will change the medicine, won't he! We have to take benefit from the doctor, don't we! There are so many doctors in the world, but here there is just One Divine Doctor, who is God Himself. It is only He who gives the advice very well; only He, who is the Almighty Authority. We get better only by

taking direction or advice from Him. Only He does this, there is no one else; is there anybody else? This is why the Father says: "It is I who grants liberation (*Mukti*) and liberation-in-life (*Jeevan Mukti*). Whatever you want, you will only get from Me. Therefore, children, by having a practical relationship with Me you will get only

profit and more profit. There is no question of loss at all. It is not just a little profit or benefit, either; there is lots of benefit. So don't delay in taking this benefit, and never let your efforts be slack. Understand all these things and keep your efforts to the forefront. This is known as spiritual effort."

The Father says further, "If you want to take, take completely. It isn't that you keep working without any aim. You should have an aim, that we should take this much. It isn't that we take a little, this is also not good. If you have to take, take

everything, completely. The Father has kept so much and if we take just this much (very little), then what would you call that? Unfortunate, foolish! You should not become that. Take completely if you have to take. However, it also should not be that you don't take at all, thinking like one, who thinks negatively in this way, "If I have to take, I have to take completely. So, I won't take at all." Somewhere such great fools also emerge! Earlier, you all were fools in the company of *Maya*; now, in the company of Shiva Baba, you have to take everything, completely. Did you understand?" ■■■



## YOGI'S SELF-EXAMINATION

Contd. from page ... 3

get up late in the morning with the result that he feels drowsy and lethargic during the day and this has a great impact on one's routine. It is, therefore, necessary to observe punctuality in the hour of going to sleep so as to lay the correct foundation for the next day's routine.

Then again, some mental preparation through Godly knowledge is necessary before retiring for the night. While sitting in bed one must meditate at least for five minutes if not longer, in case one feels tired before going to sleep. A yogi should, in fact, not only wash his hands and face before going to sleep but should also compose his mind before retiring for the night and this helps when he communicates with God as his Father, Mother, Beloved Friend, etc., transporting from this gross material world to God's subtle, radiant Abode in *Brahmloka*. Thus, contemplating the attributes of the Supreme Soul, one should retire for the night in soul consciousness only. The sleep of such a person is, consequently, purely yogic, i.e., free from impure dreams. As a result of meditation before sleep, a yogi wakes up punctually in the morning at the time he appoints before going to sleep.

### 2. The first thing the Yogi does as soon as he wakes up in the morning

The first scene before the Yogi's mind and his first thought after waking up should be of the Supreme Father with which he should start the day's routine with the resolve that he would see that his mental condition remains better than it was the day before. A person's mind is in a pure state in the morning; it is alert, fresh, brisk and cheerful at this time. Such a resolution, is, in a way like giving direction to one's will as to how it should act during the day into the field-of-action. It is very useful. The saying: "As a person thinks so does he become" is verily true. As a person thinks in the morning, so does he actually do during the day. In short, one must

start the day with a resolution of mind.

### 3. Periodic meditation at least seven times a day

From early morning until dusk, one should make it a point to snatch 10 minutes at a time to meditate at least seven times so as to be able to have yoga-practice for three or four hours-if not for eight hours-a day as enjoined by God Father Shiva. It is often observed that the meditation of a person who remains engaged in worldly activities throughout the day, without such breaks lacks concentration. It is, therefore, essential that, however busy our life may be, we observe this rule without fail.

At the time of waking up in the morning and before going to sleep at night; at noon and also at dusk; in the class every morning and every evening, and before taking breakfast, lunch and dinner, we should stabilise in the remembrance of God. It is particularly beneficial in that it makes the mind pure, peaceful and cheerful.

### 4. Spiritual check-up by seniors

*One cause of a yogi's effort getting slack is that the practitioner loses contact with the seniors who can help and guide him and can awaken him to the necessity of getting free from certain mental conditions and can point out to him his lapses and shortcomings.* As long as he has not attained perfection, he does need, for a steady progress, the help and guidance of senior ones. It is generally observed that some people, after acquiring some Godly knowledge and after some practice in Yoga, think that they can very well dispense with these. They shirk from disclosing their changing mental conditions to their seniors, with the result that they either remain unaware of their deficiencies or, if they become aware, they do not try to remove them. Such people have, therefore, no reason to be surprised if their progress turns out to be unsatisfactory much less can they blame it on their seniors. It may be that these people simply become self-complacent.



Hence the importance of self-introspection and submission to supervision of seniors and occasional checking of the kind, advised above, can hardly be over-emphasised, especially for aspirants who are desirous of an un-interrupted and speedy progress in yoga.

### **5. Desire for renown, honour, glory and reward**

There are some people who, after receiving Godly knowledge and training in yoga, do spiritual services, but expect to receive appreciation and honour in return for it. Instead of considering themselves as instruments of divine service, they fancy themselves as capable and competent orators, administrators or highly knowledgeable parsons and harbour, in their minds, a desire for praise, appreciation and honour. If this desire is fulfilled, they involve themselves more and more in this service but only with an eye to further appreciation, so much so that they leave themselves hardly any leisure for practice of yoga for their own spiritual development through self-contemplation and self-examination. If they do not receive honour and status in return for the service they render, they get displeased and discouraged. They gradually reduce the service-nursing, in their mind, a grievance that their work is neither valued nor appreciated. In consequence thereof, their spiritual state also deteriorates. Anxious as they are to reap a quick reward for their spiritual effort or public service, they soon lose all interest and give up the whole thing, if that is not readily forthcoming. They even complain that all their efforts have been wasted and they would not bother any more. This loss of interest, zest and enthusiasm results in weakening of their spirit and the consequent retrogression. Hence, it is imperative that we should expose our mental state to occasional checking by competent persons and adopt the spiritual remedies they suggest to correct it. And, above all, we should dedicate all our effort and service to God without wishing for its reward.

### **6. Fatigue and loss of comfort and ease**

*As often happens in a travel, the more we have walked, the greater is the fatigue we feel, and the more we climb, the heavier still becomes the going-up. Similar to this maybe one's feeling in the spiritual journey. After attaining greater and greater heights on the path of spiritual endeavour, one may, at some point, begin to tire and lose courage to face the mounting difficulties ahead. One may feel as if that is the end of it and there is no further progress to be made, or a feeling of boredom may come, leading to loss of zest in the endeavour.*

This, however, should not happen, for the mounting obstacles and difficulties are often really the signs of approaching high destination. These should rather be taken as last challenges and should in fact goad us to do higher and greater effort. By exercise of will-power and with firm faith in God and with full confidence that we will attain success, we should march forward as soldiers in the mighty army of Almighty God, thus attaining heights which no one has trodden before.

To be dissatisfied with one's state of progress is a pointer that we have potentialities in us to rise higher and that we had actually done it before. This kind of discontent is not bad and has been rightly considered as a catalyst for progress.

The kind of difficulties depicted above are in fact paper walls. If, indeed, there are any serious barriers that one occasionally comes across, there is no alternative but to remove them by the strength of one's will. It is said of Napoleon that during the course of a campaign, the movement of his army was suddenly obstructed by heavy mountainous terrain. "It is impossible to go further and transport the artillery across the mountains", said his army commanders. Napoleon, however, was not the man to be deterred and daunted. "The word 'impossible' is to be found in the dictionary of fools only", he said curtly. And so, the cannons were moved across mountains to the other side and victory was snatched from the jaws of defeat,

as it were, by the sheer force of the general's indomitable spirit which would brook no weakness. That is why, in history, he is known as 'Napoleon the Great'.

Hence, under no circumstances is one's yogic endeavour to be given up. Just as a wall does ultimately give way to persistent hammer-blows, difficulties do get removed eventually by constant efforts. Someone has said that it is through endeavours not through mere desire that any achievement becomes possible. By patience and perseverance such obstacles are ultimately bound to give way; just as a wall yields to the constant blows of the hammer or piece of stone gets smoothed by continuous rubbing against even an earthen vessel.

#### **7. Our food, conduct and behaviour need watchful attention**

*It has been confirmed by experience that when a person eats too much or gets into the habit of eating too often, he feels sluggish and dull. Moreover, lack of control over the palate leads to other sense-organs also becoming indisciplined and unbridled. To discipline other senses while leaving one's palate uncontrolled is like taking full possession of one's country but leaving the enemy in control of an enclave or two. Even so, surrender to pleasure of the palate is a standing invitation to other sensuous enjoyments. Although there is no need for*

penanceful fasting and the like in the life of a yogi, control over the palate is very essential, for it is a form of body-consciousness which soon gets transmuted into other grosser forms. It is, therefore, necessary for a yogi not only to adopt pure and *Sattwic* diet, but also to eschew the habit of eating too many times a day.

#### **8. Proper environment and life-style**

The yogi needs to live in proper surroundings. He need not think of *vihars*, *peeths* or *ashrams* - secluded places of community living for recluses - to which the Buddhist monks or ascetics of other religions resort for spiritual practices. On the contrary, he has to turn his very home into an ashram, i.e., place of peace and purity. His wants, though necessarily few and simple, need not altogether exclude comforts but there is certainly no room for luxury in a yogi's living.

#### **9. No negative thoughts**

Similarly, there should be no place for doubt and disagreement in a yogi's day-to-day dealings with people around him: for it generates negative thinking which detracts his mind from yogic effort. Our behaviour towards others should, therefore, be easy and affectionate, sympathetic and sweet, and helpful, and cooperative: Needless to add that a yogi must shun hate, malice, jealousy, anger, slander and such other negative thoughts as these are inimical to his spiritual endeavour. ■■■

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#### **- CONTACT US -**

**Mobile:** 09414006904, 02974-228125, **Emails:** omshantipress@bkivv.org, worldrenewal@bkivv.org

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