



# *The World Renewal*

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**Shantivan: A view of "Prakash Stambh" on 14th Ascension Anniversary of  
Rajyogini Dadi Prakashmani ji**



1. Bangalore (VV Puram): HE Thawar Chand Gehlot, Hon'ble Governor of Karnataka is being presented Godly gift by BK Ambika after tying the Rakhi. 2. Chandigarh: HE V.P. Singh Badnore, Hon'ble Governor of Punjab is being presented Godly gift by BK Útra after tying Rakhi. 3. Raipur: HE Anusuiya Uikay, Hon'ble Governor of CG is felicitating BK Kamla on the occasion of Rakhi. 4. Mumbai: HE Bhagat Singh Koshyari, Hon'ble Governor of Maharashtra is receiving Godly gift by BK Shaku. 5. Shimla: HE Rajendra Vishwanath Arlekar, Hon'ble Governor of HP is being tied Rakhi by BK Rajni. 6. Guwahati: HE Prof. Jagdish Mukhi, Hon'ble Governor of Assam is being tied Rakhi by BK Mousumi. 7. Chandigarh: BK Útra is presenting Godly gift to HE Bandaru Dattatreya, Hon'ble Governor of Haryana after tying Rakhi. 8. Reeva (MP): Mr. Girish Gautam, Speaker of Assembly is being tied Rakhi by BK Nirmala.

From the mighty pen of Sanjay



## TEN ELEMENTS OF YOGA

Wherever in the world people practice any form of yoga with a view to God-realization, they give an important place to concentration as a part of their methodology. One may call it 'control of mind' and another 'mental fixity' or 'absorption', but all agree that, for attaining union with God, or for self-realization, stabilizing the mind is essential. Patanjali also has given special importance to fixing the mind for yoga *Samadhi* and gives this practice the name '*Dharna* and *Dhyana*'.

Have a union or communion with the Supreme Soul to find lasting rest in the self as detached from the body. This stable consciousness of someone's body brings in the element of body-consciousness which, in fact, we wish to eliminate.

A devotee or 'yogi' who concentrates his mind on the physical form of a deity mentally sees his deity either on a throne or standing, or in a cradle or crib, etc. Hence, this practice is not one that leads man to stabilization in the real self. It, obviously, takes our attention to entities or particulars other than the *Atma*. We must mention here clearly that our attention or our

mind has to be totally on the non-physical and Spiritual Being, called God or the Supreme Soul who does not have a body. On the other hand, He has such a divine and radiant form that He can be called 'Mother' as also the 'Father'. We can attribute both these relationships to Him only if He has no corporeal form. If God had any physical form, He would then be either male or female and old or young, and from His dress and facial features, He would appear to be having a race, nationality or complexion and, as such, He would not be a universal figure to whom all are attracted equally. So, let there be no doubt about the truth that God has purely a spiritual and luminous form and one who concentrates his mind on that form, he, the lucky one, attains the final and the highest '*Samadhi*'.

It must be borne in mind that the first basic principle of yoga is not to concentrate the mind on (1) any material object (2) any male or female figure, i.e., on a god or goddess and (3) an entity which is impermanent and changeable or as affected by grief at any time throughout the course of its existence.

### The second basic principle of Yoga

Human experience is based on this fundamental principle that if one is stabilized in  
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# RECEIVING BLESSINGS FROM THE SUPREME PARENT

**F**or centuries, human race has been invoking boons and blessings from the Supreme Mother and Father. The method of receiving God's blessings in the path of *Bhakti* has always been through expression of love and benevolence. The faith of every religion inspires devotees to go on pilgrimages, which they endure despite many odd situations, because of their deep-rooted feelings of love for the Ocean of Love. **It's irony of fate that even though there is such intensity of love for the Supreme, there is hardly anyone who can say with conviction and honesty that they have encountered or been face-to-face with the Supreme Being!** As per the versions of the Divine Being, enshrined in the *Shrimad Bhagvad Gita*, He reveals Himself to the devotees and transforms them into God's heirs apparent. No doubt, it's a matter of sheer luck that from among billions, a very small number become so fortunate to firstly, earn about the revelations, and secondly, to know the exactness of every feature and characteristic of the Supreme Being.

**There is so much in this universe to feel and understand, yet, there is hardly anyone in the world who would have thought of learning how to establish a personal relationship with the Supreme**

**Parent?!**As we have come to know, it's beyond the reach of any individual to recognise the presence of the Supreme Being, and receive His boons and blessings simply based on logic or 'inspirations from above' or even old-age rituals revealed in the scriptures. **It is only the Supreme Being, God Himself, the All-Knowledgeful One, who can reveal that authentic Spiritual Wisdom which is essential for reforming and rejuvenating the downtrodden human soul...**

We, the Brahma Kumaris and Brahma Kumars, members of this unique Godly University have found that true supreme wisdom about Self, the Divine Being and Time opens our third eye of divine perception. Without God's grace and personal guidance, it may not be possible to learn and experience the beauty of Self-Realisation and God Realisation. Putting it in a simple and ordinary way, as well said by our elders, "*oopar vaala jab deta hai, to chhapar phad kar deta hai*" (When the One above bestows, the roof cracks open and we receive in abundance...)" Who could have imagined that God at any point in the Cycle of Time would reveal the essence of all scriptures?! But this surely does take place.

Without the third eye of wisdom, one may not recognise the presence of God, as we have notably heard from *Bhakti* stories. I am fondly remembering Sri Ramakrishna Paramahansa's story of Jatila and Madhusudhan, where young boy, Jatila, used to walk to school but had to pass through a thick, scary forest twice every day. His mother made him relax by saying that his big brother lives in the forest and would just need to be called out to, and he could accompany Jatila while crossing the forest to and from school. The mother's faith in Shri Krishna enabled Jatila to invoke Madhusudhan (a decorated child-form of Shri Krishna) who became his companion and guide. At the end of the story, Madhusudhan explains the phenomenon by saying, "You have seen me, Jatila, because of your mother. She is pure, good, and full of faith... You have seen me because your mother had faith in me and because you had faith in your mother."

**Until we go into the depth of spiritual understanding, and imbibe the same in our lives, awareness and experience are very difficult to attain.** God's reincarnation in this world happens once in the *Kaal Chakra* or Cycle of Time or World Drama. Anyone who has devoted time and energy into learning, practising, experimenting and becoming, can most definitely awaken the inner soul. Not

everyone understands the value of His descent on earth because some believe God is omnipresent, some think God resides in all living beings, while a good majority doubt the very existence of God! This is why the *Shrimad Bhagvad Gita* draws our attention to the significance of how to attain the Supreme Being when He enters the world drama stage to the effect of:

"The Supreme Lord said: This form of mine that you are seeing is exceedingly difficult to behold. Even the celestial gods are eager to see it. Neither by the study of the Vedas, nor by penance, charity, or fire sacrifices, can I be seen as you have seen me."(Bhagavad Gita - 11.52 11.53)

"O Arjun, by unalloyed devotion alone can I be known as I am, standing before you. Thereby, on receiving my divine vision, O scorcher of foes, one can enter into union with me."(Bhagavad Gita 11.54)

Therefore, it cannot be stressed enough that attaining and re-building a relationship with the Supreme Parent requires understanding and acceptance of 1) God as He is, 2) how He is, and 3) God's Elevated Directions for humanity. Otherwise, we simply remain devotees, who are loved and protected by the Divine Being, and may have our pure desires fulfilled, but we would not attain God in the true sense...

The most elevated versions of Spiritual Knowledge, as shared by Avyakt BapDada, is the highest form of wisdom presented in a very humble way. I was so touched by the following words heard recently: you don't have to perform any difficult exercises (*Hatha Yoga*) or go on pilgrimages, but rather you have to learn the beauty of 'Yaadki Yatra' or the 'Pilgrimage of Remembrance'. In the *Gyan Murlis* of 2 September 2021, it was shared that one doesn't need to perform any exercises or gross rituals to experience God. Even if you are unwell, you can remain internally connected to receive power from the Supreme Source. This would help any individual to revive, rejuvenate and return to one's own original state of consciousness of **Visualising the Supreme Being beside one's self and continuing to experience recharging of the soul's cells**. God is the Bestower of ocean-like qualities of Love, Peace and Happiness, and so without hard labour, but **with the purity of consciousness and exactness of knowing His name and form, and by imbibing the powers that we receive from the Supreme Being, one may shed body consciousness and realise one's own spiritual personage**. Further, one can conquer all sorts of difficulties and negativities, and truly behold the worst enemies of the soul: the five vices.

The value of this spiritual life is

unimaginable; it is synonymous with the qualities of a diamond, since our beloved Supreme Parent, enables human souls to return to their original state of perfect and complete consciousness by bestowing immense love and wisdom, through meditation and spoken words of wisdom, the *Gyan Murlis*. It is a lifelong study course that becomes the basis for returning to godhood or Deity lives for 2500 years. The Golden and Silver Ages are the only times in the World Drama when humanity, nature and the animal kingdom enjoy *Jeevan-Mukt* existence (life liberated from the vices). But before we return to such a world, we have to remain vigilant and patient on the spiritual path, as the negativity or illusions or '*Maya*' will stop at nothing to attract, deceive and subdue human souls. The unhealthy pursuit for name, possessions, status and power can become addictive to the human soul, and every one leading a spiritual life needs to remember this. Avyakt BapDada always emphasizes on living with a plain intellect, and genuinely respecting this spiritual birth. At a time when the entire world is in the grip of fear due to domestic war, conflagration, violence, hurricane, floods etc., the lasting solace and protection that keeps a person in high spirits are one's own enlightenment and super-relationship with the Supreme Being.

Om Shanti,

– *B. K. Nirwair*

## FROM CORONA TO CANCER: A BLESSED JOURNEY

How Shiva Baba chose one of the best surgeons from one of the best cancer hospitals in the world to save my kidney!

■ ■ ■ **B.K. Hemang**, Edison NJ, USA

I am a surrendered brother and have been living at Edison Center in NJ for the past 21 years. I work as a Software Engineer and I visit India once a year.

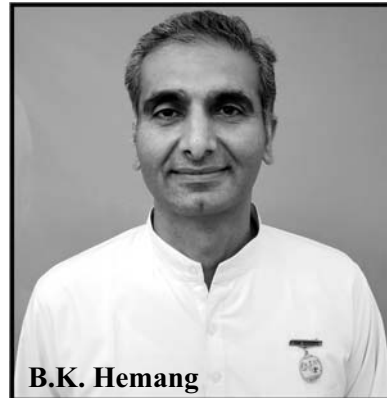
My last trip to India in March 2021 was during a time when Coronavirus was at its peak. While returning to the US, I had to get tested and my results came back positive with COVID. The body struggled with dangerously high fevers for several weeks and after different treatments, the fever finally subsided but the cough still lingered. The doctor recommended me to get my lungs carefully checked, so an HR-CT SCAN was then ordered. My sister, BK Ishita behn, (Navrangpura, Ahmedabad) accompanied me.

When the technician asked what test needed to be done, Ishita behn answered, CT-SCAN instead of HR-CT SCAN. Hence, my body was tested with a CT SCAN which is a scan of the full body instead of HR-CT SCAN which is a scan of the lungs. When the report came, we realized the mistake which Ishita behn made.

But was it a mistake? Or was it Shiva Baba's blessings? Because something highly suspicious was detected in the right kidney. The local urologist (kidney specialist) then sent me for a renal angiography. The report confirmed that I did indeed have a tumor in the right kidney. The doctor told me how fortunate I was that the tumor was contained within the kidney and had not spread anywhere else. He said there was no need for radiation and that I could be free from cancer just by removing the entire kidney. After deep reflection for about 3 to 4 hours, I prepared my mind and accepted this

unexpected scene of the drama. We made the decision to have the surgery done in Ahmedabad.

I gave the news to my center Instruments in the US, but they felt I should come back to NJ for the surgery with the help from



**B.K. Hemang**

one of our students who has good contacts in the medical industry.

On that particular Sunday, Baba (God Father Shiva) spoke in the *Avyakt Murli* about how He makes you an offer to give Him all types of burden and how He offers to carry the burden. I read that murli 3 to 4 times and with each time I truly felt like Baba was telling me to give Him all my burdens. I saw how a mistake of action was actually something so accurate and so beneficial. COVID-19 was a true blessing because it forced me to have a CT SCAN done in which the doctors discovered that I had Stage 1 cancer. Normally, kidney cancer is detected when there are symptoms. And by the time these symptoms appear, it would most likely be in its 3rd or 4th stage of cancer. But because I had a full CT SCAN done, we caught it in time.

I thanked Baba and Drama for sending me the warning signs so well in advance. I was overjoyed with tears of love and gratitude for

Baba. And I told myself, "If Baba and Drama are taking care of me, why should I have to intervene in between?" And with that thought, I completely surrendered everything to Baba and after doing so, not a single question of how, why or what entered my mind from that point onwards.

Meanwhile, the student from my center in NJ told me she has contacts who can help. But by that time, I had already made up my mind.... I had surrendered everything to Baba, including all decisions. We had decided to complete the surgery in Ahmedabad and there was no reason to put any more thoughts into it. But when the student contacted me, I took that as a sign that perhaps Baba had touched the intellect of the student. So, I sent her the report and within two hours, she replied that her cousin is a world-renowned cancer surgeon at Memorial Sloan Kettering Hospital (MSK) in New York City. Her cousin immediately asked me to come back because it is their mission at MSK to save the bodily organs while treating cancer. When I heard this news, I knew that Baba was working behind the scenes. Within just a few hours, things were moving so quickly. Baba had a bigger plan. And I understood my role was to serve the best doctors and nurses in the world.

One week later, I returned to the US and the surgery was one week after. During those 3 weeks leading up to the surgery, we made many trips to the hospital for lab tests and other function tests. Each time we went, we were able to serve the doctors and the staff, whether it was distributing blessing cards or giving knowledge - we made sure to leave behind an

experience filled with powerful vibrations. Even while the surgical team prepared me for surgery, just moments before they wheeled me into the operating theater, Baba gave me the sense to actually conduct a brief meditation session in which the surgeon and his team were able to experience what it means to be a self-sovereign, a master of the self, and how with this awareness I can have accuracy, precision and focus so that the task can be performed with ease.

And that's exactly what happened... the surgery was successfully completed one hour earlier than expected and 95% of the kidney was saved. The surgeon was amazed by how smoothly the procedure went. He told us, "This must be all the positive energy you brought with you."

After the surgery, the recovery was very quick. By the 2nd day, I was walking 2 miles. I know this could never have happened without the unlimited blessings from Baba and the Brahmin family. With my limited intellect, I was planning to do the surgery in Ahmedabad, India and I would have lost my entire kidney. But see how Baba chose one of the best surgeons from the one of the best cancer hospitals in the world to save my kidney. Along with the best surgeon, was our Supreme Surgeon who guided the surgeon throughout the operation. He is the One who made a mountain into a mustard seed into cotton wool.

When I look back at the series of events, I have so much gratitude to Baba and Drama. The only words which come from my heart are, "Wah Baba Wah", "Wah Drama Wah" and "Wah Brahmin Family Wah!" ■ ■ ■



## MEDITATION FOR PEACEFUL MIND

On International Day of Peace - 21st September Join us in Heartfulness Meditation to Bring About a Peaceful World

Each year International Day of Peace is observed around the world on 21st September. This is a day devoted to strengthening the ideals of peace, both within and among all nations and people.

Since its inception, Peace Day has marked our personal and global progress towards peace. Anyone anywhere can celebrate Peace Day. It can be as simple as lighting a candle at noon, sitting in silent meditation, doing a good deed for someone unknown or reflecting on being more peaceful with those around us. It may involve getting co-workers, organisations or community members engaged in a larger event. Each of us can make a difference. When people throughout the world come together for peace the impact is profound and does make a difference.

A life-changing direction: It is called meditation. In meditation we learn to master ourselves, and as a result we are able to function so much more effectively in the world. Meditation teaches us to pause, to go within, to connect with universal love, and to resurface refreshed and full of potential.

Through meditation, we can be free from anxiety. Through meditation, families come together. Through meditation, our office environments change. Through meditation, we can be at peace.

When many of us meditate together with hearts filled with love, unity and peace will come automatically. The source of love is divinity itself, and it is present in all our hearts.

On this International Day of Peace, 21st September 2021, let's harvest that love and

■■■ Farha Sayed, Tarim, Yemen

together pause for peace. Join us in heartfulness meditation to bring about a peaceful world.

Role of spiritual development in our daily life gives calmness and presence of peace. We need a revolution in our commitment to and practice of universal humanitarian values.

### SELF CARE: A NECESSITY

It is often heard too much of self-indulgence or self-obsession which is hazardous to life. You can't be megalomaniac and love yourself too much. But self-care is not self-indulgence



or being self-centered but an act of working on your physical, emotional and spiritual well-being.

Self-care is the practice of taking time to

nurture yourself in ways that feel good to you, in order to be your best self. Taking care of self has become more important to individuals as life continues to demand so much. Today, words like "self-care" and "mindfulness" appear in head lines. And while the thought of taking better care of self and having peace of mind seems compelling enough to perk up at every mention, you need to know what you're looking for before you pick a solution. Do you want to build new resources that help you break from your daily routine or promote a better work/life balance? If you feel physically

worn out, self-care is a good option to explore. When you think of self-care, you think about taking a break from work, getting more sleep, things that give you time to refresh and take a step back from the demands of your life.

Mindfulness, on the other hand, is more about changing your perspective of the outside world and focus on your 'inner world'; it can be a part of your self-care routine, but it is different. Mindfulness is about being fully present and aware in the current moment, and aware of your thoughts and reaction to situations. It's working on yourself from the inside out versus the outside in. At its core, mindfulness is about paying attention to what's going on in the moment in a purposeful way. It's about noticing a thought and watching it float away, recognizing that fleeting thoughts do not control you. It's about grounding yourself in more concrete things and focusing on what's happening now, versus what's happened in the past or what might happen in the future. If you want to start being more mindful, meditation is how you practice that. Similarly, to working out your body when you want to be more physically healthy, meditation works out the mind and thought processes. A lot of people believe meditation is just sitting still and turning off your mind but it is consciously creating positive elevated thoughts.

In health and wellness, self-care is an excellent way to nurture, repair and honour your mind, body and spirit. Including meditation in your self-care routine is a great way to target all areas of yourself therefore, leading to healthier well-being overall. Being present to what's happening within yourself is a great way to bring your energy back in.

You're conscious of every breath, every movement, every thought and your body as a whole.

This presence allows you to release stress, relax your physical being and relieve any tension, feel your emotions fully and approach yourself with love. Rajyoga Meditation is an excellent way to reconnect with your inner self and build self-awareness of your mental, emotional, physical and spiritual states at any time. As with spending quality time with yourself, meditation is great for clearing out the chaos in your mind. By filtering out and muting the noise, you're giving yourself space and time to refocus and reflect. It can help you gain clarity on your goals, actions and the steps you can take to change your current situation.

These benefits make it clear that meditation is important as part of your self-care morning routine to set up the day the right way. Freeing your mind, body and soul of the stress and chaos of life can greatly improve many areas of your well-being. By creating a calm, stable and connected foundation, good mental health leads to good physical health. The two combined can help you to be a more prosperous and happier soul. Morning daily meditation practice has a cumulative effect of increasing happiness. With daily experience on a regular basis, you will notice an increased sense of peace and wellbeing as well as greater energy and creativity. It is a time for you to hold space for yourself and to nurture yourself from within. Give yourself space to unwind. You don't have to make anything happen and you don't have to change anything. How radical and liberating it is to let go and just be! ■ ■ ■

# HUMILITY IS GREATNESS

**Practice humility to grow into a better leader and great person.  
Everyone comes forward and offers helping hand to a humble person.  
For being humble we need to learn to curb our ego.**

■■■ Prof. BK Onkar Chand, Shantivan

**H**umility or humbleness is the king of all virtues, without it no other virtue can be acquired. The great learning brings great humility, the more we know the more humble we should become. The first test of a truly great man is in his humility. Pride makes us artificial and humility makes us real. There is a Chinese Proverb that says, **“Be like the bamboo, the higher you grow, the deeper you bow.”** Just as a tree that is full of fruit bows down for others to take the fruit, one who is humble will always live in self respect and treat others with respect. Humility is the quality of being modest and respectful. A humble person is courteous to others. Such person cannot be aggressive or boastful. Ego can not dominate such an individual. In this context someone has said very beautiful:

**“The tree bows to offer its fruits and flower,**

**The clouds bow to offer rain,  
He who bends and surrender his power,  
Like God, alleviates another's pain.”**

Being humble simply means that we live without looking down on others. We are kind and considerate to others. Humility is a way that we present ourselves to others, in which we do not act or speak as if we are superior, advanced or better than everyone else. Humility means recognizing everyone in the way we are.

**All great persons had humbleness**

In fact, humility is the sign of true greatness. It is a great strength, not weakness. Those who have been the great persons in the human history had humbleness in their lives. Due to this

divine quality, they became inspiring personalities as well as role models for others. Their name became immortal. Mahatma Gandhi, Swami Vivekananda, Abraham Lincoln, Dr. APJ Abdul Kalam, Prajapita Brahma Baba, Dadi Prakashmani are few examples of this. There is a beautiful true story from the life of Mahatma Gandhi regarding humility. A man was traveling by train to Porbandar in the same general coach as Mahatma Gandhi. However, the man did not know that the old man in his coach was Mahatma Gandhi. So, all night long this man lay down on the seat, occupied the entire seat in the coach, pushed Gandhi, put his feet on him, and left Gandhi with barely enough room to sit upright. However, Gandhi did not fight, nor complain. How easy it would have been to proclaim, “I am Mahatma Gandhi. Give me room in the coach.” But this is not the spirit of sacrifice and renunciation.

As the train arrived at Porbandar the man revealed that he was going to see the famous Mahatma Gandhi. Gandhi still remained silent. As Gandhi descended from the train to a welcoming crowd of thousands, the man was shocked to see this and fell at Gandhi's feet, begging for forgiveness. Gandhi, of course, blessed and forgave him, telling him only that he should be more respectful of others, regardless of who they are. This is the spirit of sacrifice and power of humility that we must maintain in our hearts.

**Understanding the humility**

Now, let us understand the power of humility in a person through a short story. Once upon a time, on the bank of a river, there stood a tall and

strong oak tree near to some reeds. It was a huge tree with a huge trunk and hundreds of big, strong branches. The oak tree was very proud of its strength and size. He often used to make fun of the weak and slender reeds. "I am so strong and mighty! Nothing can uproot me! Nothing can destroy me!" said the oak tree proudly. Listening to what the oak tree was saying the reeds couldn't resist but say, "Oh! Mighty Oak tree, don't be so proud of your strength. Nothing in this world is everlasting. Being humble is the key to success".

One day, as a wind started blowing, the oak tree, as usual, said mockingly "Oh! Reeds you move to and fro even with the slightest breeze." "Look at me. I am so strong and mighty. Nothing can uproot me or bend me" boasted the oak tree. The reeds kept quiet and continued to swing back and forth.

Soon the winds turned into a storm and the oak tree standing straight with pride continued to laugh at the reeds. The little reeds prevented themselves from getting uprooted by bowing their heads and swaying with the rhythm of the wind. But the oak tree which stood straight and tried fighting the hurricane wind was soon uprooted and thrown into the river. So, moral of this beautiful story is: It is better to bend than break. It is better to be flexible than stubborn. Never be so proud of yourself. One should be humble always.

### **Benefits of Being Humble**

Once Mahatma Gandhi had said, "The humble man is unconquerable." Humility is good for everyone, especially for the rich and powerful people. We must all practice humility in our daily life and this may help us in many ways.

Humility is a virtue that helps us grow spiritually and of course it is an essential trait for spiritual upliftment of the self. A humble person

knows and acknowledges that his success is never his own only and is driven by so many extrinsic factors. A person with humility doesn't afraid of anyone. When you are humble you have no personal or false ego. A humble person does not desire for his praise. He is a keen listener and his presence is beneficial every where as he can give his views in the right direction.

Everyone comes forward and offers helping hand to a humble person because a humble person always finds his path safe, smooth and speedy. He wins hearts of others and leads flawless life. Humility helps to do big tasks easily and enthusiastically. Humility enables one to become flexible and adaptable. When one is humble, everyone bows down to them, since everyone bows to those who themselves bow first.

The humility also brings unity into all spheres of our lives. In fact the basis of unity is humility. If everyone puts others before himself, then the question of friction does not arise. The disunity happens when everyone puts himself first and wishes that he and his words should be given dominance, no matter what the circumstances. If no one considers himself superior, then what is the point of quarreling?

### **How to become humble?**

It's really important to practice humility, to develop into a better leader and a better person. To become humble we should keep our eyes on the stars and our feet on the ground. Humility comes into our lives either through experience or excellence. With experience we learn, how to be humble. With excellence we understand, why to be humble. A humble person is like a sponge, absorbing & flexible. Choose to be humble, choose to be creative. It requires a realization to become humble that all successes are partially due to one's efforts and largely due

to favourable circumstances created knowingly or unknowingly by other human beings or nature. Many play a part in anybody's achievements and success. Truly, great leaders are known for their ability to stand with and not 'above' the people. They know their abilities are drawn from others' strength.

For being humble we need to learn to curb our ego. The complexity arises when we feel we are superior to everyone else. In this context, we may realize that at times we may be richer, smarter or stronger than others at a physical level, but we also realize that at our very core, we are all the same souls and are all one.

For example, in a beautiful garden we can see that all flowers are part of the same garden. We can see that some flowers are red, some are yellow and some are purple. Some are tall and some are short. We can know these are outer differences, but we know they are all part of one garden and they are all flowers. In the same way, outwardly we may all look different, but we are all the same from inside. We are all souls, children of one Almighty God Father. Humility means realizing we are all one and the same, and treating everyone with love, kindness, politeness and respect. It also means recognizing everyone in the way we are.

It is the body-consciousness which makes us very keen to accept honour, flattery, and recognition from others. The person in true humility is never worried to have the satisfaction of being honoured, flattered, or recognized by others. Because such a person is in perfect understanding of this fact that he is not this body. To such a person, honour or dishonour, name, fame or anything else pertaining to this body is insignificant. Therefore, humility abides in the heart of those fortunate ones who have divinized their inner-being: the mind, intellect and sub consciousness. ■■■

## JOURNEY OF THE SOUL

■■■ Ragini Srikanth, Chennai

Life is a journey starting from the womb.  
Karma to be completed before you go to the tomb.

It enters a body before the birth,  
Step by step you learn and grow .

From a little child to a grown adult pro.

Your inbuilt knowledge and talent you get to show.

In the process the seeds for next birth you sow.

By your good and bad deeds that take you high and low.

Determining your balance sheet before you go.

Nothing is brought when you come in to this world.

Only your karma of the past births at you is hurled.

So be kind, loving, and compassionate and learn to share.

Whatever you acquire in this short time to spare.

Balance your emotions, compromise for peace.

Adjust for happiness before your life cease.

The physical bodies go through birth and death.

The soul completes the journey and returns back to next cycle.

To remain in the heavenly abode, do all the required amends.

For, Life is a journey starting from the womb.

Karma to be completed before you go to the tomb. ■■■

## SIX KEYS TO SUCCESS FOR FACING EXAMS

■■■ B.K. Manjula Baijal, Begur, Bangalore

**N**ow-a-days, students have a diverse number of things to worry and focus on every day with the competitive exams and higher studies to aim for. This becomes a huge challenge for some students as they face an uncertain period of fear, and anxiety. Pressure to do well in exams can be overwhelming and affect one's mental health. So, what should I, as a parent or a friend or a relative, give advice to people close to me so that they succeed in exams?

The first step in giving exams is to be determined and strong mentally and have a positive attitude. Very often, some intelligent children don't do well in their exams. This is because of a lack of concentration caused by fear and nervousness. Even well-prepared students, at the last moment, are not able to answer the questions presented to them because their minds are flooded with lots of thoughts. Most of such thoughts are negative ones of failure and the fear of the same. On the other hand, students who are lesser prepared but more strong mentally sometimes do well because of their mental stability and the drive to excel positively. Here, we shall explain six ways of increasing mental strength and focus, which will help students in their exams.

**The very important ways of remaining stable in the days before exams and during the exam days are:**

\*Keeping a positive affirmation of success and repeating it in your mind a few times in the day. This could be done starting from the morning as soon as you get up and ending in the night just before you go to sleep. Positive affirmations reduce your fear and increase your confidence. This could be done for 10-12 times in a day.

\*Secondly, always remember that God, who is the most powerful energy in the world, is my constant Companion at every step. Also, if I remember God and leave the responsibility of my exam performance to Him, I will not get stressed myself. Say to yourself while studying - "God, you are my best Friend and Companion and I hold your hand to take me to my destination of success." In this way, I will remain extremely light. Experience God is sitting with you while studying and while giving the exam and you will not only remain light but you will perform in your exams with immense satisfaction and success.

\*Third method of remaining powerful and focused mentally during exams is keeping a dream in your mind and bringing it alive through visualization. Always think that 'I will stand first in my class or school or college'. Even if you have many friends or student colleagues who are better in their studies, dream big. A positive dream will become reality when filled with the energy of hope and determination.

\*Fourthly, always think and believe that the good wishes of all my close loved ones are with me. The ones who have the blessings and positive energy of many people behind them, are more successful. So, ensure that all the people you come in contact with, including your family members and close friends give you their support and love at all times. Also, take the help of your teachers and ensure their good wishes as well.

\*Fifth method is for reducing the unnecessary thoughts by stopping your studies and remaining silent for 1 minute every hour during the day and giving that short period of time to meditation. Also, as a student, keep in mind that the effort you make

now is very important because as per the spiritual Law of Karma, as you sow so shall you reap.

The more you study hard, the more you will experience happiness and it will give you strength in different ways not only in the present, but in your future life also. Check yourself – Am I taking too long to finish studying or revising a chapter in my course? If yes, check the number of thoughts in your mind. They are not only more in number but many of them are unnecessary and unrelated to my studies – may be of the past or the future or of other people. Put a stop and create one thought : 'I am a powerful soul shining in the middle of my forehead'.

\*Lastly the sixth key to success is reducing the exam pressure by reading at least one page of spiritual wisdom or knowledge every morning. This could be done before you begin your studies. This will keep you calm, relaxed and positive throughout the day. Remember the mind is like a blotting paper early in the morning and whatever you give it, it will absorb very easily and fast. Even better, you can read God's divine versions (*Gyan Murti*) which will empower your mind and make your attitude towards studies positive and full of sure success. ■■■

## EXPERIENCING COMPASSION FOR PEOPLE WHO ARE DIFFERENT

Most of the time, we either try to change people who are different or we avoid them. Being compassionate means having an open mind and accepting these unique differences. Only by acknowledging how you fundamentally view the world differently from others can develop the awareness to have compassion for those who are different from you. Different means everyone you come in contact with have their own set of *sanskars*.

Being judgmental or critical about others behaviour comes naturally to most of us and we always feel we are right in what we feel about them. Very easily we label people right or wrong. But right or wrong according to who? According to our perspective. The same situation is perceived differently by different people and we are not able to understand them because we can only see things through our own perspective. Our perspective is created based on our *sanskars* and past experiences. These *sanskars* become the lens through which we will see the situation. Different people will perceive it differently and we often find ourselves saying – we just don't understand them!!!

Let us understand that there is no right or wrong, we are just different. Parents are right, children are wrong; Husband is right, wife is wrong; Boss is right, subordinate is wrong – these rights and wrongs make us withdraw our trust and respect in relationships. We are only different, each of us is carrying different *sanskars* and can see the situation only through the lens of our own *sanskars* and so each of us is always right from our perspective.

When we start seeing each one with this understanding, we will shift from criticism to compassion, and our love and respect for them will remain constant. However unreasonable we might find them, let us remember they are feeling and behaving through their *sanskars* and so they are absolutely right. If we give others the right energy, we can empower them and help them move in the right direction.

Consider meditation as an exercise in slowness, with fewer thoughts and sustained focus. This allows space for deeper feelings to surface related to these thoughts. The art of slowing down the thinking process and highlighting the positive results in rest, refreshment, increased clarity, happiness and a more beautiful and peaceful you! ■■■

## OXYGEN OF THE SOUL TO SURVIVE

**If a person is able to control his mind, he can fight any battle.  
Calm, composed and balanced mind is the gift of God,  
which one derives through the practice of meditation.**

■■■ B.K. Dr. Ashok, Ahmedabad.

**H**ope is the best Oxygen for the soul. Faith and hope induce patience to tolerate and gives strength to survive.

Faith and self-confidence can move the mountains and can convert the mountain like situation into mustard seed. With growing anxiety, threats and risk to the life, one has to be firm, daring, patient and optimistic, to sail through the sea of sorrow. At times one has to be patient instead of becoming desperate. There may not be short cut or immediate solution. At times suffering at personal level is acceptable, but it is difficult to digest suffering of the dearest.

An Elixir of the Present Trauma: It is not easy to maintain self-balance during the turbulence of trauma or intense pain of losing our near and dear ones. While feeling stress and panic is normal in a situation like Covid which the present humanity is facing, one needs to control the mind and send positive energy to the surroundings. Our mind should not be dependent on what is happening outside but should deal with what is happening inside. If a person is able to control his mind, he can fight any battle. Calm, composed and balanced mind is the gift of God, which one derives through the practice of meditation. Knowledge of *Karma* and Cycle of Time act as the best guide to understand the present situation.

Whatever is happening is because of the deeds of human beings. Our karma plays a major role in determining our present as well as the future. What we have done in the past is already done and cannot be changed but what matters is how we change our thoughts, words

and actions for the present and the future. This awareness and knowledge of *karma* and time gives solace to the soul.

### Oxygen of Soul, an Analogy

Oxygen of the soul is hope, if people sense dark, difficult and ugly times ahead, people easily lose their hope and aspiration to continue their life. Many doctors, nurses, hospital staffs were tired and spending sleepless nights during the peak of pandemic. But when you know that nothing lasts forever, be it the darkest night or any form of devastation, there is no need to panic. Difficulties and the epidemic will pass. Spirituality teaches us faith in self, faith in God and faith in the Drama. Our faith and trust in the self makes us strong. Faith in the intellect makes us victorious. It's the intellect that tells us that we are definitely victorious knowing that God is inspiring and helping us in everything.

### Be a Factory of Oxygen for the Mankind

Not only one needs to have ample of space and good air for the self but one needs to be a producer of hope and optimism for the mass. Optimism plays an important role to persuade to survive and to strive for tomorrow. Whether it is good or bad, but when we firmly believe that a beneficial spiritual purpose is behind everything that happens; When we think in this optimistic way, newness happens. One way of living may be crying, howling, resisting and fighting but other way is to have an optimistic approach to life.

We can think that the pandemic is a disaster or think that it is great error correction. Thinking with a fearful attitude only gives negative results



but thinking of different lessons that the pandemic has served to us brings acceptance: **The lessons which we can learn from the pandemic are:**

- ▶ The virus forces us to return to our house, to build a strong family bond and experience the value of family life.
- ▶ Accept people as they are. We are all equal in the eyes of the virus, and we should treat others equally.
- ▶ Understand everyone is right in their own perspective. The virus reminds us our destinies are linked; things that affect one person also affect another.
- ▶ We need to learn to share; we can choose to cooperate, help, share, give, and support each other, or we can choose to be selfish, hoarding and self-care.
- ▶ We can now reflect, understand, and learn from our mistakes.
- ▶ A spiritually mature person stops trying to change others and instead focuses on changing himself. "When I change, the world changes."
- ▶ Be able to differentiate between needs and wants and able to let go of our wants. When encountering difficulties, we remember that our basic needs are food, drinking water and medicine, not luxury goods of little value. Stop attaching happiness to material things.

No matter how much the situation is tough and traumatic, one can pass through it with positivity, tolerance and patience. Our thoughts lead us to our destiny. Think in an optimistic way and feel renewed. Create peace in your mind and you will live in peace and create a world of peace. The positive thoughts attract the powers of God and unlock the treasures of happiness, powers, knowledge and virtues within. We also begin to share them with other souls who need this now more than ever. By becoming one who uplifts others, we automatically uplift ourselves. As per God Shiva, the call of time is to "Be a support to hopeless and exhausted souls". ■■■

## HAPPINESS IS AN INNER STATE OF BEING

We were always taught that our happiness is dependent on something or someone. When we achieve our goal or when we make people happy then we will be happy. Our focus therefore was always to make others happy, because we thought – only when they are happy, we will be happy. Very often we could be under stress, angry or in pain, but we try to make others happy. Let us remember we can take care of family and friends, do everything for them physically, but emotionally we will only be radiating pain, because we are in pain. To give happiness to them, we have to be happy within.

Let's clean our thoughts, clear our emotional blockages and create a happy state of inner being, because only then we can radiate happiness to others. It's not – we will be happy, when they are happy; truth is – if we are happy then we will give happiness to them.

Let's check how many times today we say I will be happy when ..... And, change it to I am happy while .... Work towards creating your own happiness independent of the outcome. ■■■

# HOW TO COVER MENTAL DISTANCE?

■■■ B.K. Dr. Swapan Rudra, Durgapur (W.B)

**T**housand-mile distance on earth may be covered easily at any time, but the coverage of mental distance is very difficult. Sometimes it takes long time to cover, many times it cannot be covered in a life time. Why are we mentally so distant from one another living in the same family or working place? Physically we share the same house or office, take food from the same kitchen or canteen, but mental distance still remains.

## Cause of mental distance

Mental distance is the gap in minds of the two individuals due to weakness in both the souls. There remains a time i.e., *Satyuga* and *Tretayuga* when there is no such gap because souls are empowered and they spend life happily being very close to one another. After that phase, *Dwaparyuga* starts when minds start to become distant with souls becoming tainted with vices. Gradually this distance expands amongst the human souls as they continue their journey within a time span of 2500 years in 63 births. At this fag end of *Kaliyuga*, the souls become strongly body conscious and hence mental distance within them is in no way thought to be abnormal. But it is this mental distance which creates rift in relationships at all levels.

## Solution measures to finish mental distance

### A. Change the belief system

1. Once I replace my own negative thoughts with positive ones, I will start getting positive results.
2. I should never hurt the person with whom I live. Sometimes it may be very difficult from both the sides, but at least I have to overcome the critical moments creating powerful and positive thoughts according to the situation.
3. Behind every problem there is a solution. My

duty is to search the solution, not to make it big by exaggeration inside or outside. Even when the problem is as big as the ship, I should not forget that God's blessings are as wide as an ocean.

4. I should never be over-burdened either in body or in mind. I have to keep myself free from the waste and negativity created by ego, anger or attachment.
5. Judging of others does not define who they are, it defines who I am. Blame and criticism only disclose my appearance and myself. So, in every situation I have to be patient, gentle, humble and loving.
6. Near and dear ones may be distant by known means, but time to time I create distance with them who have no apparent connection with us, even criticize all the people unknowingly for my inconvenience or non-achievement regarding any matter. They, who are actually very close to me, are with me in this birth to balance the previous *karmic* accounts. So, if I could take this as an opportunity to balance the account by decreasing the same without creating any further account with them which would be the ideal step in this birth for future progression.

### B. Practice of spirituality

1. Spirituality means an effort to be in touch with God and cosmic consciousness which was so far unknown to the human beings due to strong body consciousness. It can overcome the distance among souls.
2. Spiritual power is the only thing that gives us the ability to choose. God comes to this world to remind the souls their spiritual identity and divine past. God has made us realize the value of human life and transformation of humanity into divinity.
3. Spirituality helps to understand the right

approach through proper knowledge and understanding. So far, we have spent our days blaming others pointing the index finger, now it's the time to turn back towards ourselves seeing the direction of the rest three fingers.

The great scientist Einstein has rightly said that 'We cannot solve our problems with the same

level of thinking that created them.' Only elevated thoughts can recover mental distance. Rust in souls during the journey of life has damaged its relationship with self and others but this is the time when God has Himself come to restore the divinity of the souls and take them to the beautiful forthcoming Golden Age where the souls will operate on a higher frequency. ■■■

## HAPPINESS OF LIFE DEPENDS ON OUR THOUGHTS

■■■ B.K. Sister Chirya, Owego, USA

**T**he biggest disease of the mind is over thinking, especially thinking too much about others: Why did they do it? what they should do? Why they said that? what you wished they had said, why they spoke at all? All of these rob the mind of its inherent serenity.

Thinking too much is like eating too much. The heaviness makes it impossible to remain light and flexible. We get stuck on little things and gradually the little things become huge things which we cannot shake off. Extra weight is hard to lose! Often when we think too much we over react and create negative feelings. Through this fast speed of so many thoughts, our energy is being wasted. Thinking about others drains our spiritual energy. A wise man when asked, 'What is anger?' gave a beautiful answer. 'It's a punishment we give to ourselves for thinking too much about somebody else's mistakes.'

Now is the time to accumulate spiritual positive energy and share that energy with others. Turn your attention to yourself. Only have thoughts that are necessary. Think slowly. Think less. Many essences form the foundation of power, but, above all, it is the essence of one positive thought in one second that helps us to

empower the self. Emerge one positive thought in one second to help you quickly empower the self. Practice speaking slowly, speak less and most important speak softly. The next time you say, "That's beautiful!" know that you speak of yourself, and it is you who are beautiful - always were, always will be. Remember the mind is everything; what you think is what you become.

The ability to discern beauty is within our own consciousness, for the essence of who and what we are is beauty itself. The essence of beauty is not something seen externally; it is within myself, I, the soul. Once awakened, it emerges in our character as virtue and in our life as care. For what is virtue but love in action. True beauty is when your words are automatically filled with blessings. Holding affirmative mental attitudes helps eliminate damaging negative self-talk and provides creative solutions for our human relationships

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# THE ESSENCE OF ALL THE POWERS “POWER TO PACK UP”

■■■ Dr. Shiba, Ahmadabad

**T**he power to pack up is the essence of all the powers. It is the time to pack up, there always use to be excitement in expansion. Expansion gives a sense of power and presence. That is good along with expansion the role, responsibilities and commitment also use to increase.

## **Power to Pack up and Expansion of Horizon**

The expansion widens one's horizon, influence and identity. One becomes more familiar with bigger group, may also become popular. But the essence is power to pack up. Higher is the expansion in own activities, higher will be the sphere of influence. One enjoys the influence and power, but one must pay a price for it. Despite all constraints, one gets into many bondages and commitment. Despite all barriers, challenges and personal commitment one is obliged to fulfill the milestones and targets. From my experience, recently I was teaching in 4 colleges and 6 subjects in one semester. Teaching in four colleges was giving a different sense of satisfaction, popularity and coverages, but teaching is not everything, I am obliged to carry out all their evaluations. And each subject has on an average of 80 students, evaluating all 80 students 3 to 4 times per subjects is not an easy task. Following to the evaluation, there will be students' queries, that also to be resolved. All of us know in the month of May-June some of our close relatives were victim of the virus, within all such challenges fulfilling such responsibilities was a difficult task. Similarly looking to our abilities, capabilities and aspirations we are excited to do many things, but we should also understand the limitations, otherwise

greediness will kill us.

## **Power to Pack up and Liberations**

The liberations from all bondages need power to pack up, if one cannot wind up own expansion, one cannot settle all accounts, the bondages will pull you down. Knowingly, unknowingly we create an account with others by getting into committed relationships. Each relationship has a silent agreement, obligations, responsibilities and commitment. If one does not fulfill them or ignore them, they retaliate. When one gets into marriage there is a commitment to take care each other emotionally, physically and financially till the death, relations seem to be lucid, loving but one has to pay a price for it, if one goes to next step of having the children, then one gets into next level of commitment of upbringing and empowering them so that they can take care their own life. Similarly, one gets into contract of relationship with material objects. If one purchases more than one house, car, etc, then one gets into an unspoken agreement of maintaining or repairing them. Similarly, we have discussed about the higher positions and works responsibilities can make one's life chained to so many things. So, one needs to understand the chain reactions, or future consequences of one's initiatives, expansions and possessions.

## **Power to Pack up and Summarization**

So far we had been seeing Avyakt Bapdada, Shiva Baba along with Avyakt Brahma Baba through the corporeal body of Gulzar Dadiji use to present His knowledge followed by a summarization of the entire speech in a few lines and finally greetings. Similarly, we should

prepare for summarizing the things rather than expanding. Summarize the role and responsibilities, relationships, accumulations of wealth in a few lines rather expanding. With increasing criticality and complexity of the world people must work longer and harder for their survival. One may have to suppress own physical and psychological needs to do the job for survival. There are challenges which need self-confidence, courage, coordination and faith on the God. One must solve own problem with courage not through outrage or anger. Be cool, slowly-steadily settle down own accounts and be bondage free. It is the time to pack up not expansion which may lead to unnecessary sufferings and loss of credibility.

### **Power to Pack up is essence of all the Powers**

Power to pack up needs power of tolerance and power of adjustment to settle some of the accounts through silent tolerance. One needs to cope and tolerate till the situation is over. In many occasions one has to face the situations to solve them. There are situations where one has to pass through situations which is unavoidable which needs tolerance and adjustments. On many occasions one cannot settle the account of own, one needs power of cooperation to settle the accounts. Through team work, cooperation and coordination, it becomes much easier to settle. It is also mutually beneficial for each other. Do not hesitate to take the help of others. In the return of someone's help payback as far as possible. Power to pack also need the power to withdraw without this power one cannot dream of consolidating the accounts and responsibilities. It also need power to take decision and judgement in winding up and transportation of subtle and

material accounts. The power to take correct and quick decision helps in winding up things on time. On several occasions we can witness person leaves his/her corporeal body without settling accounts and with so many unsettled tasks. The successive generations shoulder his or her accounts. The person instead of transferring the wealth and assets pass on debt, burden and misery for the next generation. Settling on or before time needs quick judgement and decision, a second delay may be devastative. In the power to pack up one needs to take the judgement and decision what to dispose and what to carry with self. There are several things which should be disposed as wastage, some of them can be donated or sold or remaining carry with self. The power of judgement, decision-making along with discrimination play an important role while winding up things. It needs a power of discrimination to differentiate future useful and valuable things from wastage.

### **Power to Pack up needs to be Viceless or Virtuous**

One needs to be free from greediness and attachment. On many occasions one settles the accounts through sacrifice, donation or dispersion. If one has greediness, it will be difficult for the person to share or to sacrifice. One should have care, compassion and sympathy to settle the account. Suppose you got transferred to different place, many instances it is not commercially viable to transfer goods and materials, it will be cheaper to dispose at the place and to buy new things in the new place. If one is free from greediness one can donate to right organization or people otherwise disposing at through away price may

fetch little money. Instead of disposing rather donating or contributing to the right organization will make one worthy of blessings and good wishes. Power of pack up need absolute detachment to think unbiased and wisely. Attachment makes one mind and heart heavy and imbalanced. It will be difficult for him to think and decide. Person under influence of attachment lose the power of discrimination and judgement. One cannot take right judgement; one will be in dilemma and ambiguity while settling things. One needs tremendous courage, confidence to accomplish the task with all happiness, sweetness, patience as well as on time. In the process one should forgive self, one should learn from the process to prepare self for the final pack to return back Sweet Silence Home with all happiness and love.

Last not the least, one should not forget one has come alone, one has to go alone. One should not forget the Immortal Friend, the Ocean of Love and Peace, the Sweet God Father, who will help in settling the account accurately on time. Have faith on time, time is also an immortal supporter in the journey. ■■■

## A TEACHER FOR ME...

–B.K. Pratiksha, Bhosari, Pune

Teacher is a guide,  
Whose heart is so wide.  
Holding my finger everything he taught,  
Happiness in my life always he brought.

Teacher is a backbone,  
Path to success he shows.  
In each confusion he supports;  
And stands beside me like a strong fort.

Teacher is a painter.  
He filled my life with colours both darker and fainter;  
He taught me to smile everytime,  
Even in dark times he made me shine.



**(Teachers' Day)**

Teacher is a mentor  
He is the best potter.  
Through every angle my life  
he shaped;  
In worst situations, my hand  
he never left!

Teacher is a ray of hope,  
He is my climbing rope.  
He trained me to soar high,  
But explained, "On failures you  
must not sigh."

Teacher is a rainbow of my  
life's sky,  
So beautiful and so high.  
He worked hard upon me,

For each problem he is my answer key.

On this teacher's day,  
A word of 'thank you' I must say.  
A teacher's heart is really so huge,  
To him I express my warm gratitude!

I wish a very happy TEACHER'S DAY to all my dear  
TEACHERS.

# EDUCATION WITH SPIRITUAL & MORAL VALUES

## The Basic Disciplined Life Is The Most Essential Quality That Our Educational System Should Insist Upon

■■■ B.K. Sujoy, Durgapur

To lead a balanced and happy life, from childhood, good spiritual values need to be inculcated. Ancient education system in India emphasized on building of a good character. Rabindranath Tagore said, "Education without good character is a body without head". He added that "a disciplined candle light will illuminate the surroundings but a loose flame will destroy things around".

Ancient schools also taught good habits and clean living besides academic subjects. But increasingly, as the world turned more competitive, we failed to include *Sanatan* Indian culture, in the education syllabus. By teaching good values, educational institutions will equip the child to grow up as one who can ably face the challenge of the five negative aspects.

- **Kama**:- Unbridled lust in adolescent minds could lead of violence against women and even murder. The Gita says, "*Kamat Sanjayate Krodha*," i.e., lust leads to anger.
- **Krodha**:- Short temper also leads one to physical aggression, killings and destruction of public property.
- **Lobha**:- Greed that leads to hoarding material wealth and not sharing it judiciously with others is a common trait of people who always suffer in isolation.
- **Moha**:- Avarice leads one to succumb, mentally or physically, to any attractions, attachments, or selfish preferences.
- **Ahankar**:- An arrogant person does not command respect. Humility is the hallmark of greatness and a humble person can live a respectful life with satisfaction and tranquility.

In spirituality we are taught to control and get rid of these basic ill traits of the human mind.

Young people can be taught to control and streamline their thoughts and for that our educational system needs to bring focus back on spiritual - not religious - enlightenment along with other professional studies.



True education imbued with moral and spiritual values always insists upon a balanced life. And to enjoy a balanced lifestyle, we need to manage all aspects of our life: work, health, relationships, and mental well-being. While schools or colleges are institutions where all basic subjects are learned by the students, it should also be the place where they are taught to have better understanding about life from a spiritual point of view. By instilling spiritual education such as love, compassion, patience, forgiveness, etc., young people can have a balance between internal and external morals. Also, emphasizing on spiritual education, students can know that, apart from gaining education to improve one's material attainment and success, it is also important to have selfless love and respect for the society. This brings a state of balance and discipline within an individual.

Indeed, discipline can bring us great

comfort. if we feel out of control in a situation and literally 'hot-headed', then discipline acts like a cooling balm, like a fan that eases the burning emotions that have sprung up and helps to relax us.

As we develop this inner, relaxed discipline we will feel very peaceful and happy not proud

but appreciative. It also brings sincerity. Being sincere and genuine about any kind of practice will give us a tremendous feeling of satisfaction and joy from what we are doing and we will feel we are lucky. We won't need to show off to anyone else about our discipline but quietly we will be thankful for it. ■■■

## **RULING AND CONTROLLING THE 5 SENSES**

Our 5 physical senses which are our organs of perception, play a vital role as we discharge responsibilities. They help us know the world. When we control and use them rightly, we experience peace and happiness. When we lose control, they start influencing our thoughts and decisions, and thereby create illusions, attachments and suffering. Each of us has the same amount of power and control over our senses. It's all about our intent in using it. When we say it is difficult to rule over the senses, difficulty becomes a reality. We then become slaves to sense organs and deteriorate our quality of life. Here are some techniques to have control over the sense organs:

1. Meditate daily to stop the wandering of mind and senses. You will experience bliss as your innate nature, and thereby go beyond the

feelings that you experience through senses of sight, taste or touch.

2. Study spiritual wisdom every morning for 15 minutes to fill your mind with pure thoughts. Purity in the mind ensures purity in deeds. It's only when the mind is weak that we give in to sensory pleasure, easily getting attracted to distractions and dependencies.
3. Use your sense organs with a consciousness that you are the ruler and controller. Gaining control over them needs to begin with your thoughts. Remind yourself – I eat only what is healthy for me..., I watch TV for ... minutes, I spend ... minutes on social media. Stick to your decision.
4. Consciously monitor your sense organs to give them the right direction. Even if they drift towards sensory pleasures like people, places and things, bring them back. Even if you fail, don't give up.



# PUT A FULL STOP

## When You Do Not Put A Full Stop But Instead A Question Mark, You Walk Without Shoes On Broken Glass

■■■ B.K. David, UK

**U**ntil you learn to put a full stop to your past and stop putting a question mark in front of every situation that arises to challenge you, till then you shall be firmly rooted in the past growing bigger roots of regret each day that will keep you stuck in your sorrow and unable to move.

Many are also lost in anticipation of the future and for these, their life is one of constant nervousness, apprehension, fear and anxiety. They have no roots under them to steady their life as nothing is ever real and easily fall over in the slightest wind (problem).

**Do you live as if a snowman, frozen, stuck to the spot on a track that's been lost but when can be seen, still goes nowhere?**

Some people are lost in both the past and future and their plight is double. On one side they have far stretched out roots that paralyse them to the spot and on the other side of their tree of life, they have nothing to hold them firmly down as they are petrified of a future that's yet to happen. Their uncertainty and fear immobilize their legs and causes them to fall down in the slightest of breezes that many find pleasant.

The Sun of Truth (God) is on the horizon and its warmth of love is starting to be felt all over the world. Its rays of peace touch all, even if they hide or close their eyes and even the most frozen atheists must one day thaw under this Sun.

**Can children laugh at a puppet show in the morning if it's not due to start until later in the afternoon?**

It's unfortunate that some are consumed, trapped, as if imprisoned in the past, and cannot escape its dark cell of depression. Next to this cell is the dark cell of the future whose shadows from the swaying branches of the trees outside cast shadows that for an inmate, become real as they dance on their cell wall.

You need reality to make actions and reactions that are real and can be felt. A future yet to happen becomes real to an inmate that can make a fearful life from the shadows on his cell wall come to life and seem real.

**Have you locked yourself in a cell and thrown away the only key that can open the door?**

Those trapped in the cell of the future are fearful of it and what it could bring for them. Yet nothing the future could bring into their life can be as awful as what their present prison cell is.

**Many are stuck behind thick walls of mud and brick with only books on regret and fear to read.**

These prisoners do have windows with bars but because they are so consumed with the past and future, they have not thought to stand on their books so that they can look out through the window into the present with its direct sunlight that does not cast fearful and imaginary shadows which they turn into reality

on their walls which can also hit them again if those shadows remind them of their awful past.

**Being stuck in the past unknowingly makes you become weaker each day.**

The world has been slowly sinking in such a mud (vice and bad habits) that it's turned into the 'quicksand of no return'. Their lifestyle and bad habits are pulling them down and soon they'll be unable to move— except for downwards.

Being stuck fast in quicksand might sound a contradictory situation but it's possible to be stuck and still sink at the same time; as are the world's people right now – stuck and sinking.

#### **The Door Handle**

For 99.5% of the world's population, it's now impossible for them to even contemplate change and uproot themselves from the lifestyle they've created that is dragging them down and at best, is just mundane.

The door for them to walk through to a bright future, has for them, a barbed wire handle that's just too painful to hold and turn. Yet the pain of standing still on the same spot for many years to which they are accustomed and set, is even more painful than a change: and this change is not painful but is more a trip to a sweet shop of goodness. Is it painful to give up meat, to go to bed earlier so you can wake earlier? This new beneficial routine and habit allows your mind to feel more alive and calmer and with it, to spend more of the day in peace and often, with a new found happiness?

**No one is to escape the oncoming rough sea with its huge waves of sorrow crashing in on everyone's lives.**

God alone can teach you how to hold the door handle to the future and open it. God gives His children a special glove that has special powers against the sharpness of vices which can cut and infect your fingers. God also teaches you how to clean the door window so that you can keep on reminding yourself and seeing where you're going.

God's lucky charm for you and golden key to the new world is on a gold thread that He gives you to wear around your neck. This constantly reminds you where you are going and what you need to do and yes, you are right, this Godly charm, key and thread are all invisible.

The Good luck Charm is God's 'Thumbs Up' which He sends you at the start of each day via **Royal Mail Thoughts**. God's thread is the thread of love He gives you when you recognise Him, and the golden key is His teachings that make you wise and able to open anything. ■ ■ ■

*Forget the past  
but  
learn from experience  
and  
take care in the future.*

## YOUNG PEOPLE AND MODERN LIFE

■■■ S. C. Sunil Kumar, Bangalore

**T**he role of young people in the overall evolution of a nation is very important and significant. Youth are the backbone of the country's prosperity and development. Today young people are embarking on a history of achievement in many fields with their talents, abilities and adventures. This is commendable and welcome as well. But the waves of modernization, westernization, industrialization and urbanization have also adversely impacted the lives of the people with the great Indian values being replaced by selfish-motives, individualistic thoughts and egoistic drives. The young seem to have no faith in the old established moral and cultural values.

As the younger generation is becoming more and more materialistic, numerous teenagers are slowly putting aside their morality to make way for their desires. Youth are getting increasingly inclined towards violence, social evils and lack of respect towards elders and teachers. Kidnapping, murder, armed robbery and crisis have become a serious matter today. Moreover, the creative mind of youth is diverted towards unsocial activities like smoking in public place, misbehaving in class, drug addictions, misconduct in the household, juvenile delinquency etc.

Invention of new modes of scam and frauds are emerging which denotes that youth are tending to get more interested into easy way of attaining wealth, power and fame etc. giving least consideration to human values. It is shocking that today gifted young educated people are lured to money and use their talents to commit social crimes. For example, computer experts (software engineers) misuse their expertise in bank robberies, money

laundering on the Internet, or robbing other's money without an ATM password. All of these are not acts of ordinary lowly educated or uneducated thieves. These are all things that are done by educated young professionals. If the same skill and expertise is used for the benefit of the government, the educated people will be successful in their learning. But selfishness and greed are the roots of such an act.

Nowadays young parents feel that it is inevitable to give their children a mobile. They feel that it is a question of their prestige and respect in society. They fail to regulate the activities of their children, while some parents are unable to cope with demands of their children which compel them to pursue in immoral activity. The use of the Internet is very common in a mobile. **There is so much violence, vulgarity in all internet blogs, movies and games and if a majority of youth watch these, the impact of the same on the next generation can't be positive.**

Moral values and graciousness, in the past, were prominent in most teenagers. Majority of the youths then learnt respect, courtesy, consideration, decency, propriety, honesty and righteousness from a young age, and had enough self-discipline to hold on to these values. However, these moral values and self-discipline are slowly diminishing over the years, as most of the younger generation are gradually disregarding these ethics. It is appalling that today with the influence of Western culture, many youths have been living a life of decadence, with little or no difference between right and wrong. Hanging out in Pubs or Bars,

DJ, Dating...these types of activities make young people gradually lose their sense of true identity. Today young people are taking to the streets to view pornography as a protest. When young people are embedded in such a mood today, we are aware of the situation and the direction in which we are moving.

When one considers many of these misfortunes today, the root cause of this is the erosion of moral values. Moral values have no respect now. Man fails to distinguish between right and wrong, good and evil. Highest respect is placed on wealth and power.

There is a need for value-based education today to bring about reform in young people and in society as a whole. Spiritual and moral orientation of youths needs to be strengthened so that they become rational human beings and to know what is good and right. Spirituality and meditation help to build overall holistic personality of individuals. ■ ■ ■

## FIVE TYPES OF SANSKARS OF THE SOUL

The soul has 3 faculties Mind, Intellect and *Sanskars* (personality traits/impressions). Very often we say we can't understand each other and sometimes we can't understand our own behaviour, it is because we are not aware of the personality traits each of us carries. Each soul carries 5 types of personality traits:

- (1) *Sanskars* we get from our parents and family. We often find certain habits of ours very similar to habits of members of the family. They could be outer habits or our way of thinking and personality traits.
- (2) *Sanskars* which are created because of the environment we are in – country, caste, culture, city, locality, school, friends and social circle.
- (3) *Sanskars* we carry forward from our past birth. We understand that we are not this body, but the spiritual energy that uses the body, energy which is not created or destroyed – energy which is immortal, eternal. Death means the soul leaves the body and has a new body ready for it to use. When the soul leaves one costume, it carries its recordings i.e. *sanskars* with it. This explains why even identical twins have very different personalities, bodies are identical but each soul is carrying a different past.
- (4) *Sanskars* created by our own will power. We may carry any type of *sanskars* from the past, family or environment, but if we wish to change, we can create a new *sanskar* with our will power.
- (5) Original *sanskars* of the soul. The above 4 types of *sanskars* are acquired after using the body, but each soul has an original set of *sanskars*, which is same for every soul – purity, peace, joy, power, love, bliss and wisdom. These 7 *sanskars* are the original *sanskars* of every soul, and all the *sanskars* we see today of ego, anger, greed, jealousy, fear... are acquired *sanskars*. When we remain aware of our original *sanskars*, they start to emerge again. Let us remember who am I – I am a pure, peaceful, loveful soul, and so is every soul I will meet today.

## HAVE YOU SEEN GOD???

■■■ B. K. Ravi, Agartala

**T**his was the line that Swami Vivekananda, it seems, had asked Sri Ramakrishna Paramahansa, when he first met him. Legend has it that Sri Ramakrishna, calm as ever, had replied “Yes, as clearly as I see you!”

They both are great personalities I admire and though I can't profess to be even a patch on them...but then, this question has bugged me a number of times. What or who is God? Who has seen him...or experienced him?

I believe that probably the most celebrated scientist of all time, Albert Einstein, had once remarked: 'There is a very thin line between science and spirituality; one doesn't know where one ends and the other begins!'

People quote simple examples: You switch on a fan; you feel the air. Though you can't see it, you can feel the fresh breeze on your face. God is like that....

Blessed are those who have had visions and seen Him. I will recall an incident and leave it to your judgement whether it was God's presence or not. They say that God listens to children more than elders, as children are very pure at heart and have no ulterior motives.

It was a long time ago, when I was in school and used to commute up and down by the company's school bus. A merry group of children, all of various classes, clubbed together and enjoying an hour's ride, was something I used to look forward to. In fact, our seats in the bus were fixed too!

That day, I had an exam and since most of us were from the same or nearby schools, the atmosphere in the bus was quiet with each of us preparing.

For some reason there was a traffic congestion or road closure. On top of that, our school bus broke down and could not go ahead. A collective decision was taken in the bus wherein we all returned to the housing colony location.

Once back home, I could not sit idle. I requested Dad to check up with the school if the exams were still on. They said yes. Now, I was close to tears...I had prepared really well for this exam and could not sit at home! The mere thought of being marked absent (on the report card) sent shivers down my spine! It had never happened! I was a fairly good student and would normally aim for the top spots in the class. The mere thought of missing out on an exam paper, for no fault of mine was beyond me. The thought of all my classmates furiously writing, with me sitting and missing out, made me miserable.

That's when I turned to God. I said, God please do something! Make me reach my school, make me appear.

My little mind was beseeching him to do whatever but make me present in the class. Dad finally took the call and me and my elder brother, climbed the civil bus, headed for school. He was three years elder to me and hence we could travel alone.

There was a rule in the school that if you were not in the exam hall about half an hour after the papers started, you could not join (later). This started playing on my mind and I started praying to calm my nerves.

I got a seat, opened my notes and started glancing through them, unmindful of the stoppages going by, or people looking at me...a child sitting in bright school uniform in a crowded mini bus!

I couldn't concentrate at all. I kept thinking of the time lost and how I would lose out. I closed my eyes and fervently prayed...God, please! Somehow, allow me in just to sit for the paper!

I could feel some unseen power, whenever I

closed my eyes, something bright...telling me...reassuring me...that all would be well. Please let me enter within the first half an hour is what I kept saying again and again.

Once at the destination, we both literally ran inside the school to our respective classrooms. As I arrived, huffing and puffing, disheveled, I saw my class teacher, who was also an invigilator, standing outside, equally surprised!!!

“Ravi, how come you got so delayed?” she queried, knowing I showed up in time on most occasions. I just panted, wished and couldn't answer. Rummaging through my school bag, I found my pencil box and rushed inside.

Meanwhile, some of my classmates got distracted. The science teacher, whose paper it was, walked up and said, “the entry time is already over, but I will allow you to sit for the paper. Remember, I can't give you any extra time however, as it would be unfair on others, since you are the one who came late!”

Oh! How thankful I was to him....and GOD!!! It was His magic working which allowed me in....that was more than enough! It was all that I asked for.

I still can't recall how fast I wrote that day. I feverishly scribbled the answers. It was as if I knew the paper beforehand. And when the results came, I had topped that paper!

Was it GOD? You decide. All I know is that when you call Him out with an honest heart, He does not let you down. ■■■

## EXPERIENCING HIGH SELF-ESTEEM CONSTANTLY

In any relationship, initially it is a totally positive projection. There is a person who projects on to you all that is positive: you are marvelous, you are unique, you are dependable; you are valuable. That positive projection generates a positive state, of bliss, of wellbeing, whereby you are flying. You feel loved, cared for, needed and valued. That positive projection lasts for a time until, with the dependencies and expectations, the negative projection begins. You should have called me, you should have told me, you should have come at this time, you should be more like this, you should be less like that, you should have done this or that.

With these expectations, demands and dependencies, that positive projection and flying state disappear. The other has started interfering in your personal space and the harmony that was there previously is lost. One needs to learn to have a positive vision of oneself. You are marvelous, you are unique; don't depend on them telling you so. This does not mean you need to feed your ego, but that you need to make the most positive emerge from within you. Think about and emerge all your inner creativity, positivity and spirituality, so that you do not depend on others having to project positive things onto you in order to feel good. On feeling good in an independent way, you will be able to share with others peace, love and positivism. You won't be in the state of a victim but will be true rulers and controllers of your own life with high self-esteem constantly. ■■■

# MADHUBAN: THE SANCTUARY OF ANGELS

■■■ B.K. Subramanian, Avadi

**T**here has been a famous proverb in English that “Birds of the same feather flock together”. Though there are different kinds of birds in this world, certain selective type of birds fly over across the nation, at times, from one country to another, assemble at a sanctuary / asylum for a specific period for relaxation, refreshment and rejuvenation. After spending the specific period in the sanctuary such birds fly back to their original native homes.

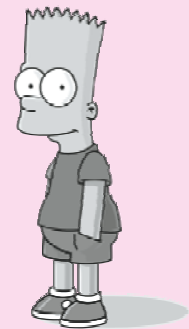
Madhuban at Mount Abu is the Supreme Asylum, very specially designed with high tech knowledge exclusively for the Children of BapDada (Brahma Kumaris / Brahma Kumars) with all comforts and convenience. I take the pride and prestige to say that no spiritual organization in the world other than Brahma Kumaris could provide both physical and non-physical needs of human beings so extensively (of course inexpensively) that would elevate a human being both men and women to a higher level to experience real peace and super sensuous happiness. The Diamond Jubilee Hall, Harmony Hall, Meadows, Palatial accommodation facility, superior standard Kitchen providing palatable vegetarian food, Museum, Peace Park, Gyan Sarovar on the hill top, Global Hospital, History Hall, Universal Peace Hall, Library, Sales Counters of essential needs, Tailoring unit, Transport Unit, Printing and Publishing of spiritual journals, Washing and Ironing unit, Hair dressing Unit, Plantation / Vegetation farm lands, Dairy etc surrounded by Aravalli Hills look like Heavenly world.

Brahma Kumaris are exemplary to set an example how to share and live with peace and purity.

We all knew well that white is the dress code of Brahma Kumaris / Kumars. White is the supreme colour that stands for peace and purity. Late prime minister of India Hon'ble Vajpayeeji had written in the VIP's minute book maintained at Madhuban that he had never seen such a beautiful and peaceful location in any part of the world and the spiritual headquarters of Brahmakumars at Madhuban, Mount Abu would speak to the truth that Bharat is the Lang of God. ■■■

## THE VIRTUE OF SWEETNESS

**Just as eating and serving something sweet makes your taste buds feel sweetness, and for a while after, you remain happy, become sweet-natured yourself so that words filled with sweetness are constantly spoken. Such sweet words make both you and others happy.**



### **Ten Elements of Yoga** **cont. from page ... 3**

the consciousness of a gross or physical object, then his own mental stage will be characterized by gross experience, i.e., his experience will also partake of the worldly or mundane aspects; he will feel like a gross being. If one's mind, detached from body-consciousness, is focused on a bright, angelic or a subtle figure, the experience also will be of the subtle and angelic; one will feel himself like an angel or a luminous being. If he further goes upon the ladder of consciousness, i.e., if he gets stabilized purely in the consciousness of the incorporeal soul, then he would realize the luminous self and have deep experience of the Supreme Soul. By differentiating between these three types of spiritual experience alone will a person be able to appreciate that, for realization of God, the Supreme Soul, it is essential to have the original incorporeal stage. It is like switching the radio-receiver on different wave-lengths when we want to listen to the different stations or putting the T.V. set in different channels so as to watch different programmes. In other words, we have to detach the mind from mundane thoughts as also from thoughts of gods and goddesses, if we want to have a link with God. For that, it is essential, first of all, to determine that we are souls as distinct from our bodies, or we will not be able to link the soul with the Supreme Soul who is incorporeal and self-luminous as a star looks in the sky at night.

#### **The third basic Principle**

It is not difficult to arrive at the conclusion that the ideal or the most suitable object for mind to concentrate upon is the one which is smaller than even an atom and such a conceivable entity is God. In the Bhagwad Gita, the words used for God in this respect are 'smaller' than the 'smallest'. The word 'concentration' is derived

from the word 'centre' and its very meaning must be: 'pin-pointed', else it would not converge the thoughts to a centre but would lead to divergence. Thus, it is obvious that concentration, as such, can only be practiced on the Supreme Soul as a subtle, self-luminous point which He actually is; or else it will become distraction, divergence or confusion of mind which is the very anti-thesis of 'concentration'.

#### **A Place Free from Disturbance**

For practice of yoga, people often select a quiet undisturbed place where no one comes at least during the time of their practice; some even go far out of the village or town to seek the shade of a tree or the pitch darkness of an uninhabited cave. Others who are unable to do this, consequently, use candle light in a windless place to fix their gaze on. In short, a place absolutely free from disturbance, at least in the initial stages of practice, is very essential for concentration. Patanjali calls holding of the mind at one place on a particular object as '*Dharna*'.

Now such a place is simply inconceivable in this world of sound and movement where the atmosphere is vitiated by impure vibrations, issuing forth from the impure thoughts of various people inhabiting it. The ideal place for a yogi, therefore, to fix the mind on is '*Paramdham* or *Brahmloka*' – the world of luminous, sixth element, far-far away and above our solar system or this universe of the sun, the moon and stars-where there is neither sound nor movement and where the soul originally dwells in its pristine purity and from where it descends into this world. That is the divine abode of the Supreme Father, the Supreme Soul also, who is the only object of the soul's concentration.

#### **Divine Qualities**

Why do people concentrate the mind on an



idol or image of a deity? Only because they believe it to be the repository of divine qualities, for if that were not so, they can as well select a demon for such an exercise. Those who focus the mind on candle- light also do so only because it symbolizes for them the image of the Supreme Soul in all His bliss and having all divine qualities. The conclusion is obvious that in reality, one should concentrate one's mind on Him Who has all divine attributes at their highest pitch. Why not, then, practice yoga by concentrating the mind on God Himself who is the Supreme repository of all virtues rather than on the stone image of a deity who, after all, is human?

### **Self-Surrender**

Self-submission or seeking refuge in God is the essential part of yoga-practice. When a person totally submits himself to God, his mind is automatically relieved of all worry. So unshakable indeed does his faith become that he thinks that God is always there to protect Him. Liberated from all kinds of fear of the evil fruit of his past actions, or of ill-luck that may befall him in the future, his thoughts get focused on God Himself with the result that he becomes mentally free to concentrate fully on God and thus the stage of his mind becomes suitable and congenial for yoga-practice.

Self-surrender to God acts as the panacea for such unfounded fears. It leads the person on to a firm faith in the protective power of God Almighty. When man believes himself to be under the umbrella of God, then his mind becomes restful and that worriless and unscattered mind is better equipped for advanced yoga.

### **Relationship**

Attachment to one's near relations, mother, father, husband or wife, brother and sister, etc.

is a great obstacle in the path of communion with God which one finds very difficult to get rid of. The idea is that, so long as a person does not renounce this attachment, and totally overcome his body- consciousness by identifying himself as a soul, i.e., by self-realization, he cannot forge a loving child-father relationship with God and taste His over-flowing love.

Let it be made clear here that the word 'Yoga' really means the forging of a love-bond between the soul and the Supreme Soul. Without this, yoga-practice, in its true sense, is simply inconceivable. In other words, it is like conceiving the erection of a building without any foundation, which is that the Lord God is my Friend, my only real Support, my loving Mother, my loving and beloved Father and, above all, my Teacher, Guide and Preceptor. In short, when the mind is filled with such dedicated thought and feeling of spiritual relations with God, then yoga takes place automatically and needs no effort to practice. To create this love-bond with the Lord is the way to overcome worldly attachment; there is no other way to get rid of it except by the silent, incessant chant, in the temple of one's mind, of the song of love for the Lord, who is our Most Beloved Father.

### **Love**

It cannot be repeated too often that it is only through this link with God, the Most Beloved Father, that one can taste the joy and bliss of all relationships with Him. For instance, we regard Him as the Ocean of love, but we cannot experience God's love unless and until we start loving Him, in our mind and intellect. This love-link is what is called yoga, for love is born of relationship and leads to remembrance. As a matter of fact, the soul is bound in spiritual relationship only to the Supreme Soul. All other relationships, when the soul is in an embodied

state, are merely earthly, caused by repeated births and deaths. The soul has forgotten its original link with God and has, consequently, become addicted to sensuousness which the body engenders. Man is essentially a soul and not the body; that his worldly relationships are merely transitory, caused by invariability of the law of cause and consequence and, as such, full of grief and totally devoid of any solace and support; whereas his spiritual bond with God Almighty is fruitful and ever-lasting; it gives strength and support to the mind and, as such, is the only valuable link that matters.

#### **Reward-the Ninth basic element of yoga**

The human mind constantly pursues success, achievement or reward for his effort. A man wants delicacies to eat, beautiful garments to wear, big mansions to live in, in fact anything and everything, he considers is conducive to material comfort and safe living. It is essential for the practice of yoga that desires and cravings be calmed down and the only way to still them is the realization of the rich reward that accrues from his yogic endeavour. Or, in other words, the realization that, weighed against the super-sensuous bliss, peace and joy, that God offers, all the wealth and earthly possessions as also

the transient, sensory delights and pleasures of the world, are mere trash in the balance, is an essential element of yoga, i.e., for orienting the mind towards God.

#### **The 10th essential element of Yoga: Mantra or the meaningful phrase**

All kinds of yoga - *Japa yoga, Mantra yoga*, etc. attach great importance to the *Mantra*, i.e., a meaningful phrase as a part of it. When practicing yoga, one generally sits down at a particular place and does not perform an action involving any physical movement except chanting through mouth or remembering God in the mind. Hence, *Mantra* is used as an essential part of the various forms of yoga. The word '*Mantra*' however, means some kind of effort or discipline which gives the mind freedom or release from mundane thoughts and pre-occupations by which it is beset. Consequently, it is essential to turn it towards remembrance of God and this by itself is the mantra sought for. People, on the other hand, regard some meaningful words relating to a deity as Mantra which they recite or chant during yoga. But, remembrance of God is really the only means which can save a person from vices and sins and need, therefore, to be adopted as the most sacred and efficacious *Mantra* in yoga practice. ■■■

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