



Monthly

The World Renewal

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Abu Road (Shantivan): Candle lighting ceremony is being performed to celebrate Diwali festival by Rajyogini Dadi Ratanmohini, BK Munni, BK Dr Nirmala, BK Karuna, BK Mruthyunjaya and others.



Abu Road (Shantivan): Mr. Biplab Kumar Deb, Chief Minister of Tripura is being felicitated by BK Santosh and BK Mruthyunjaya during a programme to flag off the ITBP Cycle Rally.



Reeva (MP): Mr. Girish Gautam, Speaker of Assembly is presenting 'Vindhya Shikhar Samman-2021' award to BK Nirmala.



Nasik: Dr. Bharati Pawar, Union Minister of State for Health and Family Welfare is being presented Godly gift by BK Vasanti.



Varanasi : Mr. Ravindra Jaiswal, Minister of State is in a group photo with BK Chanda, BK Dinesh and others after sharing the Godly message.



Raipur: Dr Keshari Lal Verma, Vice Chancellor, Pt. Ravishankar Shukla University, BK Kamla and BK Savita are inaugurating Tableau of Deities on Navratri festival.



Indore: Dr. Manjushree Bhandari, Chairperson, SIMS, Dr. Salil Bhargava, HoD, MGM Medical College, BK Hemlata and others are inaugurating Tableau of Deities on Navratri festival.



Abu Road (Shantivan): Mr. Maninderjeet Singh Bitta, Chairman of the All-India Anti-Terrorist Front is being presented Godly gift by BK Chandrika and BK Mruthyunjaya.

From the mighty pen of Sanjay



TOLERANCE POWER

Tolerance is a Value, Virtue, Policy, Tactic and Tool for Self - Social Transformation

There are many situations in life in which the question of tolerance comes up. If, for example, a person who has no control over his tongue or is uncultured, impolite, short-tempered and ill-mannered and talks in an offensive or insulting language or behaves rudely and roughly, then in this situation, one should not feel hurt, injured or mauled and should not think of revenge. One should not accept abusive words of this person as one would not accept counterfeit currency or trash from someone. This attitude would enable one to remain calm, composed and dignified.

There may be a situation, when a person finds himself surrounded by a group of rowdy persons who are bitterly opposed to the ideology in which this person believes. They may be very provocative, and use inflammatory language. The author himself also has faced such-like situations in which he had been

lynched in the melee or been attacked with the use of weapons. In such a situation, where the cause may be of some misunderstanding or rumours or jealousy and anger, one not only has to keep cool and be mentally undisturbed but one also has to try to bring down tempers of others by soothing words and even by offering apologies. For, if one does not try for the return of normalcy and sanity, then there may be further flare-up and someone, in a fit of rage, may resort to violence. So, Tolerance, in such situations, is a value that saves one's life. Tolerance, joined by humility, has great value even as a matter of policy, strategy or tactic. If one loses tolerance in such hot situations even for a moment, one may even lose one's life or face still more complicated situations, fraught with grave consequences and unpredictable repercussions. Looked at from this angle, **tolerance is not only a high-class virtue but it is a non-violent strategy** for self-defence

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HIDDEN SECRETS OF LIFE'S FAILURES



It has been very challenging two years to say the least, and our thoughts are often drawn to the younger generation who are struggling with a variety of changes and obstacles in their lives with death of loved ones, uncertainty of education and job situation, and in particular, detrimental forces and influences that make their existence very unstable and unsafe. There is so much these individuals want to accomplish in life, and live with freedom and prosperity, but not many understand that the journey to true happiness and peace requires a firm hold on the reigns of Spirituality. We can only enjoy life in a secure and fulfilling way, and understand what it's about and how to manoeuvre through it when we explore the depths of the basics of Spirituality. Children and Young Adults are in their most fragile condition now, and they need the right guidance to be able to steer across the ocean of life. Spirituality ensures that there will be learning at every step, and development of humility and maturity as one faces difficult and unpredictable situations.

Events that shake one's conscience and self-esteem can be very cruel for

vibrant, enthusiastic men and women. I recall vividly a father from Ahmedabad sharing the story of his bright young daughter who wanted to study in Oxford, UK. Though living in a hostel and attending University was a big challenge, the parents managed the expenses very lovingly, and things seemed to be fine. However, the daughter faced certain situations that led to disheartenment and mild depression. The family called her back to India, where she received counselling and company that nurtured her back to good mental and emotional health. She was then able to get back on track and complete her education. It proved how important the atmosphere and company can be in either moulding a youngsters' character and behaviour to perfection, or destroying their pure, eternal nature. When young adults experiment with addictions or try to emulate ways of life just to feel accepted by their social groups, they definitely lose their inner purity. This is symbolic of the tug-of-war between God and *Maya* (illusion or negativity), where the fight is not directly with each other, but displayed in the impact left on human souls who are in between; negative or '*Mayaavi*'

thoughts disillusion them, and they run after temporary attainments, but they soon find themselves in dire circumstances. Many lose courage if they don't get the right support or guidance, and it is here that Spirituality plays a crucial role in reminding us of our original nature. One can analyse every situation, and find ways and means to conquer weaknesses from within and become that which he or she had never even imagined...

Returning to our original nature of wisdom, goodness, kindness and love is a powerful and exciting journey. One requires awareness and the understanding of different aspects of behavioural changes in human life. Life is not to be led in seclusion or in 'throwing caution to the winds', as every one of our actions has an impact and consequence not only in our lives but that of our relatives and loved ones. A mishap or negative *karma* or loss of character is a social problem, and everyone should take responsibility for bringing about a change. A complete overhauling of our beliefs and ideologies is required, which means actually 'researching' pure, unmixed, Godly Knowledge. Though there may be countless scriptures, philosophies and religious stories available at our finger-tips today, not all these can be termed 'Spiritual Wisdom'—they often contain a tiny amount

of truth, as much as there is salt in flour...

Studying and inculcating Spiritual Knowledge and Easy Rajyoga with an open mind and heart takes time, maybe a year or more, to conceptualise the exactness of human nature, how it is influenced by the forces of goodness or of course devilish *sanskars*, and how regeneration of one's original purity and good *karma* is definitely possible. We Bharatwasis are extremely fortunate, whether people accept it or not, since these treasures of Spiritual Knowledge and Rajyoga are sown deeply into the foundation of Bharat, but it is necessary that we take a stance to break away connections and dealings with the iron-aged world, and rejoice in living the confluence-aged life, which is founded in Spirituality and Relationship with the Supreme Being. It is always easier to go with the flow and agree with what is commonly done and shared, but courage is required to sustain good principles and side with righteousness. We would like to share some tips that can help in achieving this goal:

- ◆ Cultivate new enthusiasm in order to be inspired for new learning.
- ◆ Renounce blind faith, and stay open-minded.
- ◆ Take the support of Mentors or Guides who will encourage clarity of thought,

and most importantly, help you carve out a proper focus or aim.

- ◆ Expose yourself to Knowledge after ascertaining the original source, just as we study the Gyan Murli only after realising and accepting the Source to be the Almighty Divine Being.
- ◆ Be ready to apply or inculcate Spiritual Wisdom in thought, words and actions.

Contrary to how a majority of people perceive Spirituality & Raj Yoga Meditation, these are actually very user-friendly and positive experiences. Many years back, I was invited on a spiritual service tour of Australia, and they hosted a programme called “Easy Raj Yoga for Busy People” in one of the cities, which received a very good response. Most of the audience really didn't believe that a spiritual lifestyle or connecting with our true selves or with the Divine could be so attainable. It's in fact such an easy thing to simply understand the technique, and bring it into our daily lives. As we have been learning from Godly Versions, spoken by the Supreme Parent to us spiritual children, we human souls now have the golden opportunity to experience first-hand the Supreme Being who is guiding and helping us, but not admonishing us! Rather than

applying stringent rules to lifestyle or following the challenging *Hatha Yoga*, the Divine teaches us to embark on '*Yaadki Yatra* (the Pilgrimage of Loving Remembrance); this will keep the mind relaxed and connected in love with the Supreme Mother and Father, and the heart will remain happy. If the mind is happy then everything seems to be easy, but in contrast if the mind is unhappy, then one tends to trouble the mind and make it subservient, but this yields no results.

The reality of the experiences of tens of thousands of Rajyogis is that becoming spiritually-educated and having a personal relationship with the Supreme Being can be so easy, uplifting, and beneficial, and most significantly, can be practised anytime of the day. However, it's advisable to design a regular timetable (for a minimum of half an hour daily) for reflection, conceptualisation and implementation.

The present day circumstances are a cause for a lot of suffering within the global human family, and so it's high time we perform conscious, subtle spiritual endeavours and tame our minds to enjoy blissful consciousness of the original 'Self', and remain lost in the love of the Supreme Being.

Om Shanti,

■■■ **B. K. Nirwair**

GOD IS ESTABLISHING ONE RELIGION AND ONE KINGDOM

■■■ B.K. Surendran, Bengaluru



We all know that almost all the wars were fought in the name of religion. And during the course of establishing religions, thousands of people were massacred. The founders of religions had to face a lot of violent protests and opposition on the path of truth. Infact, Jesus Christ was crucified on the cross. The religious persecutions are still being continued even after we have a population who is well educated with a lot of common sense. This is quite unfortunate and the right thinking people are not ashamed of such acts of violence in the name of religion and are silent spectators.

At this time of irreligiousness, Supreme God Father Himself descends to establish one world religion and one Kingdom with the power of non-violence. He has openly announced that He has descended to create *Adi Sanatan Devi Devta Dharma*, the ancient most religion of the world and that the life on the existing world will perish on its own weight of misdeeds and that He will take back all souls to His abode of *Paramdham*. God's mission has been in progress for more than 80 years. The deity religion is the original religion established by God Himself and the people who belong to this religion are the deities who were the rulers of the world for 2500 years. After their life time other founders of religions appeared on the scene one after the other. Therefore, we are the descendants of deities. They are our real forefathers whose idols are

being worshipped in temples. We are all souls, children of the Supreme God Father who abide in the Soul World which is beyond the Sun, Moon, Stars and the outer Sky, which is known as the Region of Infinities. We are all basically infinitesimal point of conscient energy just like stars.

God descends silently in the midst of a crowd and introduces Himself that He is the original Father of all the souls in the world. God uses goodness and love to convert the vices-ridden mindset of the people into virtues-filled souls. Lord uses the following soft skill sets to achieve His purpose:-

Knowledge

The clear cut knowledge which He reveals: He is the Creator and He does not come in the cycle of birth and death. All human souls are His children. The world is a drama stage and all souls are the actors in the world. He clearly explains the personality traits of the soul, the immortal existence, the *karma* philosophy relating to the *karma* of the souls when they take bodies, the souls takes maximum of 84 births and the way the souls participate in the sustenance of the world and so on. He declares that there are 3 worlds, the physical world where we human beings and other creatures are living, the subtle world which is beyond the outer space, and the incorporeal world which is the home of the Supreme Soul and the souls. The incorporeal

world is far-far away from the physical and subtle world. The time cycle is 5000, which is divided into 4 parts – golden, silver, copper and iron ages. Now is the last phase of iron age. There is a leap age at the fag end of Iron Age which is called auspicious confluence age. This is the time that He descends to reveal the truth of creation. It is time to return to our original home of silence – the incorporeal world. He particularly announces that He has come to take back all souls home. The life in the world is going to perish under its own misdeeds and vices and also natural calamities in the near future.

God's Love

As we are souls, for the last 5000 years we have been away from Him, enacting our part on the world stage. He is the one who can give us unconditional love without any distinction. His love is felt to be irresistible and loves us with an attitude of ownership. His pure love melts our hearts, transforms our diehard habits and behaviour deficiencies. He is not only our Supreme Father, but He is also the Supreme Teacher and Guru. His power of love has forced us to realise our shortcomings, violent proclivities and transformed us to our original stage of deityhood with a smile. The knowledge that is imparted by Him is an eye opener for us to see Him through His powerful and elevated thought currents. His thoughts are packed with the real spiritual energy which makes us to realise the importance of the present time and inculcation of the spiritual knowledge which is very specific and concise. There is no question of ambiguity on any point of knowledge.

God's Power

His powers of humility, simplicity, pure feelings and good wishes touch the soft corners of every individuals and help souls to convert their rigid and stiff *sanskars*. Each soul is inherently divine and our Supreme Father, Supreme Teacher and Supreme *Guru* taps on our original divine qualities.

Self-Esteem and Unconditional Respect

Even though He is our Supreme God Father, He first of all raises our self-esteem based on our greatness and benevolence and then He teaches us higher level of spiritual knowledge which we have never come across during the present time cycle and elevated values which will take us to the level of deityhood. He also respects us unconditionally due to the reason that we were worship-worthy souls who are actively now assisting Him as Godly servants. He uses these two soft powers to dilute and mollify our egoistic and ownership attitude to that of trusteeship and self respect.

Power of Peace

God is ocean of peace. Everybody prays to God for peace of mind. He is revealing before us our own natural nature of peace. Peace is not outside. It is one of the core virtues of the soul. This kind of awareness restores our own nature of peace without any outside support. He has taught us this important lesson on peace and made us to practice and experience real peace not only to ourselves but to the entire world. We can spread peace to the world. In addition our Spiritual Father is the fountain of peace abiding in the world of peace – *Shantidham*. The moment we remember Him peace will start flowing to us. This is being experienced by thousands and thousands of people all over the

world. This becomes a mastermind alliance of peaceful souls who will radiate the energy of peace in the world.

Rajyoga Meditation

This is a unique meditation which is taught by the Supreme Himself. Yoga is a mental connection with the Supreme with a lot of reverence and holy loveful feelings. As we are souls, He is a Supreme Soul. He is self-effulgent Light, the Light of all lights. The revelations of God are surprising to us when we look at it from our mundane back ground. But this is truth. We are spiritual beings and immortal. When we remember Him we are connected with Him. We start experiencing super sensuous joy. This joy helps us to restore ourselves to our original nature of total fulfilment and self-sovereignty.

Thus God is establishing one world-religion and one kingdom with the power of absolute non-violence. There is very little time, please make use of this golden opportunity, else it will be a lost. ■■■

HOW THE QUALITY OF VIBRATIONS INFLUENCE OTHERS?

Each thought that we create, every word we speak and every action we perform is responsible for the radiation of non-physical energy or vibration into the universe; towards other people, to the surroundings or the atmosphere as well as to physical nature. A very important aspect of our consciousness which influences the quality of this vibration is the intention or hidden meaning behind each thought, word and action. When the intention is pure, positive and unconditional, positive packets of the energy of peace, love, good wishes, happiness and truth get transmitted. People who experience this positive energy from us are reminded of their personal positive qualities, even if these qualities are different from ours, and get inspired to imbibe the same and put them into practice, although this may not even be our conscious intention in the first place, but we just have a general pure, positive, intention towards everything and everyone around us. But this giving of inspiration happens automatically. On the other hand, when the intention is negative and impure, it is as if we bring other people, surroundings and nature down i.e. in a way we absorb positive energy from these entities, instead of filling them. People, without realizing, will come down from their positive personality state on receiving this energy and become inclined to thinking and speaking against their basic, positive nature; thus it is a negative inspiration. Both are energy exchanges, but one is positive and the other is negative.

The above process happens even when we are quiet, not creating too many thoughts and not speaking or performing any actions. Depending on the kind of nature or personality we have and the quality of the activity inside our mind and intellect, those type of vibrations keep getting emitted from us all the time. It's as if we are constant spiritual energy radiators, even while we sleep. The purer our consciousness, the purer this radiation is. ■■■

IS YOUR LIFE A CELEBRATION?

■■■ B.K. Rose Mary

There are some people who have made their lives a celebration. What is the secret? They distinguish the changeable from the unchangeable, and their temporary nature from their eternal nature; and they make wise choices, proving to be Creators rather than reactors.

You can change your physical health

Our human body is an incredible machine which has its own cleaning mechanism inside. Skin eliminates sweat, respiratory tract expels carbon dioxide and mucus, the kidneys eliminate urine, the digestive tract eliminates stool and so on. What will happen if our life-style increases the accumulation of wastes and toxins in our bodies? They will provide a fertile environment for germs to grow and multiply, inviting diseases. This explains why some who interact with those with contagious diseases, do not get them while some of them get it. Besides, certain unhealthy eating habits and life-style may not cause immediate adverse result in the body as its organs are capable of handling the harm to some extent. For example, kidney may not show major symptoms of defect till it has lost approximately 80% of its function. Situation is like cutting a tree down by axe—it takes many hitting for the tree to come down. By the time body shows some symptoms, it may be too late. No wonder, diseases linked to life-style choices kill 16 million people each year, reports *World Health Organization*. That means if lifestyle is changed, diseases [except those related to hereditary/*karmic* account] can be minimized.

With some basic knowledge about your body

and mind you can minimize diseases. Observe those who have minimum diseases, and arrive at your own conclusion. Health is mostly related to what you feed to your stomach and mind. People who are not stressed but have loving relationships, peace, joyfulness, cleanliness, inner strength, practical wisdom and balance, have stronger immunity, hence most of such people enjoy good health. Some of them further minimize their diseases by choosing a healthy food-habit which means they know the following:

(1) What to Eat: There is food that harms, and there is food that helps/heals which are called ontological, food rich in life-force, fresh, vegetarian, easily digestible, nourishing, prepared with minimum spices. “If you shift to a diet more about plant-based foods, you are likelier to live healthier and experience less chronic disease,” says Dr. David Katz of the Yale University. It also means avoiding or minimising processed food that often contains artificial chemicals which can add to wastes and toxins in the body and also activate disease-causing genes that might have stayed dormant otherwise. Hence strike a balance between cooked foods (which have less vitality, enzymes, proteins and vitamins) and sprouts (which have more of them), because you are what you eat.

(2) How Much to Eat: In moderation, may be about half of one's capacity.

(3) How to Eat: Slowly, in gratitude and in remembrance of God, with full attention on eating, and chewing well before swallowing

which makes digestion easier and prevents improperly digested food from entering blood and causing a wide range of adverse effects to health.

(4) How Many Times: You may decide this by looking at your body's response. The ancient Greeks (the finest of people, physically and mentally, that ever lived) ate only two meals a day. Their better health might be due to the fact that body turns into cleansing work once digestion work is over whereas frequent eating keeps body always engaged in digestion work only with no time left for cleansing.

(5) When to Eat: Only when you are hungry, which means normally 4-5 hour gap between each meal / intake. The stomach takes about 3 to 4 hours for a meal to be fully digested (fatty food would take even longer time to digest). Many who eat their supper before sun-set and go to sleep after 3-4 hours experience a good rest for the body during sleep that enables them to get up early in the morning rejuvenated and refreshed. [In addition, some people practise things such as deep-breathing, occasional fasting, enema, *jala-neti* (nasal cleaning)... etc. all of which can give additional help to body in its cleansing process].

It was easy for Mahatma Gandhi to adopt the above food-habits; for he knew that food is all about fuelling the body (rather than filling the body) and “the real seat of taste is not the tongue but the mind, and best relish is when we eat after we feel hungry for some time.” Interestingly, Rajyogini Dadi Janki poetically summarized the above principles when she said: “Curry, Hurry, and Worry” are at the root of many diseases.

Follow your Eternal Nature

Water boils and becomes vapour when in contact with adequate heat; and when the

cause of boiling is removed, it returns to liquidity which is its eternal nature. Similarly, the eternal nature of us souls is to be in harmony with others—especially with our Heavenly Father, being linked to His qualities through remembrance of Him (Gita 12:2, 3, 4, 20; 16:1-3). Once in material body, soul's affinity gradually changes from parents to friends, to life-partner, to wealth, to fame ... and so on. And soul never finds fulfilment in any of those as they are all temporary and unreal. On the contrary, if one returns to his eternal nature of connecting himself to God, life becomes a celebration, because this is the most natural thing to do as both soul and Supreme Soul are eternal, and both share the same qualities. Also, God takes the role as Father, Preceptor, Companion, Sweet Heart, Mother, Teacher and Almighty as the need may be, thus giving you His infinite source of power, purity, joy, love, peace, knowledge and bliss. When you have God Almighty playing such a variety of roles in your life, you have 'a life of happiness at every moment' making your life a celebration.

People who have studied *Rajyoga* Meditation from *Brahma Kumaris*, never lament on any situation asking: “Why did God permit this to happen to me?” Because, they know GOD PLAYS NO PART in such events. He comes in the Auspicious Confluence Age (*Sangamyuga*) and shows the path of Heaven to His children. In this period, He, using His medium Brahma, trains the willing ones for Golden Age and teaches them *Rajyoga* which enables them to remain in His loving remembrance and also to view all experiences from a spiritual perspective. Good news is that you can also make your life a celebration! It's very easy! Contact your nearby *Rajyoga* Study Centre, and ask for a free study—one hour daily for a week! ■■■



HOW TO RECHARGE OUR MIND?



■■■ Prof. B.K. Onkar Chand, Shantivan

The first thing we do in the morning before leaving for work is charging our mobile phone so that we don't face any inconvenience in the day. Most of us carry chargers alongside in our bag too and have a portable power bank as well. But do we similarly care for recharging of our mind? We know very well that our mind has the power to shape our life. To maximize our results, productivity and life satisfaction, we must focus on recharging our mental battery on daily basis.

If you want to recharge, refresh and relax your mind, if you want to make your mind powerful, positive and purposeful, then today I will present its beautiful method in front of you. First of all, let us understand that the first 10 minutes after opening our eyes in the morning is golden time for us. This time is the time to build our fortune everyday. Whatever we want to be in life, whatever we want to do, the kind of life we want to live, we can do that if we understand the importance of this morning time. This time is important because at that time our mind is completely cool and calm. At that time our conscious mind is silent therefore sub conscious mind is fully active. Our subconscious mind accepts whatever we think at that time and starts doing the same. Our subconscious mind has the power to do many things.

The First Powerful Thoughts in the Morning

The person, who keeps smiling even while sleeping and keeps smiling even in the morning, is the most fortunate in the world. Let

me tell you a small method of what to think when you wake up in the morning so that our

mind gets charged with positivity. When we wake up in the morning, the first thought that should come into our mind is - 'Good Morning to My Supreme God Father Shiva Baba'. Apart from this, there should be no thought. As soon as you bring this thought in your mind, you will be connected to Almighty Authority and the divine energy will start flowing inside you.

Then the second thought should be of gratitude to Supreme God Father, "O Shiva Baba, You have made me so full with happiness, peace and power; You have given me everything, so lot of thanks from core of my heart again and again."

Along with this, take this resolution as well in the early morning: 'I am very lucky, I am rich, I am so happy, I am successful, I love my life, I love my family, I enjoy my life, my family is very nice, everyone loves me, everyone supports me.' Repeat this resolution in your mind five times. In this way, you have to do these thoughts in your mind for 10 minutes in the morning so that mind gets charged with positive energy. This will give you tremendous energy and thereby you will be able to solve all tasks and problems easily and make relationships beautiful throughout the day. If you get up at 4:00 am in the morning, then it is very nice; but if you cannot get up, let's say that even if you get up at 5.00 or 6:00 am, then as soon as you open

your eyes, you have to bring this resolution in the mind for the first 10 minutes. If you start doing this, then you will have a beautiful experience and whatever you want to do will start happening.

Suppose you have something wrong with the boss in the office or you have some estrangement with your colleagues, then wake up early in the morning and resolve it with these thoughts: 'They are all very lovely people, I love them all, my boss is very nice, I love him, I like him.' Then in reality he will become very good. And if you think like this as soon as you wake up: 'He is very bad fellow, today I have to go to him again', then he will get worse, his ego will increase and it will harm you.

Charging in Different Aspects

Suppose you are husband and wife, both of you are not doing well in the house and family and there is bitterness in the relationship, adopting this method will be of great benefit. Otherwise what happens, wake up in the morning, see the husband or see the wife as soon as he/she wakes up, and a thought came into the mind : 'What kind of husband has been found, I will have to live with him for whole life, I don't know when I will get rid of him.' In this way relationship gets messier again because what is our first thought in the morning, it starts happening to us. Now we have to change this; as soon as we wake up, we have to bring this thought in our mind that he is a very good and caring person; we have a lot of love and respect for each other. If you do this resolution 3 times every day, then everything will change in 7 days. Today, by taking this resolution many household problems have been cured and the relationship between husband and wife has become very sweet and cordial.

If you are a student then write in front of your

bed – 'I want such and such marks, I want to become this in my life, I have to achieve this' and see it as soon as your eyes open and think about it in the mind, then the same marks will come and you will achieve your goal. Many people practice this and they get success.

Even if the disease has come, we can do it. At that time do not bring such thoughts in the mind: 'I am very sick, it seems that I cannot be cured, now I have to live like this, I am suffering from this illness, I am in a lot of pain.' Change these thoughts. At that time bring these in the mind: 'I am healthy, I am fit, I will be fine very soon.' If we make such a resolution, then all these good things will start happening. If we keep changing our thoughts into positive, then miracles will start happening.

Today, negative thinking and complaining drains our energy and keeps in us a bad mood. Therefore, stop looking for the bad in everything. Instead, open your mind up to new ideas, approaches and more. Look for the good in everything, and stay focused on finding solutions instead of griping about what you can't control. As many problems and obstacles are coming in the life one after the other. Hence as soon as you wake up in the morning, bring this resolution in the mind: 'I am the destroyer of obstacles, I am more powerful than the problems, these problems cannot harm me, and the problems ahead of me came to increase my power.' If you do this for few days, then gradually the obstacles will become lighter.

So every day you must have these thoughts in your mind: 'I have a lot of love for every person in this world, I have good feelings for everyone, May all be happy, May all be healthy! May all move forward! My life is very beautiful, I love my life, and I love my self.' In this way every thought will give you energy and your life will become very beautiful, relationships will become sweet, success will kiss your feet and you will start enjoying your life. ■■■

SELF PURIFICATION LEADS TO WORLD PURIFICATION

■■■ B.K. Subramanian, Avadi

People inhabiting in any country in any region across the world irrespective of the sect to which they belong, know how to purify their physical bodies with water and soap, wash their clothes and costumes and they also know how to sweep, clean up their housing premises and keep it neat and tidy. Such external cleanliness is of course necessary from the sanitation point of view. This does not mean that one is pure from the perspective of thoughts, words and deeds emanating from the self being a soul.

God is said to be the true Liberator and Redeemer of sins, but still no religion in this world has imparted to human beings the knowledge on how to cleanse up their minds. People in the world talk of purity of the mind but they do not know how to purify it. People in general, particularly the *Gurus* in *bhakti* are under the misconceived information that mind and soul are two different, distinct things playing separate roles from each other. All religious sects and branches over the entire globe agree that the souls are immortal, invisible to the gross eyes, cannot be x-rayed or scanned in any visible form or shape but still do not have complete knowledge about soul. However, it has been spiritually explained and clarified by God Shiva that soul is a sentient and conscient point of light having three subtle faculties namely (1) mind (2) intellect (3) resolves (subconscious mind).

God, the Super Natural Power has been recognised by people as the Supreme Soul and

is wrongly considered to be omnipresent. They think He is everywhere witnessing and overseeing all human activities in this world. Such information about the God has been incorporated in the scriptures at the last phase of the world drama only in good faith so that the wrong doings of human beings could be controlled, curtailed and curbed to a greater extent.

As a matter of fact, God Father Shiva, resides in *Paramdham*, the Incorporeal World and comes to give His divine knowledge and impart Rajyoga Meditation by taking the human chariot of PitaShri Brahma Baba. He comes only once in the whole cycle of world drama at the Auspicious Confluence Age i.e., in between Iron Age – *Kaliyuga* and Golden Age – *Satyuga*. No religious founder Fathers or other Divine Avatars have been vested or endowed with powers to grant *Mukti* (salvation) or *Jeevan-mukti* to human beings living in this corporeal world. God being the Supreme Purifier alone has the power to purify the souls.

It is needless to explain that the entire world is facing a crisis in the form of Covid. One thing is, of course, to deal with the virus and overcome the immediate crisis, but what spiritual lessons can we learn? And, on that basis, what changes do we need to make? It is time to see the self as spiritual beings and replenish the self by connecting to God, the Supreme Source who is guiding us with His divine wisdom. If you have a battery, it gets discharged. Like with your phone, if you don't charge it gets discharged. The same thing is with your inner being. You need to give time to recharge your own inner battery, by connecting with God. If you recharge your inner battery with meditation, you will have the power to deal with everything. This is the time when God Himself is offering His love to all the souls, it's up to us to make the most of it. ■■■

SUN DYNASTY SOULS – RULERS OF THE COMING GOLDEN ERA

■■■ B.K. Mahima, Mumbai

In the world, people say, “One has to have a mindset of a winner to be successful.” But Supreme God Father says, “One has to have a mindset of a Benefactor soul – one who thinks about the welfare of the whole world in order to be a part of *Suryavanshi* Dynasty or Sun Dynasty.

Sun is self-luminous to such a high degree that it dispels darkness of the world. Similarly, a soul who is a Benefactor will be someone who will not only work towards his success but, has the capacity to dispel clouds of negativity for others too. A winner will think just for him and about him. Someone who is solely focused on winning will just think of himself or his motives, e.g. 'This soul should be responsible for leading a project and if the project succeeds under his leadership, he will be promoted in cash or kind.' He will simply think of just making the project successful, like a caged monkey, jumping in the cage wanting to reach out to the bananas in front of him. This mindset will not think about their physical, mental rest, will work day and night and compromise his principles. This winner mindset thinks that, getting angry, being irritated or peaceless, getting into arguments are the way of living, else, life will be boring. In the process, he will himself get exhausted spiritually, physically, emotionally, and will also become a source of anxiety for others.

After the constant tug-of-war, if the project succeeds, he will be happy and if it doesn't he will be unhappy. If such a soul is insulted or

blamed without any reason then he will not have any inner strength to face, will try to prove his point and will be stubborn. His answers to such unexpected situations would be a reaction and not a response.

Now, a Sun Dynasty soul, a ruler, will have an elevated and selfless aim in their life but, the hurdles coming in the way while achieving their aim will not shake their inner strength, their faith in GOD. Hurdles will become a source of their enthusiasm and a source to refine their problem-solving skill! They will make it a win-win situation for everyone in their professional or their personal life. He himself and others will be content, will be solution-oriented, a seeker of virtues and goodness in others. A Sun Dynasty Soul has a far-sighted intellect- they always weigh the consequences of actions before performing actions – small, immediate gains or sow with patience and reap with patience. In fact, he is the one who can really be called as someone with a winning mindset. ■■■

REAL GENTLENESS

Real gentleness in a person is a great power. The power that sees, understands, but never interferes.

Like the branch of the tree, just touching the earth but never taking root in it. Never to take root in someone else's mind but to help, that's gentleness.

WHY THE SUPREME SOUL IS CALLED GOD

The God Father Shiva says: 'Whereas all souls come in the cycle of birth and death, it's only ME who does not come into this cycle. This is why it is sung that My



coming is not like that of a human. Human beings come in this cycle as per their *karmas*; I don't come in that manner. I take the support of nature (the body) to bestow knowledge. My coming and playing a part is different from the way others do. My task is much greater than that of all other souls.'

Although Christ came, and Buddha came, they are known as religious fathers or religious souls. They can be called the founders of religions as well. However, they cannot be called the Creator of the world. One who establishes religion cannot be called the Creator. God is different from all others, isn't He? This is why He is known as God, the Supreme Soul. God personally explains all these things.

God Comes Here in Disguise

They call out to Him in the song: 'You come in disguise, and You come by changing your form. Come to the Earth, leaving Your throne in the sky.' He doesn't live in the sky. He lives beyond the sky. You can call it *Brahm-tatva*, or '*Paramdham*'.

Souls, and the Supreme Soul, reside there. It has the form of an egg; it can be called Universe

or Cosmos or *Brahmand*, or *Brahma-tatva*. It is also known as the Incorporeal World. This is why it is said, 'You come down here in disguise, changing Your form' because when He comes, He takes on a corporeal form. So God has to change His form.

It is said, 'We, the incorporeal souls are tired of acting in the corporeal form; You should come and free us, because only You can liberate us from bondage.' How would The Incorporeal Supreme Soul come here? He has to become corporeal, and this is what is known as changing the form, or coming in disguise. He is the all-powerful One, so He has to come to liberate everyone.

The Father Comes Only When the Entire World Becomes Irreligious

He is the Almighty. We have no might—everything is gone. We don't have that power anymore. Maya has over-powered us; this is why it is said, 'You come and liberate us from unhappiness and disquiet.' The Father comes and says: 'I have come now. While on the path of devotion, you used to call me so I have come.' People thought that He comes whenever and wherever there is sin or irreligiousness, to bring awareness. But by saying this, they have made God omnipresent.

The Father says: 'I will come only once, at the time of extreme irreligiousness and degradation, not any time and in any age. I am the Creator of the world and so when the whole world becomes irreligious, only then will I come and get the irreligious world destroyed. It's not a question of one person being, irreligious. In that case, irreligiousness could never be removed

from the world. Sometimes people say, irreligiousness was always present in the world, it was never destroyed; but the Father gives the knowledge of time cycle. There was a time when this world was absolutely vice-less and was called Heaven or Paradise.

It isn't that one person is in Heaven and another is in Hell. The whole world is either Hell, or Heaven. When the consciousness of the souls was pure and elevated, the world was called Heaven and as the souls turned impure and vicious, the world turned into Hell.

The Father Establishes Heaven for His Children

The Father is called Heavenly God Father. People think God lives in Heaven, and so He is called Heavenly God Father. If God is in Heaven, what benefit it has for us? What does He do for us? The Father dwells happily in Heaven, and His children in Hell, experiencing sorrow – is that possible? Even in the Corporeal World, it doesn't happen that a father is living happily and His children are in sorrow.

God establishes Heaven for us; that is why He is called Heavenly God Father. The Father says: 'I'm called Father because I create a world of happiness for you; I make you happy. I am beyond happiness and sorrow. I don't go through sorrow or happiness. Happiness is for those who undergo sorrow. For Me, there is no question of Hell or Heaven; however, I am the One who creates Heaven. I got this name [Heavenly God Father] on the basis of My task. I'm not the one who sits in Heaven or experiences its pleasure.'

The Father has done something great for us children, that is why we remember Him. If a father didn't do anything for His children, and didn't even ask how they were, would the

children remember that father? No, they wouldn't. This is the infinite Father. He is the destroyer of sorrow and the bestower of happiness. He created Heaven for us; and that is why we praise Him as Heavenly God Father. Heaven and Hell are for us.

Incarnation Means Descent

Heaven and Hell are for us, the human-beings of this physical world. The Father is the One who creates Heaven. He says: 'I come to do a job for you. I descend from the incorporeal world, and this is why My incarnation is commemorated.'

'If I were omnipresent, I would have been sitting here already, and so what would be the need to call Me? If I were to sit here, always, being omnipresent, then there would be no question of you becoming unhappy at all. If I'm sitting here and there is still sorrow and disquiet, then there is no meaning in My staying here.'

If a minister is in his post and yet there is sorrow, people would tell him there is no point in his being in the post. They would ask him to leave the post. Similarly, if the Father were to sit here being omnipresent, whilst His children were unhappy and disquiet, we would tell him to leave His post of God-ship, wouldn't we! 'You, the Ocean of Peace, Ocean of Happiness, are sitting here and we, Your children, are unhappy – so what for are You here?'

This is why God says: 'You insult Me by calling me omnipresent. Neither am I sitting inside anyone, nor am I omnipresent in the world outside. Would it be possible for you children to be unhappy in My presence here? Never! It's impossible for My children to be unhappy while I'm here. I come from My abode and establish a world full of happiness for you

(Contd. ... on page no. 20)



FREEDOM FROM SELF DOUBT AND FEAR



■■■ B.K. Sujoy, Kolkata Museum

Vincent Van Gogh gives us the remedy of self-doubt by saying - "If you hear a voice within you say, you cannot paint, then by all means paint and that voice will be silenced".

Most of us have experienced self-doubt at some point in our lives. It's what we do with it, how we cope with it, that makes the difference between struggling chronically with self-doubt and letting it go fairly quickly. If we experience regular self-doubt we may ask: why does everyone else seem to be doing so well when I am struggling so much?

Self-doubt exists, after all, to help us recognise we're not always right. When in doubt we question and challenge ourselves as we reflect inward. We gain humility and can relate better to others. However, persistent fear and self-doubt can hugely affect our life in a bad way.

So many people are embarrassed and flabbergasted about how to handle doubt and fear and how to make sense of it. They are less likely to open up to others, because it's a blow to their ego. They think they are alone and they struggle, often in silence, yet it's the playback that occurs in their minds that can be truly destructive.

Self-doubt occurs when we lack confidence or feel incapable of doing things we need to do. People who doubt themselves experience uncertainty around things they can't control or

worry about things not going according to plan.

There are plenty of reasons behind self-doubt. We'll go through some of them here.

- 1. Past experience and mistakes:** Past experiences can have a huge impact on how we react, especially if we have had bad experiences before, like being in an abusive relationship or being fired without a concrete justification.
- 2. Childhood upbringing:** Our upbringing plays a big role in shaping our habits and personalities. If we were raised by parents that constantly told us that we were not good enough or were nurtured by schools that judged students heavily on their grades, we might have already internalised the habit of questioning ourselves.
- 3. Comparison with others:** It is not unnatural for us to compare ourselves with others, because we are living in a world of competition. But when we are comparing too much with others about what they have and what we lack, we'll start to lose ourselves.
- 4. New challenges:** This is a pretty normal case because we have experienced how to react or what things we need to do. The feeling of uncertainty and insecurity when we move out of our comfort zones sometimes make us feel uncomfortable.
- 5. Fear of failure/fear of success:** Even among successful people, previous success

can become our biggest fear because we might think that's the best we can deliver and that we will never produce anything that's equally good.

Besides these five distinct causes there are numerous other psychological causes of self-doubt and fear but our main focus is on the solution not the fact findings.

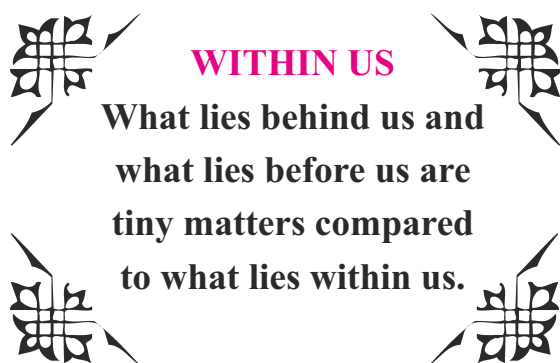
Spiritual knowledge and Meditation gives us the required mental relaxation as well as physical relaxation and constant peace and improves the quality of being. There is no one who has not felt pressed, at times, by the turmoil of events or the inanity of physical and natural environments, but one who faces their fears are able to seek inner calm and peace. Meditation is the way to experience new zeal, powerful energy and real and lasting peace and to have in it a fountain of bliss.

Understanding of spiritual knowledge helps one to do positive thinking and transform his attitudes towards stressful situations. Hence meditation and spiritual knowledge help one to maintain stability of mind in adverse circumstances. One accepts criticism and tries to correct himself. He will not be influenced by

anger, hopelessness, attachment, fear etc. He remains away from unhealthy habits which provide only temporary pleasure and makes one's mind weak. Thus, spirituality based positive thinking helps one to attain the highest level of emotional equilibrium.

Dr Nikhil Patel from neuropsychiatry department, Global Hospital, Mount Abu, carried out a retrospective study for overseas meditation practitioners who visited the international headquarters of the Brahma Kumaris in 1994-95, to assess the efficacy of Rajyoga Meditation to overcome psychoactive substance, abuse /dependence or self-doubt/fear. A group of 380 foreigners including 216 Europeans, having a maximum of eight kinds of substances abuse/dependence, self-doubt/ fear for a duration ranging from two months to forty years were interviewed. Data was collected using a structured questionnaire. The majority of the meditation practitioners (93%) abstained completely from all the substances within one month practice of Rajyoga Meditation, without taking concurrent psychiatric treatment. This emphasizes the use of Rajyoga Meditation as an effective method to overcome substance abuse or self-doubt /fear. Brain research also shows how Meditation can train the higher capacities of the mind, such as perception, awareness and compassion.

Meditation is of great value as it brings a great change in thoughts, personality- traits and negative habits. One becomes a peaceful person, spreading vibrations of peace. Rajyoga meditation is thus the scientific method of celebrating life in peace in one's personal and social life, devoid of fear, anxiety and self-doubt. ■■■





THE POWER OF PAUSE



■■■ B. K. Chirya, Owego, USA

I was speaking to a gentleman recently about the importance of getting to know yourself, your environment and God. He explained he is a very busy man with much work to attend to. He acknowledged that time is very valuable and he can't afford to spend time in such idealistic pursuits. He needed his spare time to rest and relax because his job is so fast-paced that he has headaches and thinks he may have a nervous stomach or even an ulcer.

It does seem strange that we spend so little time on the most important aspects of our life, our spirituality. Our desires are limited to what our physical senses can grasp; all our attention and energies are focused outside of the self. It's as if we die a little every day internally. If indeed time is valuable, should we not use it in a valuable way bringing benefit in the long and short term? How can you say you don't have time to learn how to be peaceful when so much of your time now is spent seeking medical advice and recovering from the effects of being peaceless?



Imagine what improvements you could create in your life if you put aside just a few moments of everyday life to be at peace with yourself, with God and creation. To take this 'time out' becomes easy to do when we understand our identity is not the physical body, but an individual soul, a thinking spiritual being of light separate from the body. Using the thought '*I am a peaceful soul*' is one way to connect to our original peace. When I accept 'I am a soul and a peaceful one' as a personal reality and concentrate on it, this original power of peace and serenity is released. It is like new oxygen entering my mind. You can connect with the self many times during the day only for 10-20 seconds each time. *So, after an active day, having experienced many pauses of a few seconds of silence, slowing down the thinking process and highlighting the positive, we will not feel tired; we will feel peaceful and great. These few moments give us the strength to make every day a success.* Don't believe it? Just experiment.. Do it and see! ■■■

Why The Supreme Soul Is Called Contd. from page ... 17

children who are here in My presence.

'You sing: "Come down, and liberate us from our sorrows." To incarnate means to be present, to come here. So how can you say I'm omnipresent? If I were omnipresent there wouldn't be sorrow, disquiet and sinful actions. When there are sinful actions, there is sorrow. If there is sinful action, it means Maya (five vices) is there. *Maya* is omnipresent now. *Maya* and not me, is present in every one. I come to liberate you from sorrow and suffering, from the bondage of *Maya*.' ■■■

IMBIBING QUALITIES

■ ■ ■ T.V. Jayaprakash, Palakkad

The true meaning of religion is imbibing qualities. So, the religion of man can be said to be humanity. Imbibing qualities is the task of the soul-- living point of light. It is the soul that imbibes qualities.

It is knowledge, purity, peace, love, happiness, bliss, and power which are inherent within the soul. Joy, cooperation, honesty, cheerfulness, sweetness, determination, and pity are other qualities generated by the soul.

You are having these divine qualities, so you are a deity soul.

More than a human, you are a human being, a combination of a soul and a body. You know, the body consists of five elements; ether, air, water, fire and earth. The soul has three faculties; mind, intellect and impressions or sanskars.

Thinking power of the soul is termed as mind. The power to judge is known as intellect and as it performs actions; impressions get formed. Soul consciousness enables us to create positive thoughts and divinises our intellect. The seed for unity is to recognize that we are all spiritual beings and to celebrate the universal and yet unique goodness present in each one.

Perform wonders; be unique and united!

The beauty, the appreciation of beauty, the ability to discern beauty; all are within our own consciousness! Our essence, our identity, and our status is beauty itself. Enjoy and let it emerge in our character as virtue, and in our life.

Let virtue be the dynamics of love. You speak of yourself; who you are, always were and will be!

The treasures we seek are within ourselves. Become ever healthy and immortal. Keep your heart clean and pure. Be a trustee of the qualities of Shiva Baba. Save, spend, spread and distribute the spiritual wealth wisely. For this, you are getting your mind surrendered!

For half a cycle we have been to spiritual gatherings of all types of human beings. Now, this is the gathering of spirits, the souls where the Supreme Spirit has a heart-to-heart conversation with the souls. Listen to the Supreme Soul. It is the time of change, from being body to soul conscious, the confluence age of the cycle.

You have to become full of divine virtues, now. Sages and holy men don't know the spirit. It is the Supreme Father who is teaching us. You can see from the picture of the cycle; golden, silver, copper and iron. The change from iron to gold is actually happening in the confluence age, a journey from *Kaliyuga* to *Satyuga*.

It is only the spiritual Father who comes and purifies the spirits. You were pure, then became impure, and now you are again becoming pure. Lead those in darkness and bring them towards light. The confluence age is the benevolent age. The golden age is not called the benevolent age.

In the golden age there is already benefit for everyone. The iron age becomes the golden age through the benevolent confluence age. This side is the iron age and that side is the golden age. You know the cycle of 84 births. Tomorrow we will be in our land of happiness. We are earning an income for 21 births from the Father. Receive the inheritance of constant happiness.

The Golden age was known as the garden of flowers. The nature was perfect; no natural
(Contd. ... on page no. 26)



MAN'S ESCALATOR AND GOD'S LIFT



Few people know that thought power can crack their mirror (happy life) and cause it to fall from the wall (from peace) when they get angry or are in a bad mood.

■■■ **B.K. David, UK**

Your peace of mind is fragile and needs to be cared for as if it's your child and needs to be fed the right foods. If you are not careful, this child will easily throw a fit, get angry or sulk if you mistreat or abuse it by feeding it the poison of vice, or indulge yourself in your bad habits or become lazy and ignore it in favour of pleasing your senses instead of this wonderful sweet child that lives in the centre of your mind.

Long gone are the days when a person's spiritual happiness and contented smile would look back at him with love from the mirror of truth that was always in front of him.

To be found on man's lift are mirrors on the four walls, the floor and ceiling. With so many mirrors, it's not surprising the passengers become instantly body conscious the moment they were on it.

With all these large mirrors (fakeness) facing them, it's easy to see why this lift gets extremely heavy and falls out of control. It is 'the mirror' and its reflection that is the main reason to everyone's unhappiness.

What would you think if you saw mirrors in the jungle up trees?

The root cause to all unhappiness is people's body consciousness and by letting themselves be surrounded by many mirrors. Even an animal, to which we are far superior, does not spend hours looking at itself in the mirror. If you

went to a zoo and seen a giraffe or monkeys looking at themselves in the mirror, I am sure you would laugh greatly at such a sight.

If you see an angry man in your mirror or someone in great sadness and sorrow, who do you think it is?

Today, man is often met with an angry looking reflection in his mirror and one could take him as a follower of the religion of 'Being Miserable'.

Everyone walks about with a dirty mind that has endless creases but their clothes are immaculately ironed and very clean.

Where once he wore a crown but he's long ago replaced it with a frown of discontent. Along with his frown, he likes to wear clothes of extreme body consciousness as this gives him the maximum attention that he craves openly.

When you walk through a field of flowers and allow their fragrance to enter your lungs...

The man with anger in his mind will find that in every mirror he looks in, will see an angry man staring back at him in anger.

Walk in a field of flowers and you will start becoming like a flower with gentleness and some even starting to become fragrant and look beautiful.

Only a few manage to recognise that there is something wrong with their reflection and decide to act upon it and change themselves from ugly to beautiful and from having a very

bad odour of body consciousness to one that's virtuous and oozing spirituality.

Most think that their angry persona and sorrowful reflection are very natural considering today's awful times and that everyone looks that way anyway.

Summer comes to those that have in their pocket (mind) a heater of truth and wear the sunglasses of NOW.

If the deep snow of sorrow is everywhere and a person has not a shovel or heater to clear it and sees everyone else struggling through it, he'll think that this must be life and follow the rest and soon end up slipping and sliding and often falling over as blinded by the snow.

Do you really want to be one of those that follow everyone else that falls over throughout the day and ends up with many broken bones of falsehood that are very painful to reset as the bone sticks out of the skin.

A life without happiness is like swinging through the trees.

'Happy people' are seen more as an oddity than lucky and to whom a whole science should be created so they can study them and learn their secrets.

There's some that recognise the unnaturalness of their unhappiness and it's these that deep down want desperately to get off the crowded lift which they've been stuck on forever, or so it seems.

Do you feel that you're on the swift lift heading up at speed?

The wise and loving will finally manage to swap lifts and start travelling upwards but it's the spiritual that are already on God's Lift, and know it, and are smiling. All others might step off this lift after a while for one reason or another, but not so for the truly spiritual.

Everyone has three hands but most are

only aware of their two hands.

Lending a hand to help others makes your lift stronger and your journey smoother and without any stops and starts along the way which if become regular, can make a passenger dizzy and weak as these stops weakens the mind of the traveller wanting to reach the roof and sunbath in the rays of truth and get a deep golden tan from them and walk round aglow from basking under the incredibly powerful rays of truth and which also have healing properties.

Life has become one big challenge where everyone works towards having more luxury and ease and believe the more they have, the greater their happiness will be

It's man's escalator of bad habits that is causing him to end up on man's lift that goes downwards to a place of great sorrow. For just one minute man's escalator takes him up and then it stops, and for three hours this same escalator takes him back down just as quickly.

Everyone wants an easy life where they do not even have to walk. It is this modern escalator (desire for comfort and ease) that's killing him on the inside as the nature and power source to his escalator is of bad habits and in this world, there is no great force than that of bad habits.

People forget or cannot see that there's a Godly Lift to their right.

Have you ever seen a crowded escalator where it suddenly stops? The people all fall on top of each other and get badly hurt. Yet it is they that put themselves in jeopardy and in harm's way as this escalator of bad habits will often stop with a jolt and send you flying where you'll hit your head.

Man's escalator soon stops going up after you've stepped on it.

Before you know, you're on your way down and will be having to join the long degraded

queue of people that's formed outside man's lift where they shall be taken down to the basement.

Humanity thinks this escalator is progress, inevitable and brings benefit but they could not be further from the truth. This escalator is not taking them up and elevating them at all, but is degrading and making them weak and blind and is moving them ever closer back down to the Ground Floor and man's lift for them to join the end of the queue that's formed to be takedown!

Once on this lift your life is sealed and will be one of suffering in the dark having to rub shoulders with those you dislike but who in turn, dislike you far more.

Ladies Fashion, Beauty Salon, Bedding and Mensweargoing down....please mind the doors.

Life's Department Store has many windows promoting the ideal life of comfort and achievement and offers a wonderful life to those passing by as it shows off its luxury items on sale inside which it states 'can bring you all the

happiness you ever wanted which is at your fingertips every day.

The fruits of all this basic will lead to a life where everything constantly tastes bitter and without caution, will turn into poison.

Yet it's these fingertips, hands and arms that are causing everyone their unending unhappiness and misery. Your body responds to your desires and if those thoughts are basic, they will lead to basic desires and then basic fulfilment.

When you get trapped by a bad habit and chew it and digest it in the name of desire, it will leave a bad aftertaste in your subconscious without you realising it; just like when you ate bad food it left a bad aftertaste in your mouth.

God's Lift is programmed by truth and is all very clever.

There are only two buttons to press on God's Lift: **SW** and **H**. The top floor is marked with **SW** for the Soul World and below it is **H** for Heaven.

When you press the **H** button then automatically, the **SW** button lights up. ■■■

CO-OPERATION

Co-operation is perhaps one of the least recognised but most valuable of human virtues. So, for a person to be co-operative means to have a quiet eye for what is needed to bring success, and to supply it (and no more) at the right time, in the right place and then to be off. Someone who co-operates, offers their services and then splashes their name on the achievement is not co-operative. It requires invisibility and precision to do and then to go without waiting for results. It also takes a discerning eye to see exactly what is needed, to be removed sufficiently from your own approach to a task and just to contribute one ingredient. Sometimes not even an idea but, however clever you may consider yourself to be, just a hand, a support.



REGAINING THE LOST PARADISE

People belonging to different countries and religions of the world aspire to create an existence which is beautiful and completely free from sorrows and peacelessness. We want to live in harmony and share peace and happiness with each other. Also, all of us want to live like a big family, where there is no difference of opinions and everyone has love and respect for each other.

So, one thing is certain that the desire for peaceful coexistence is there in everyone's heart. Most importantly **God is the world's Spiritual Father, who wants His every child to be happy and free from any sorrow or the pressure of difficult circumstances.** But it is also true that there are certain factors like the existence of many people with very negative personalities in the world, natural disasters and also terrorism which hinder this noble vision. Also, wars are being fought in certain corners of the world along with the existence of other anti-social elements, which prevent this from happening. Along with that, the deteriorating natures of people in general, where anger, ego, greed, jealousy and hatred have become a part of the personality of a lot of people is also a great obstacle. So, what should be done, to fulfil this goal. This dream cannot become a reality without spiritual power. And the only one who can provide spiritual power is the One who is the original source, i.e. our Supreme Father or God. He is called the World Almighty or the most powerful one and here we are referring to spiritual power and not physical power. Physical

■■■ **B.K. Manjula Baijal**, Begur, Bengaluru power cannot achieve this purpose, as we have already seen in the world in the past.

Let's go back into the history of the world. We are not talking about only recorded history. Let's talk about those moments of the world which are not in our history books. Who is the one who knows those moments the best and with complete accuracy? None of us, but only the One who has seen those moments without playing a part in them. God has seen those moments. He has seen us playing a role in those scenes which took place in the world. Those moments are called by different names – Paradise, Heaven, *Swarg*, Garden of Eden, Garden of Allah, *Bahist* in different religions and countries of the world. This world existed before our recorded history. It was a world where the seven basic virtues of humans – peace, joy, love, bliss, purity, power and truth existed in abundance. Also, because human souls were full of these qualities, they never experienced sorrow because no negative actions were performed. This is the world, where richness and health were also present in complete positivity with no trace of poverty and illness.

This is the world that was created by God and that is why God is also called the Heavenly God Father and the world that He created is called heaven. In this world, there was complete unity and love amongst humans and no wars were fought and no natural disasters ever took place. This is because nature was complete pure. Also, the physical bodies made of the five elements of nature were not only very beautiful and pure but

also completely free from any type of disease or illness. Even animals lived in complete harmony and peace amongst each other. Also, everyone in this world was holy. This is our unrecorded history which is never spoken about so much. It is only mentioned in our scriptures or *shastras*.

We all know about the day-night cycle and the cycle of four seasons. Day is always followed by night and then day after that and the four seasons always repeat every year. In the same way, the day of happiness of the world has existed in the past and was followed by the night of sorrow. In fact the world has also passed through four stages – the morning, afternoon, evening and night. And as the world passed through these stages, sorrow kept increasing and happiness kept reducing. In fact, the first two stages of the world history, which is the unrecorded history, the knowledge of which is known only to God, have been of complete happiness. These two stages are called heaven or paradise or often referred to as the day of humanity. The last two stages saw negative *karmas* or actions being performed and the fall of human virtues happened, not all of a sudden but gradually. These two stages are often referred to as hell or the night of humanity.

As souls went through the process of birth and rebirth, they forgot their original spiritual identity and instead started considering the physical body as their identity. This wrong identification caused souls to come under the influence of different types of weaknesses or negative personality characteristics. “I am a soul” was forgotten and “I am this body which I occupy” became our incorrect belief. This is how we started falling down over the steps of the sorrow and sin and came to the end of the

night of humanity, which is the present moment. Today, in spite of immense scientific advancement, there is enough sorrow of the mind, body, relationships and role in the world. Lot of people feel that we cannot go further down anymore. It's at this moment when God is performing His role of changing the world and bringing the day of humanity back because the cycle of time repeats itself. Day was followed by night and night will be followed by day. This is also the objective of the Brahma Kumaris – to change the world, make it a beautiful and joyful place to live in and regain the lost paradise. ■■■

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calamities of any type were there. People enjoyed the golden stage in purity, bestowed with divine virtues, and were leading a life full of bliss and happiness. The world was called heaven and the rulers and the ruled were pious and of high character. So, peace, Prosperity and happiness existed in that world. Today, man has become vicious, peaceless and unhappy and this world has become a veritable hell and God Himself has come to liberate us.

Think positively and progress through will power. Achieve victory over vices. Feel light through the destruction of sins. Attain virtues, remain happy ever like a sunflower and direct your intellect to the knowledgeable Supreme Soul. Be lovable, practice human values such as love, contentment, sobriety, humility and tolerance. Achieve birth right to enter the golden age through empowerment of oneself spiritually. ■■■

SOUL-CONSCIOUSNESS

“Tiredness of the body can be finished by happiness of the mind, however, tiredness of the mind will even increase tiredness of the body” – God Shiva



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



We thought we are body till the time Baba (God Father Shiva) explained us our real identity of being a soul. We thought everything that we see, touch, hear, think and taste is all that we are. We thought this is our identity and everything related to this body is constantly learning and evolving in auto mode. We thought this is the natural way of living, learning and evolving. To some extent, this limited knowledge of our senses and our body gave us the results we desired in this physical world, but as we moved forward with time, we find that this knowledge is taking us more towards materialism, selfishness, greed and ego. This eventually started leading us to a void full of darkness, sorrow and peacelessness.

Baba has given us the spiritual knowledge just when it is needed the most. We are living in times when everything around us is *tamopradhan*, and that includes our bodies too. This spiritual knowledge is very much applicable in these times, towards the end of *Kaliyuga*, wherein everyone is suffering from sadness, peacelessness and hatred. Each lesson from Baba's spiritual knowledge gives us strength to overcome the present challenges arising from the *Kaliyugi* circumstances. Thus, each lesson is taking us towards *mukti* and *Jeevan mukti*. Here we try to analyze each point of Baba's knowledge and its application in present times through our daily lives:

Let's start with the chapter of soul

consciousness...What difference does it make?

Controlling Power and Ruling Power

The moment we realize ourselves as a soul and visualize with mind and intellect that we are indeed a point of light, a star, the one who is ruling the mind, intellect and *sanskaras* along with the five senses of this body, immediately we establish a connection between soul and the three subtle organs viz mind, intellect and *sanskaras*. This renewed connection gives us visuals of our thought pattern going in our mind. We see our thoughts as clear as we see the scenes on TV. We know what we are thinking at this moment with clarity, and because of this connection and clarity, we can easily relate to our thoughts, which further gives us the controlling and ruling power on our mind and intellect.

It is exactly this technique that is used by all the great people who have accomplished some extraordinary feats, some are born with this ability and some develop this ability. It is exactly this technique that is called Raja yoga meditation. The more we establish ourselves in the state of soul consciousness, the more controlling and ruling power we gain in the process. Therefore, this is called Raja yoga, the soul is the king of this body, its bodily organs and its subtle organs.

Decision Making Power

The moment we gain Controlling Power and Ruling Power, we make clear distinction between what is right and what is wrong. This further enhances our decision-making power. The

thoughts that arise in our mind are referred to the intellect, which now has added advantage to see the thoughts with clarity and therefore make decisions more accurately. The minds and the intellect are now in line with the soul and know exactly the process to carry out the assigned task. This enhanced connection, clarity combined with Godly knowledge, gives us the decision-making power wherein we make decisions accurately and immediately.

Power to Discern

Practice of Soul Conscious stage creates a strong connection between mind and intellect, in such a way that both mind and intellect work in unison to process various thoughts arising in our mind. This enhanced processing and co-ordination of the subtle organs gives clarity and discernment between right and wrong, thus improving the power of discernment. With this power we can discern and discriminate between good and bad thoughts and work on the good thoughts that bring productivity and efficiency.

Enhanced Efficiency, Productivity in Actions

The biggest power is the power of thoughts, but it is important that you produce positive thoughts rather than wasteful or negative thoughts. We lack in productivity and efficiency because we invest our time in wasteful and negative thoughts. The waste and negativity drain the energy of the soul while positive motivational thoughts uplift oneself. With practice of soul consciousness, we gain control over the quality of thoughts; we segregate negative and wasteful thoughts and put a full stop to these thoughts. This will immediately stop all the leakages of mind that drain our energy. If not, it will weaken the mind and we start to feel tired.

The virtues and attainments from being soul

conscious are happiness, peacefulness, contentment, blissfulness, feeling powerful and super sensual satisfaction through elevated actions. By channelizing the thoughts towards positivity, we attain the virtues of our soul. It is this attainment that makes our life elevated, virtuous, happy, healthy and prosperous. This is the real earning from life, rather than the material gains that are temporary and shallow. Therefore, a very simple way of knowing whether you are soul-conscious is to check yourself at the end of the day for the level of satisfaction, contentment and your elevated state of mind and keep improving these with each day.

Personality Development

Thoughts, words and actions are all interconnected. Thoughts are the seed of actions. Actions if repeated many times become habits and habits define a personality. So, if the seed is good, obviously the fruit will also be good. Soul consciousness gives us the control over the quality of seed – 'thoughts', it is exactly this controlling and ruling power that leads us to elevated actions and these elevated actions when performed on regular basis becomes habits.

Practicing soul consciousness gives us all the ingredients required to bring out elevated actions in an efficient manner. This is the mantra of real success. The success is measured in happiness, health and blessings. This is the essence of living and being human, because only humans have this ability to bring out positive and elevated actions and create a world that is better place to live in.

You Become the Master

Through practice of soul consciousness, I, the Soul, become the master of not only subtle organs (mind, intellect and *sanskaras*), but also master of sense organs (eyes, ears, tongue, smell and touch)

and this body that is made of five elements. By becoming the master, I can remain in my original form (*Swadharma*) of peace, happiness, bliss, creativity, purity, love and powers. I can regulate my thoughts, words and actions towards elevated tasks (*Dharma*) and I can maintain my health, immunity and purity by being the master of the body. It is only through this practice that we can master the art of living happy, peaceful and blissful life and not let the chips down. Ultimately, everyone is running around just to achieve a life that is happy, prosperous, healthy and blissful, and the one who achieves this art of living is called successful person. But unfortunately, these lessons of spirituality are not in schools and so we look for happiness and bliss in material things; i.e., we try to satisfy our bodily greed's and run after desires that are neither ending nor satisfying. Eventually, we become tired by running around this mirage of desires and not only lose our health but also a lot of wealth and time.

Baba has said "Tiredness of the body can be finished by happiness of the mind, however, tiredness of the mind will even increase tiredness of the body" –Avyakt Bapdada (15.03.1988). So, it is time to make a change in our perspective and practice soul consciousness to learn the real art of living and to achieve real success. ■ ■ ■

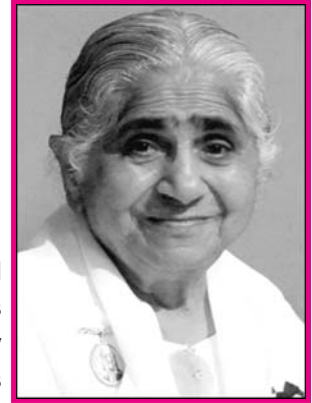
BREAK FREE OF APPROVAL ADDICTION

We are each unique individuals and so is our journey of life. Getting approval for who we are and what we do certainly feels nice, it tells us we are doing something right. But being a people-pleaser and constantly seeking validation makes us live in bondage, on other people's terms. We ultimately waste our potential and feel emotionally drained. Start living as per your desires and your potential. Life is so much easier when you are not worried about what others think about you. Remind yourself –I am a wise being. I am not dependent on people's validation or approval for my choices. It's my life. I am free to choose what is right for me, not what people approve of.

Do you compromise on your choices, decisions, qualities or habits when someone you admire, does not like them? Is getting people's approval a higher priority than doing what feels right for you? Not easy to recognize or admit, but some of our behaviours may reflect an approval addiction. The biggest traps most of us fall into, is trying to please people close to us. Who we are, what we do or what we have are, should always be our decision. We need not tweak our personality to gain someone else's approval. Let's focus on living our values and do what feels right. We have all the answers within us. We only need to activate our intuition and follow our conscience. When we approve of our being and doing, we stop asking people to certify our worth. Otherwise our self-esteem crashes. And then, neither we nor others will respect us. You don't need to copy anyone. Be yourself all the time. You don't need people to approve of you, feel grateful for whoever shows you love or appreciation, but don't seek approval. Care selflessly, help without conditions. You need nothing from anyone. Inculcate the art of remaining stable in appreciation and in criticism. Teach your mind not to seek external validation, to only remain focused on your purpose, goals and plans that make your life meaningful.

GOD'S MURLI: THE TREASURE STORE OF ALL SECRETS

■■■ **Rajyogini Dadi Janki,**
former Chief of Brahma Kumaris



Our sweetest Shiv Baba explains clearly to us the importance of *amritvela* (the nectar time). At that time Baba and I, the soul are alone... It is at that time we can get a variety of experiences.

There is also great benefit in listening to the Murli accurately. As we listen to the Murli, it becomes a mirror and we become aware of our own weaknesses. We realise our weaknesses and we also get the knowledge of how to overcome them. Baba opens up the box of secrets in the gathering. It is what Baba speaks in the Murli that enables us to transform. At the time of Murli, no-one considers himself as a teacher or as having any other role. At that time, we are all students. We are all together in the class. During the class Baba becomes the Father, Teacher and *Satguru*, together with *Dharamraj*. He is the Innocent Lord whom we have praised for many births and who now comes to bring us great benefit. At the time of *Murli*, He decorates us with knowledge just as little children are decorated by their parents. As human beings grow up, they learn to decorate their own selves. Baba has spoken so many Murlis and we children have to remember what He has spoken to us and use it in our lives.

We have to remain in silence and to do very refined work, just as scientists do. The task we are doing is happening through silence. Baba is helping us – this is called the Act of God. We Brahmans are in the relationship of unlimited service. In fact, we are not doing anything – Baba is getting His work done through us. We

have adopted unlimited intellects and thus we are very happy. There is nothing to be

unhappy about now. No-one should have the thought to ask me if I am happy. We are doing service and thus the whole world is happy with us. I need to ask myself: Is Baba happy with me?

What is meant by surrender? Surrender means to give my mind, body and wealth to Baba with honesty. By doing this I become free. There should then be no other thought. If you have any other thought, it means you don't have a faithful intellect. Knowingly or unknowingly some type of doubt or suspicion creeps inside. There is no medicine for suspicion. Suspicion weakens both the mind and body. The remedy for this is to stay in the state of *Manmanabhav* (Remembering Supreme Soul God, realising the self as soul) and *Madhyajibhav* (Remembering the inheritance of Godly Knowledge, i.e. Golden Age). If you are suspicious of anyone's old nature or *sanskars*, then you yourself cannot remain *Manmanabhav*.

Now move forward. Keep progressing – don't look back. If you look back then how will your face be? This is why Baba tells us to keep looking forward. I must not even look here and there. Look forward with faith in the intellect and your faithful intellect will work wonders. **If anyone were to ask you how you are, you would feel that you are unshakeable and**

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RESTORING THE REAL RELATIONSHIPS



■■■ B.K. Lekhraj, Delhi

The world is a family or its equivalent in Sanskrit: *Vasudhaiv-Kutumbakam*. Those who have a religious or a spiritual bent of mind, explain the adage by saying that God is our Mother as well as Father, and we, as souls, are his (her) children and are, therefore, "brothers" among ourselves.

Drawing our attention to the real and transcendent identity and to the all-time spiritual relationship is, no doubt, essential and also, sometimes helpful in transforming the outlook and attitudes of some sober and thoughtful persons in their day-to-day life. But, as is actually the case, there are hundreds of millions of people, such as Buddhists, Jains, Shintoists etc. who do not believe at all in God. There are hundreds of millions of others, such as Muslims, who do not think that God is Mother or Father. Even among those hundreds of millions who believe in God as Father, there is no agreement, even worth the name, about the Nature, Form and Acts of God. Some even believe that the self is God which means that they are Fathers all. And, whatever belief in God as The Father, The Mother or The Lord there is in the mind of the theists, it is, often, only superficial, weak and devoid of understanding, love, communication and even genuine spirituality. So, in order that the rhetoric may inspire the listeners and serve its purpose, it is necessary that they be enabled to have a love-born experience of this divine relationship or they be guided to relate to God and also to fellow-beings at spiritual level. Else, one finds that the spirit of the maxim is lost in the din and the pell-mell as into the noise at the

Tower of Babel.

Again, the transcendental relationship of souls with souls or with God is to be translated into action in our terrestrial existence, for then only what is Divine can lend its power to and impact on what is mundane. But gross body-consciousness prevents most people from practically living this spiritual relationship in their earthly existence.

In these circumstances, it would be of immense help to individuals and society, if this pithy saying is not only properly and adequately explained, but also, if the experience of the blissful state it brings to its practitioners, is shared with other people so that the latter also realise its real value. People need be given a feeling as to how the concept that the society is a family is very useful as it brings goodwill, coherence, co-operation, love and other values and benefits to the society.

So, considering the present state of society, it would be an added-advantage if people are given another plausible and comprehensible meaning of this aphorism. It is that we, human beings, have descended from common great-great-great... grandfather and great-great-great...grandmother whom many remember as Brahma and Saraswati or Adi Dev and Adi Devi or Adam and Eve. So, we have been members of the World Family life after life.

It was perhaps Sir William Jones who first observed, in 1786, that Sanskrit, Persian, Greek, German, Celtic and other languages were closely connected, so much so that "no philologist could examine them all without believing them to have

sprung from some common source". About fifty years later, Bapp, in his Comparative Grammar, said that the ancestors of the persons speaking these connected languages, belonged to one stock which once lived in one place and spoke one language: Later, Max Muller, in his Lectures on the Science of Language, in 1861, strongly emphasised that there was a time "when the first ancestors of Indians, the Persians, the Greeks, the Romans, the Slavs, the Celts, the Germans were living together within the same enclosure, nay, under the same roof." Today, this fact is corroborated, to a great extent, by many disciplines and it can also be stated with authenticity that those ancestors were deities. So, let us restore our real relationship as members of that divine family. Let us give up our quarrels and petty-mindedness as the full Sanskrit adage advises. ■ ■ ■

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immovable. Whether you live in the household or in a centre, Maya will definitely come to you in one form or another. My task is to remain unshakeable and immovable. For this, all I have to do is to listen to Baba and act accordingly. Maya will definitely come but I need to become courageous and powerful.

Think: Who do I belong to? It is God Himself! There should be great royalty in me on becoming aware of this. Throughout the day, Baba is with us in the form of a companion, in the form of the most beloved. He walks hand in hand with me. He is getting His work done through me His companion. ■ ■ ■



DIVINE TRIBUTE



B.K. Vasana

With deep feelings from the heart, we condole the passing away of our very dedicated divine brother Rajyogi Vasana Bhai, who was the Director of Brahma Kumaris centres in Ernakulam & Thrissur Districts of Kerala. He got Godly knowledge in 1973 in Ambala, where he was serving in the Indian Air Force. He resigned from the Air Force and surrendered his life to *Yagya seva*. **He breathed his last on 27th October 2021 at the age of 75.**

May Supreme Father God Shiva bestow eternal peace and a worthy role on the soul so that he continues to play a crucial part, with our other divine seniors who have gone on, in bringing about world transformation on the physical and spiritual levels towards the Golden Age, *Satyuga*. —Editor

Tolerance A Value And Tool For Self Contd. from page ... 3

and survival and also a weapon for victory.

Our Tolerance and Humility can melt or mellow the mind of our bitter critics and opponents while it enables us to be in the state of peace. It creates harmony in course of time and even the most arrogant person, at some point of time, expresses appreciation of our amazing tolerance in the face of grave aggravation.

However, there are situations which are not momentary. For example, one may be living with certain close relatives who are of dominating and over-ambitious nature and utterly selfish and non-co-operative behaviour. They are always demanding, disgruntled, fretting and fuming and sulking and complaining. They get displeased and use offensive language or tones if even a small desire of theirs is not met. They do not care for your compulsions and, instead, put pressure on you to yield, to bow, to bend and even to break. They are thankless people and never say 'sorry' for their misbehaviour. They are always right and you have to say 'sorry' in order to bring calmness to the atmosphere. They do not have even the time-sense and would raise their demand any time, not caring whether you are busy or you are already over-burdened. Should we bear with such people all through our lives even if their behaviour be liable to ruin our health and rob us of our peace? Is this what is meant by 'Tolerance'? Are tolerance, docility and cowardice synonymous? Should we allow such people to plunder our time, money and energy? Has tolerance a time-limit or limit to bear with a rogue or we may allow ourselves to be mentally tortured, pestered, pricked and poked? Is there any desiderative factor or a formula which we should apply or only sky is the limit and we may die to implement tolerance! **Is Tolerance a bigger value than our life is? Will it be a virtue even in such a situation or it will be a deadly virus?** Is there no defence against or escape from such people who make a hell of our life or make it of the

nature of life-long rigorous imprisonment, without any hope for reprieve or is like lying life-long on a bed of nails or experiencing ourselves on a cross or on gallows for ever?

In fact, our understanding of a situation, our attitude towards it and the posture we adopt, or the way we reach, makes all the difference. There lies the trick or the magic remedy. If we use that formula or a bit of easy philosophy, we will never worry and will always be happy even when we have to co-exist with certain challenging people be it our relatives, colleagues, boss or neighbours. The first thing is the proper understanding as to why we are in that situation and what will be our gains if we pass these fire-tests (*agni-pareekshas*).

We should understand it well and remember it always that every event has a cause and the cause precedes the event. Sometimes, there may not be one single cause but a chain of causes, occurring in succession over a period of time, even though the visible immediate cause may be only one and may be different from the historical process of causes that have preceded. In the case of the tormenting situation in which we are placed, our previous *Karmas* are the cause. As the preceding chain of causes in the case of any event may be invisible and unknown to us, so also our previous *Karmas* which have caused this knotty and traumatic situation, may be invisible and unknown to us. Nonetheless, we cannot deny that all this could not have been without a cause or set of causes and these causes can be none other than our own actions (*Karmas*) because we see that, even in the earthly courts of justice, the person who has committed a crime is punished. At least this is the law.

With this understanding, our attitude towards this trying situation would be based on the thought that, sooner or later, we have to suffer for our negative *Karmas*; so, let us face this situation happily. It is like paying the debt to a person whom we owe something. So, we should think that, in paying this debt lies our salvation and

deliverance. We should feel relieved rather than peeved. It is a burden we have been carrying for too long; we will now be free. Of course, in order to minimise the effect of this seemingly unbearable situation, let us think of some ways. Let us enhance the element of humour in our nature, be more persuasive, diplomatic and worldly-wise and see what can be done to reduce the rigour or the punch.

Also, let us think that here are high tests for us. If we pass these creditably, we will become great. We will increase our abilities. We will be superhuman and will be entitled to be rewarded. So, these are opportunities to practise Tolerance and win the race for entry into Heaven. Thus, the situation can thus be turned to our advantage. Or, we can practise to get detached from this situation and be just an observer. We can see this Drama of life in which a hero passes so many tests, trials and tribulations. However, there is a limit to our present capacity. If we cannot remain happy in spite of our understanding of the inviolable land of *Karma* and cannot take the position and posture of an observer and cannot increase our ability of Tolerance, then let us be frank and forthright. Moral Value should give inner peace. If we feel grave disturbance, let us find ways to depart from the situation, at least for a while, and then try to empower ourselves by practice of Rajyoga Meditation.

The question, however, remains whether we should allow our tormentor to continue with his cruel acts, his nefarious designs and his dirty ways? Should we tolerate injustice? The answer is that we must put forth our moral resistance. We must make our disapproval manifest through our non-co-operation in such acts. Better still, we must use our skill of persuasion at proper moments. We must make efforts of enabling such people of blinded intellect to see the real nature of their acts and the attendant evils and the following consequences. We must have the spiritual power to change their hearts, to transform them from being stone-hearted. We must try to give a healing touch to them mentally by sending good wishes. We must have pity for them rather than lose our own moral sense and react with a feeling of rancour and vengeance. That would be our Tolerance.

But the question that ultimately comes up is whether we have that spiritual power to transform a sinner into a saint? We must check up our stock of spirituality and fill ourselves with the power again through Rajyoga Meditation as one would recharge one's battery with the help of a dynamo. With our high spiritual power, we can use tolerance as a tool of social transformation and can be God's instruments for uplifting a man, fallen from his seat of morality.



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Bhilwara(Raj): After presenting Godly Literature to Acharya Mahashraman, Supreme Head of Jain Svetambara Terapanth sect, BK Indra, BK Taruna and BK Amolak are in spiritual discussion.



Khammam (Telangana): Mr. Puvvada Ajay Kumar, Transport Minister is inaugurating 2nd story of BK centre along with BK Savita and BK Shanta.



Ujjain: Mr. Anil Firojiya, Member of Parliament is in spiritual discussion with BK Manju.



Gotegaon (MP): Mr. Faggan Singh Kulaste, Union Minister of State for Rural Development and Steel is being presented Godly gift by BK Meena and BK Preeti.



Patna: Padma Shri Dr. Rabindra Narain Singh, National President of the Vishwa Hindu Parishad is being presented Godly gift by BK Sangeeta.



Gandhi Nagar: Mr. Pankaj Kumar, new Chief Secretary of Gujrat is in group photo with BK Mruthyunjaya, BK Kailash, BK Tara and others after sharing spiritual message.



Vadodara: Mr. Nitin Gadhari, Union Minister of Road Transport and Highways is being presented Godly gift by BK Aruna.

Sujanpur Tira(HP): Mr. Anurag Thakur, Union Sports Minister is being presented Godly gift by BK Santosh.



Delhi (Hari Nagar): Mr. Ajay Bhatt, Union Minister of State for Defence is being presented Godly gift by BK Sarika, BK Geeta, BK Commander Shiv Singh & BK Prem.