

From the mighty pen of Sanjay



TO PULL ON WITH THE BOASTERS



One day, during an informal chat, after morning class at a Godly centre, one of our spiritual brothers asked me the following question: “It happens that someone comes forth and boastfully declares that he has accomplished a task, which, but for him, would have remained unfulfilled, though the truth is that I did the work or at least contributed greatly to the fulfilment thereof. He does not make any mention of the part I played, or, if at all he mentions it, his rendering is such as to manifest his desire or attempt to get the whole of the credit for it. Or, he may point out defects in my working instead of praising it. This low cunning of his exasperates me and I feel like coming forward and explaining my part, at least as accurately as I can, as a matter of duty to set the record straight. Is this act of mine be called ‘self-praise?’ I have a feeling that he wants to rise in the estimation of people at any cost. How can I remove this feeling?”

Don't worry but tarry for a while

In a lighter vein, I said to him, “Well dear, if you cast a light object into the sea, that object will, for a few minutes, remain just below the surface on account of the force with which it is cast, but will not sink or reach the bottom. It will soon come up to the surface. Exactly, in this manner, the truly humble and unmoved man, who is not affected by praise or dispraise but remains light in either case, will not sink low, even if another person would wish him to be lowered. If, what anyone says, conveys the impression that he himself did a lot while the other man did not do so much, then this impression too cannot last long. Others, who hear him, will conclude sooner or later that he is just praising himself and grudges praise to others to whom it is due. One's greatness consists in not asking for praise but

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|| Editorial ||

GURU PURNIMA CELEBRATED



November 4, 2017 happened to be the auspicious date of Guru Purnima this year, which is celebrated all over Bharat, and wherever the people of Bharat live abroad.

It's an age-old tradition to honour the family Gurus reverentially; cocunuts, sweets and fruits are offered with devotion. In return, the followers receive blessings from their Gurus for leading spiritually-inclined, clean lives. The Gurus inspire the followers to shun negativities, take to the study of scriptures, and engage regularly in religious rituals for the welfare of one's near and dear ones. There are many mythological stories connected with Guru Purnima, especially in Benares where Baba Vishwanath (God Shiva) is revered and worshipped, and whose blessings are invoked to ward off the evil effects of demons or '*maya* (negativities)'.

BK brothers and sisters of Shantivan, Gyan Sarovar, Pandav Bhawan Campuses and Global Hospital & Research Centre celebrated Guru Purnima in a very unique manner, by organising a one-hour special Rajyoga Meditation session at the Tapovan Farm, near Talheti, Abu Road on 4th evening. The full-moon was shining very distinctly, mesmerizing every onlooker with its expanded size and hundred-fold brightness. The BK family was inspired to spend one-hour in collective meditation, unified in the one thought of spreading powerful vibrations of peace, love and blessings not only to rejuvenate the local atmosphere, but also for the well-being of the universal human family.

Very sweet and slow-paced instrumental music helped the participants to go beyond and experience the inner brightness of the self, in communion with the Supreme Source.

The vibrations were full of peace and stillness,

as if we were meditating like the age-old Rishis somewhere in the dense forests... The sound of birds and animals or even humans was totally absent, and we enjoyed getting attuned to the voice of 'Om'. While sharing blessings with all, Dadi Ratan Mohini invited everyone to chant 'Om Shanti' thrice to strengthen the awareness of being divine points of energy, connecting with the Supreme.

On one side, it was the most beautiful and magical feast of inner silence, and on the other side, after the meditation programme, everyone was invited to a sumptuous dinner prepared from the Yogic Farm produce of Tapovan land. The Speakers of the evening also received fruit baskets filled with a variety of fruits grown at Tapovan itself. It was indeed a practical reverence offered to the Senior Rajyogis for their contributions in world service, and transforming the global atmosphere.

There was a suggestion from some sisters and brothers that such meditation events should be organised at least once a month in Tapovan, for the benefit of self, and the world. With such an experience of enlightenment, empowerment, peace and joy, everyone thanked the true Satguru, Avyakt BapDada, for providing a beautiful, and calming atmosphere at Tapovan.

Gratitude was also expressed to Dadi Ratan Mohini, BK Rajubhai (National Coordinator of Rural Service Wing), and BK Bharatbhai (Chief Engineer), for facilitating such a rewarding experience on the day of Guru Purnima.

BK Komalbhai played a good role as Master of Ceremonies.

BASIS FOR AN EVER-HAPPY LIFE

Happiness in life has been the focus of one and all right from childhood until old-age. The basis of happiness is very different for different people. However, it has been universally experienced that a person who has:

1) learned to be soul-conscious and live by soul-consciousness in thought, word and deed would always receive the benefit of being light,

humorous and happy.

2) renounced negativities and evil thoughts will have the natural feeling of lightness. The best way to do this is by writing letters to the Supreme Parent or God, sharing all sorts of shortcomings and mistakes very sincerely and seeking the Supreme Being's help. This honesty and transparency ensures God's instant support and strength to overcome the defects.

3) formed the habit of at least spending half an hour every morning in contemplation and spiritual study, is able to mould age-old sanskars from negative-based to positive-based.

4) learned from the bitter experiences of the past fuelled by ego and anger, or has become short-tempered and abusive, is in fact harming one's own inner peace and blocking the goodwill of others. Learning to be immersed in our true nature of peace and love would work wonders in our interactions. This is especially advisable for parents/guardians caring for young children, and for school/college teachers while sustaining their students.

5) developed austerity in personal life, simplicity in lifestyle and the spirit of service to the needy, underprivileged and will always accumulate in the account of good wishes. One can feel enriched in life with the fruit of good deeds, and the blessings of those who have been helped in dire circumstances.

6) imbibed the most valuable principle in life of being a good listener can accumulate good fortune. A person without ego can become very serviceable by listening to others, and then reflecting on the way to support the other. Sometimes it may require lot of courage firstly to listen, and then help with financially or in kind, as per the requirement. Just imagine how beautiful it is when a needy person, or patient, who was once assisted returns with a smiling face! That in itself is our reward.

Sometimes we come across senior citizens - women and men - who may need our help for healthcare and medication. They may not be able

to afford it monetarily, but when we become aware of their deep desire to become free from the disease, let's take it as an opportunity to render our services at the right time.

Our surrounding environment too opens our eyes to new joyous experiences. While observing the beauty of nature, and daily interacting with little creatures especially squirrels, sparrows and nightingales etc, we see how they don't really need anything from us, but if we can appreciate them with gentleness and positivity, and sometimes offer grains and water to them, they show their gratitude in million-fold by singing melodious songs, and entertain us with their sweet chattering early in the mornings! The sight of the smallest baby sparrow singing to you, the bigger ones dancing and hopping around in front of you, and the '*bulbul* (nightingale)' repeating 'Shiv, Shiv....' over and over again is a splendid scene! How relaxing and refreshing it becomes if we spare some time to observe their sounds and playful actions; sometimes they are very friendly, and at other times having friendly quarrels amongst themselves!

We need to be friends of nature so that the five elements cooperate with us continuously, and inspire us further to live by our true and original nature of peace.

Forging a strong connection with the Source of all happiness, bliss, beauty and strength, brings the most rewarding experience of Self-Realisation, and God-Realisation. We know the stories of Sages and Seers who enthusiastically and sincerely searched for the truth about the Self and God, but how blessed we are to be in the unmatched age when He has revealed himself and enlightened us with the highest spiritual wisdom. Therefore, let's make our lives pure and diamond-like as per His Supreme Guidance or *Shrimat*. This would be the most delicious fruit or reward of the present Confluence Age (*Purushottam Sangam Yug*) that we can ever consume. OM SHANTI

- *B.K. Nirwair*

THE VISION OF THE DETACHED OBSERVER

– Rajyogini Dadi Janki,
Chief of Brahma Kumaris



This article contains some useful and relevant questions to which seekers sought answers from Dadi Janki, who is answering as follows:

Q.: How do I ensure that I am not affected by anyone's nature? What preparation do I have to make internally for this?

Some souls are clean and safe inside. They feel this way and are, therefore, not affected by the nature of others.

If there is service at home, that is no longer the person's home, it is Baba's home. First, there is need to create an atmosphere and then vibrations. The atmosphere is created by the words that people are speaking. Keep the atmosphere very light. Where there is conversation with Baba with love, there is always a good vibration. Baba has given us all such spiritual love. Bodily love deceives you but spiritual love saves you.

Whoever feel themselves safe, make others too feel safe in their company. Those, who have good intentions, stay clean and safe. Prepare yourself internally to keep your intention clean and clear not to be affected by others' nature.

Q: What is the difference between the stage of being an observer and a witness?

When you see everything as a detached observer your vision (*drishti*) becomes good. You naturally see virtues and this becomes a natural effort. You are, then, automatically drawn to see the other person's virtues. In order to take care of themselves, some souls see the defects of others and say that they want to stay away from these and to stay safe from them. This is weakness. Those, who have stayed in my (Dadi's) company know not to do that.

My intention is such that all feel themselves to be

fortunate as I feel that no one is as fortunate as I am. Baba has taught us children to always be happy and free. Neither remember nor forget.

Q.: How can you make God your child?

When I experience that I am God's child, He is mine and I am His. Similarly, when I make Him my child I also remain safe.

Q.: How can we stay in the unlimited state and yet stay involved in everything here, giving attention to what we need to?

On this path of knowledge, we call it a road, a path. Where is that road taking you? Many of our ancestor souls, who have taken another birth, will be going to the Supreme Sweet Home and then come to the Golden Age. I have been in this body for more than 100 years. In all these years, I don't think I have ever forgotten that I have to

go back home; and so, in my consciousness, I stay above and this has now become my natural nature. We, now, have to become virtuous to be able to go up above. If you start seeing the virtues of one another, you will become virtuous.

Each of our ancestor souls was wonderful and, now, their part must be even more wonderful, because they have created in them the Golden-aged *sanskars*. So, ask yourself, if you were to leave your body now, have you become like them? When people ask me (Dadi) if I will do something in the future, I do not commit to anything any more, I just think what is it that I have to do today. As a detached observer, one's vision and the attitude should become loving and detached. Then, whether you are sitting here or anywhere, you remain a detached observer. And, then, nothing pulls you down.

Baba has made us children belong to Him. He always says: "You children are the lights of My eyes." Many sisters and brothers, who met Brahma Baba in the physical form, know that he never wore spectacles. Being a detached observer is such a power that I feel Baba has kept me in His vision and Baba's feeling is that you should all be in His vision. ❖

INVOKE THE SHAKTI WITHIN - POWER TO DECIDE OR JUDGE

The power to decide or judge is closely connected to the power to discern or discriminate. It reflects our self-belief, faith, conviction and courage to pursue what we feel is accurate, right and healthy. Today, our criteria for decisions have become dependent on *decision of the majority*. We are deciding our lifestyle on society's definitions of right or wrong. Even our beliefs about happiness, love, respect, anger and stress are decided based on social conditioning. The power to decide is about rising above the influence of situations, emotions and opinions, so that we can take independent decisions and stand by them, even if we are standing alone and do not seek acceptance, appreciation or approval.

We carry forward only our *sanskars* and *karmic* accounts across our journey of many lifetimes. Everything else like our body, position and possessions are transient. When we remain in this consciousness, our decisions will naturally focus on what is beneficial for the soul. As a result, we do not shy away from taking personal responsibility of the consequences of our decisions. At times, we face situations where a decision is not about right or wrong, it is only a matter of choice. For example, we may discern that two magazines lying on a table are good to read. The next step is to decide which one to read first. Even in this simple scenario, a few people cannot decide. They pick one, keep it back, pick the other, keep that back also. Over-thinking, lack of personal responsibility or dependency on other people weaken our power to decide. *When we are mentally stable, discernment and decision will be accurate. Such decisions will strengthen the soul and enhance our emotional and physical health and they will not only be right for us but also will be beneficial to all.*



SPIRITUAL KNOWLEDGE FOR A BLISSFUL LIFE



– B. K. Surendran, Bengaluru

There is a constant search for happiness and bliss in life. Many people look for temporary happiness in different forms of intoxicants, short living entertainment paraphernalia, possession of valuable gadgets, jewels, diamonds and rubies, aeroplanes and automobiles, palatial residences, or in the possession of positions and posts. However, we have been witness to the fleeting nature of all these acquisitions and attainments. Our experiences have taught us that happiness and bliss are not ensconced in the positions and posts or in material possessions but lie in the proper intrinsic understanding of spiritual knowledge and its implementation.

It is said that knowledge is the real wealth and power. Spiritual knowledge and its study provide the right quality of nourishment for our mind and intellect and make us powerful. Once, we gain knowledge of our spiritual self, we begin to see things in the light of that experience. We spontaneously distinguish the

pure self from the non-self, the real from the unreal, the eternal from the ephemeral. And because of our self-realization we no longer identify with the objects of the external world, including our body, mind, thoughts and emotions. Spiritual knowledge and its understanding make us feel more happy and stable. With more effort, we begin to experience bliss, a superlative experience that exceeds the happiness experienced in day-to-day life and also experience a natural connection with God.

It also helps us in getting rid of wrong concepts, thoughts and beliefs about who we are and about the world in which we live. We drop our negative habits, erroneous thoughts and beliefs, and let the inner self within us shine out. It is a process of looking inside us, shedding our illusions and uncovering our true essence, which is always present but lies hidden behind the ego-personality.

Let us discuss a few points of spiritual knowledge mentioned as follows, which can

help in our inner transformation:

Expectations and Acceptance

We have a lot of expectations. There is nobody, who does not have expectations in life. These expectations, desires and demands keep us moving forward with a lot of hopes and aspirations. This kind of mindset keeps us enthusiastic, zealous, vibrant and optimistic. On the way, it is possible that our expectations may not be fulfilled as expected, our desires may be half-fulfilled, or our demands may not be met and so on. It is quite natural. We must know that everything in this world has its own gestation period and we must be aware that we should wait for it to unfold. When we accept things as they are, we will be able to learn and be richer with every new experience. We will not be mentally troubled by what happened but be able to maintain our own inner happiness. If people are involved, we must understand that everybody does not have the same capacity as we have and the understanding also differs from person to person. Hence, let us give them time to come up to our expectations. Our positive thoughts and feelings will have tremendous power not only to keep us happy and blissful but also help others to fulfil their expectations.

Humility

A person's greatness lies in his/her humility. Humility lifts us from all kinds of worldliness and keeps us above the trappings of material possessions, positions and posts, achievements and attainments. A humble person is a cornucopia of unseen wealth of true knowledge and wisdom. Humility is the quality that enables the soul to reconnect with the Supreme. The humble soul will always feel protected and anchored in higher values. Humility protects the soul from self-deception, keeps the heart clean and the mind open to learning and growing.

Simplicity

The real knowledge teaches us not to carry any weight but to be light and free as a child, be flexible and mouldable as well. It is the shortcut way to be friendly with one and all and elicit their wholehearted cooperation. It is the way to get respect and regards from others. We save a lot of energy while being in a simple mindset. We also become the beloved of all in a course of time. Simplicity is free from the complications of waste questions, doubts and expectations. The one, who is simple, is naturally accurate and inspiring in one's actions. He is able to understand the demands of the environment and mould

himself accordingly, so he himself has no demands. And he is able to move forward to his satisfaction and enjoy the blessings of God.

Enlightened Self-interest

As we live, let us allow others also to live and enjoy life. Let us help others also to scale great heights in life. Let us rejoice at the progress of others. Let us have concern for their happiness and well-being. What goes around comes around; if we serve others from the heart and deeply care about their well-being, ultimately it is we who benefit from this act most. We are the ones, who will receive blessings and love for ourselves. If we share our gifts with others, we will get the blessings from them. If we love others, we will feel good, and they will love us in turn. But, if we hate others, we are the ones, who will feel hate in our hearts and have our days blackened with darkness. If we hold resentment and envy, we are the ones, who have to suffer most. To begin with, enlightened self-interest is the basis of spiritual service. Hence, each one of us should become a tower of peace, thereby radiating good wishes all around.

Be Positive

This world is flooded with a lot of negativity and waste. Our mind gets polluted easily in case

there are negative and waste thoughts. As we all know, everything in this world starts with a thought. Even in the midst of negative situations, if we are capable of thinking good, things will begin to change. Whenever we are caught up in the turmoil of negative situations, by using our intellect, we can consciously emerge inside the self our true awareness of being a sparkling point of peaceful light situated just above the eyes, at the centre of the forehead. This exercise makes us self-aware and we can use the intellect to visualize our true, peaceful, spiritual and star-like form clearly. In such a moment, we are able to tap into the reservoir of peace that is present deep inside our inner being. We are able to calm our mind by holding on to this awareness for a few minutes. We feel to be positive and at peace. As this experience grows, it has a soothing effect on our whole physical system. Gradually, stability and peace are restored in our body as well as our mind. Through this exercise, mind can be trained to respond in a different way, i.e., in a positive way.

Do not Lose Temper

Losing temper means losing the self-control. The person, who gets angry, is the worst sufferer. It is a negative urge

from within due to ego, authority or physical strength that one tries to force upon others. It is always counterproductive. Many people try to get things done through such forcible means where they lack the real knowledge of human resource management. It is with love and affection, respect and regard and by showing concern and appreciation for others that we can get the things done with ease and peace.

Self-Esteem

It is of paramount importance to have self-knowledge. We must be aware of our own greatness and the all round part we play in the world drama as a soul. We must respect, love and appreciate ourselves and understand the importance of our own existence in the pursuit of life of happiness and meaning. We must know our self-worth, specialities, qualifications, blessings and support bases. Self-esteem depends on knowing who 'I' truly am, knowing our eternal internal self. When we have found that sense of internal identity, we feel we have a right to be here, to exist. Without this dimension, it is very difficult to really respect the self. If we base our self-respect on identifying with the superficial/artificial aspects of our being:

our looks, personality, wealth, success, our friends, intelligence or our role, we will never have a stable sense of self-respect, because all these aspects are changeable. To stay stable, we need to have a deeper understanding of our internal self and tap into those riches that make us divine. As we become internally aware, these riches and resources start flowing out and enrich others as well.

Sense of Belongingness

We all know that we all are the children of God. Humanity is one. We all are brother souls. This sense of belongingness to one another creates solidarity and comradeship in our relationship. When we say that he or she belongs to me, then it removes all kinds of conflicts and contradictions. Harmony and peaceful co-existence comes to be a cultural value

system in our life. Let us not be prevented by the narrow minded selfish attitudes based on the differences among religions, castes, regions or languages, which are the different choices of faith or lifestyle practices of the people of the humanity. Let us appreciate these choices of the people as different or diverse flowers in a beautiful bouquet and uphold the values of unity in diversity.

If we keep working on some of these points, then we will be able to connect to our positivity and be enriched by inner values. Dwelling on spiritual knowledge gives us the chance and space to learn and progress. The journey towards success in itself is a joyful experience and there is harmony and bliss when we have the knowledge of right thoughts, words and actions. ❖

While striving to attain our goals, there are several times when we may feel disheartened or tired or fed up. **It's a fact that nothing worthwhile comes easy in life. Our fortune opens at its own right time.** Luck can take us ahead, and may even help us realise our dreams but those attainments fade away quickly without diligent hard work. **So perseverance is the guiding force behind every success story,** which involves motivation, faith in the self, concentration and the willingness to let go of comforts or distractions until the goal is achieved.



QUESTION THAT EVEN BIRBAL COULD NOT ANSWER!



—B.K. Rose Mary

Emperor Akbar’s Chief Minister Birbal is known for outwitting all other scholars and for his wise answers on very difficult questions put to him. But, there was one question that even Birbal could not answer. Akbar knew that Birbal was a believer in God’s omnipresence; hence, he showed the diamond ring on his finger and asked him to prove the fact of the statement: “If God is everywhere, is He in this ring too?” Birbal replied: “Yes! He is certainly in the ring.” “Then can you make me see Him?,” asked the Emperor. Birbal had no answer to this, because he never thought that his belief could be wrong. He asked for some time, and the Emperor allowed him six months. Birbal went home puzzled and anxious. The story goes that finally a little boy came to Birbal’s help. Both of them went to Akbar. The boy first asked for a glass of curd and explained that butter exists in curd even

though we cannot see it. “In exactly the same manner, God is residing within everything. Yet, one cannot see Him with his physical eyes.”

Though the emperor was impressed by the above answer, what the boy said was not correct. Butter (which is something purely material) is a product of milk (material), and is made by churning the milk whereas God (Immaterial) cannot be made by churning the world (material). When you churn the milk you are actually turning a-fat-in-water emulsion into a-water-in-fat emulsion. As you churn the milk the membranes of fat in the cream are broken so fat droplets can more easily join together forming larger fat droplets. As churning continues, these larger clumps of fat join together even more with air bubbles in between. This becomes foam which leaks out as buttermilk. The rest becomes a thicker network of fat. Once all buttermilk is drained away we

get butter.

That means butter and God are not comparable. Depending upon the variation in temperature, butter hardens or melts. But, God, The Supreme Ruler, cannot be affected by changes in the nature. Some people believe that God is omnipresent, because Scriptures state so. But, they do not know that Scriptures often state very confusing statements. In one place, *The Gita* states, “God is omnipresent (*The Gita* 10:12, 13) and, in other places it states “God is not omnipresent” (*The Gita* 2:61; 4:7, 9; 7:23; 8:9; 13:17; 15:6, 17; 18:56, 66). Some ancient writers had not believed that God is omnipresent. For example, *Taittiriya Upanishad* has this interesting command: “*Maathru Devo Bhava, Pithru Devo Bhava, Aacharya Devo Bhava, Atithi Devo Bhava*” (Honour your mother, father, teacher and guest as God). If this Upanishad writer had believed that God was equally present in every human being, he obviously would not have written the above. No one can say only four drops of ocean are salty when the whole ocean is salty!

There are many problems

associated with the teaching that God is omnipresent. If God is omnipresent, it means: He cannot grasp difference between the self and non-self; He is equally present in the victim and the victimizer; He is equally present both in the holy and filthy things, etc. Such characteristics would make God good for nothing whereas, in truth, He is the Source of all Goodness. Why was such a God-dishonouring teaching introduced into the Scriptures? May be some short-sighted teachers thought that when people will come to know that God resides equally in everyone, it may give reason for them to love each other, which would, thus, remove social evils like division, discrimination, casteism in people, etc. But, that was a miscalculation because many of the believers in God's omnipresence nourish religious intolerance and fail to love others.

However, wise people do not need a senseless teaching to love others; they can find many reasons to love others as themselves. Carl Sagan (the great astronomer, astrophysicist, and science-fiction novelist) got it right when he declared: "For small

creatures, such as we, the vastness is bearable only through love" (*Contact*, Chapter 24, p. 430). Simply put, we are small; and the universe is unimaginably vast. Vastness teaches us to have a great (*brah*) mind (*ma*) of treating everyone as a child of God in contrast to going into smallness of contraction, thinking in terms of 'I, me and mine' (*ahankar/ego*), which is at the root of all vices. At no place and at no time we can escape from vastness of universe – we swim in it always surrounded by it, thereby giving every reason to our mind to reflect that vastness and, thus, to become like *Brahma*.

Interestingly, making everyone develop great mind (*Brahma*) of treating every one as a child of God is the essence of God Shiva's Divine Training Programme (DTP) that is already underway in this Age of Transition (*Sangam Yuga*), the concluding part of the Iron Age (*Kaliyuga*). According to Him, we are essentially made up of two energies: conscious energy (soul) + cosmic energy (five elements that make our physical body which soul keeps on changing like one changes costume). When one



really believes that he is the non-physical and immortal (which is neither created nor can be destroyed) energy, a soul, and all others are souls like him, then feeling of me-and-other-separation ceases, and self-importance is no longer an issue and one's intention becomes to include, connect and co-operate with others. The more one does this, the more harmony it generates and the more beneficial it turns to be. According to many research studies, when some people, who led a self-serving life in the past, begin a compassionate life they feel good and happy. This means that our very mental make-up and Spiritual state teach that human beings have to be loving to each other and one another in order to feel good and to be happy. Scientists have found that generosity made people happier, determining and promising to be more generous was enough to trigger a change in our brain, thereby giving us a soothing and pleasant feeling. This spirit and value of generosity the *Brahma Kumaris* as an organization has been experiencing and demonstrating from its very inception. The founders and

followers of this organization have also found that the generous service of others at a spiritual level becomes the highest intention in action and even generates greater love because of its multi-layered benefits.

So, the teaching that God is omnipresent obviously serves no useful purpose at all. Even our physical bodies speak against it. It is our experience that for the finger to move, first the decision is made in the immaterial level by the soul. Look at the way our breathing happens: you witness as it happens rather than you do the breathing, which continues

even while you are sleeping. So is the case with other processes and vital functions in our bodies such as digestion, blood circulation, etc. It means the soul (*Atma*) is the builder of body and can exist with or without body. Yet, we know that the soul (*Atma*) is not omnipresent in our body, but we feel its presence behind the forehead between the eye-brows; hence, it is an individual spiritual entity, which has the ability to think, choose and memorize (*The Gita* 18:63). If the individual soul (*Atma*) is an entity dwelling in a definite location in the body, then the Supreme Soul (*Param Atma*),

our Supreme Father, too, is an entity dwelling in a definite location, which is called *Param Dham* (*The Gita* 8:21; 15:6). Those, who practise Rajayoga Meditation, have experience of linking their soul with Him and imbibing His divine qualities, which is a first-hand proof that God is the Highest-of-Highs, who is present only in one location in the metaphysical World of Souls far above and beyond the physical firmament of Sun, Moon and Stars, and such divine qualities enable them to qualify for the Golden-Aged World of Deities that is soon to come. ❖

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CANCER CAN NEVER TOUCH THE SOUL

– B.K. Sis. Bhavna, Miami, USA

It had been my longing to know God since my childhood. After touring around and finding nothing, in 1994 Baba reached out His hand to me with loving glance (*drishti*) and powerful searchlight (*sakash*) and made me recognize Him from the heart. In an early *Murli*, He told me that time was short, but those who came last can, indeed, go fast and come first. So, determined neither to be left behind nor to miss the chance of knowing God as He is and who He is, I made a powerful declaration to Baba and,

unwittingly, I stated, “Baba, I want to go fast!”

This determined and continual declaration set in motion the drama of the ensuing years of my Brahmin life. Little did I realize what I was invoking. This must be understood that if I wish to advance in my studies, I must pass the examinations. To pass from one grade level to another, a test is required. We know this. Further, I also fully understand that if I do not pass the test, I will be forced to repeat that test until I get it right.

So, within two years of my spiritual birth, it was with this simplest piece of knowledge that I embraced my first big opportunity for growth. While at Gyan Sarovar, I experienced the series of ever-debilitating strokes culminating in a major stroke that left my body completely paralyzed for three months, and semi-

paralyzed even until today. While I lay on the floor of my tiny room, I utilized this piece of profundity. I thought, “This is a test. I do not want to repeat this test or anything like it ever again, and so let me pass this test with flying colours.” With Baba’s immediate and constant help, I did. That entire trip to Madhuban was spent in bed, but not alone. The body was confined to the bed, and the room remained largely solitary because my roommate was, of course, off, enjoying all the wonderful classes. The body lay in the bed; however, I flew quite freely to Baba. Baba swept me up in the depth of His love and has, to this day, never set me down.

One of the primary points that supplied instant power, freedom from sorrow and maintained a clear connection was the trust in drama. Now, to be honest, at that point, I really didn’t understand drama. The thought of destiny bothered me a lot. To me, there seemed to be a great case for inequity, not so much for myself, but for those, who clearly didn’t have the opportunity that I had been given: the closeness with the Supreme, the instant fruit and the guaranteed victory. However, my intensely growing love for the Supreme would not be quelled. I said, “Even though I am not yet pure enough to see



B.K. Bhavna

things clearly and thereby understand and trust the drama, yet it is Baba, who has asked us to trust the drama. As I have full trust in Baba, of course, I will trust what He says. And so, trusting Baba, and, therefore, by fully trusting the drama, I ventured forward. Remember this, "Every scene of drama is not only perfect and as it should be, but every scene is for my benefit." Never forget this. Scenes come to give me power: the power to control emotions, the power to face 'obstacles', the power to see things as they really are, the power to remember who it is that I truly am and the power to have that vision realized once again. It is by remembering this that you can face anything with equanimity. If the aim is true, I embrace everything as a wonderful gift. Deities do not cry, worry, or cause sorrow to anyone.

I remembered such points as: "The body is doing what it has to, and I am doing what I have to." When the aim is true, determined thought follows naturally. The soul is, then, able to be courageous. As we all know, when the child takes one small step of courage, the Father will carry you 1000 steps ahead. The beauty of this is two-fold. Firstly, I do not need to walk

1000 steps on my own with difficulty. I simply need to maintain one moment of courage and be carried aloft those 1000 steps. This has always seemed to me to be a no-brainer. Why would I possibly want to work so hard when all that divine assistance is mine simply by essentially having 'trust' in the Supreme? Isn't that what courage really is, trust in the Supreme? Trust in the Supreme does not mean laziness; it does not mean that I simply sit back and falsely 'trust' that Baba will do everything for me. I need to have the courage to trust what Baba says to be absolute and true; and, then, I need the courage to implement these points.

Secondly, these are not linear steps that will be carried. Baba carries the soul on an upward incline! From this new vantage point, successive obstacles become much easier. Why, because from here I can see the whole picture. I can see more clearly not only what I must learn and truly overcome, but the easy path out as well.

Imagine yourself confused and unable to find your way clear in a tall maze. While remaining down below, I cannot see the way to liberate myself. I may be very close to the exit; however, because of my limited vantage

point, I walk in the opposite direction and find myself further and further entrapped. However, if I shift my position and rise up above, I will clearly be able to see what needs to be done and in which direction to walk.

For me, the small step of courage taken was so small that for years, I couldn't see what it was that I had done to warrant the abundance of help received. I just kept saying, "Baba did it all. Baba did it all." But, of course, intellectually I understood that things just don't work like that. I churned this very deeply for a long period of time and discerned that I had taken the small step of maintaining my happiness in the face of everything. That made enough sense to satisfy me for some years. However, some time later, I heard the deeper answer in an *Avyakt Murli* in which Baba said, "Baba helps those whose intentions are sincere." I leapt from my seat and pronounced, "That's it!" "That's why I received so much help from Baba!" Now, let me be clear. This does not mean that my intentions were so very sincere from the absolute beginning of my Brahmin life. No, they were not. I want you to understand that otherwise we could all have disheartening

feeling, “Well, then I could never receive Baba’s unlimited help because I have not been completely true all the time.” No! My efforts also vacillated; however, my intentions were completely true, true from *the moment of the stroke*. That’s all. Past is past.

A third and essential benefit is also enjoyed. Every time a test is passed, you receive power; so, start accumulating power from the small quizzes. Every time you pass a quiz, just a small test, like maintaining your stage in annoying traffic or the like, you receive a modicum of power. It is a small portion. However, the next time a quiz presents, you have a bit of power previously not available to help you pass this new little obstacle. And yes, by maintaining your happiness stage, another modicum of power is received. Thus, the resolve (*sanskar*) of passing small tests and receiving power continues more easily with each, until you have accumulated enough power to pass a big test. This is most wonderful. At this point, you are not the recipient of merely a modicum of power, but rather a recipient of a huge chunk of power. Well, I am sure you can see what happens from that. As with the quizzes, each successive big test becomes

easier and easier to overcome because now you have a full stock of spiritual power.

This is why we see the great Warriors (*Maharathis*) face such seemingly huge tests with grace and equanimity, overcoming them as if they are nothing. As the power grows, the intention grows. Obstacles also grow but so do the power and divine help.

My relationship with the Supreme was made firm through the give and take of powerful love made possible through the constant support experienced during this time. So, I ask you, was the stroke an obstacle, or a gift? With a ‘stroke’ of the drama, the whole of the universe opened before me in the most beautiful ways. With as much humility as I am capable of, I tell you that my body had the stroke, but not I, the soul, because I never took one moment’s sorrow from it. No sorrow from my room at Gyan Sarovar, nor even once in the twenty-three years that have followed.

Having passed this huge test of the stroke, I was surprised to receive the knowledge that I had stage four cancer. I said to Baba, “What’s this? I’ve already passed this test.” But, I maintained my courage, and stayed as I always do with Baba.

I never took one moment’s sorrow from the stroke, which had finished my physical prowess. And so, I would simply continue with Baba nothing new.

However, there was a bit that was new. While there had been no pain with the stroke, the pain from the cancer was like an “an alligator with razor blade teeth chomping hard on the body.” Oh! yes, there was extreme pain, but there was absolutely no sorrow. Please understand, these two are not connected in the slightest. I have a physical problem. Why should I also have a mental problem? The body will not get better any faster by being sad or worried about it! In fact, research has shown just the opposite. I’m actually liable to slow down the healing process by adding mental stress to the equation.

The larger the ‘obstacle’, the more inherent the power. Something new added during this period was that death was looming large. Earlier this year, I was rushed by ambulance to the hospital. The cancer pain was unbearable. Amongst other things, having eaten my hip to Swiss cheese, I could no longer walk and could barely breathe. At this point, the doctors made a unanimous declaration that I had two months left to live, and that those remaining days

would be spent confined to my bed. I was sent home with full twenty-four-hour hospice. Now, of course, the thought came that I might very well leave the body. I had long, deep conversations with Baba. One such conversation consisted basically of my list of demands. I said, "OK, Baba, I must go to a mother who is just now taking knowledge (*Gyan*)."

I wanted to be assured that I would come to a center straight away. I was listening to myself, when I recognized that this type of dialogue revealed an element of fear. As I consider myself to be very courageous, I was shocked. I immediately re-evaluated. I had always trusted the drama perfectly, and yet, suddenly, there had crept in an element of fear. So, I thought. I was reminded that the previous couple of years had been spent contemplating the ways to gain humility. I had found this endeavour to be quite tricky. Because, as you very well know, ego is quite slippery. Just when I thought I was making headway, I'd say or do something, and then declare, "That's not humble!" I found it very challenging, to say the least. So, I remembered that. Then I was touched. The realization came. "What could be more humble

than becoming a child." Suddenly, all traces of fear vanished. One day follows the next. I know that nothing would be different. I would go with Baba, stay with Baba, and ever remain with Baba. Now, my thoughts retuned to a familiar refrain. The soul sang, "If that's what it takes to bring humility, bring it on." Thus, I fully understood Baba's words: "Even if you should lose the body, but do not lose your happiness."

The relationship with Baba has grown exponentially. Yes, I had previously passed the test of the body. However, even greater gifts that Baba had to give me were sewn in the lining of this cancerous body. Probably, the most amazing and wonderful of all experiences for me has been the relationship with Baba. The more tightly I clung to Baba, the more help was received. With each experience of divine love and assistance, the more my love and appreciation grew. This was an unending spiral because the more my love grew, the more Baba showered His love on me unendingly. All sorts of relationships with Him became realized; and the fullness of love is inexplicable!

Well, I did not die in two

months. In fact, eight months later, from having metastatic, systemic cancer, I am now 100% cancer free. For those who are interested in the method of cure, I had stem cell treatments. I never took chemotherapy. *My oncologist proclaimed that the all-encompassing nature of the recovery was "Like a miracle."* Although I did what I could to restore the body to health, my real focus remained solely on restoring the soul to divine health. Remove fear, let the body heal itself, trust the drama and embrace obstacles as gifts. Then, no matter the outcome, all will be well. Everything is and always has been as it should be for your highest benefit.

Sometimes, I hear people ask God that their obstacles be removed. Obstacles are gifts. They are opportunities for growth. Asking for the obstacle to be removed is akin to asking for the opportunity to be removed. You don't want your opportunity to be taken away. Do you? No, of course not. Take courage, cling to Baba, and you can face anything, gaining power and divine virtue at every step. Remember and trust Baba's words, "Victory is guaranteed." ❖

SHREEMAT: THE DIVINE PLAN FOR WORLD TRANSFORMATION

–Dr. B.K. Purvi Solanki, Mumbai

The term ‘knowledgeful’ means being full in the all aspects of knowledge: full in the knowledge of science, artifacts, mathematics, logarithms, trigonometry, language, literature, spirituality, etc. Spiritual knowledge is highest form of knowledge. To know about the soul (self) and the Supreme Soul, our Spiritual Father – the World Almighty Authority – is to reach the peak of being knowledgeable. There are three different aspects of learning – i) Information ii) Knowledge iii) Wisdom Gathering information does not mean that we have knowledge, it just remains in the literature itself.

Acquiring knowledge means to learn and to inculcate. When we start living it, we become wise. Being a man of wisdom is to be Knowledgeful. Every soul has an inner journey, which helps him/her to become knowledgeable, i.e., wise.

Wisdom and intelligence should not be considered the same. Wisdom always leads to construction and creativity,

whereas intelligence without a spiritual support as background may lead to destruction.

What is to become wise or knowledgeable? While information is gained from outside, the journey of being knowledgeable and being wise refer to going from inside out, i.e., from microcosm to macrocosm.

As the spiritual beings we have the mind, intellect and *sanskars* (the resolves or behavioural patterns). The function of mind is to think, feel and gather information. The function of intellect is to know, learn and to consider, decide and judge. The *sanskars* are wisdom in action recorded or stored in the soul. The actions performed in the knowledgeable stage become the *sanskars*, the resolves. These are elevated actions.

But, how can we gain true knowledge, true wisdom and inculcate the righteous *sanskars* in such a diverse religious background? Who will give the right form of knowledge or help to inculcate the

unfathomable wisdom, which is cent percent true and flawless? It cannot be done by a human being. It is done by God, the Supreme Soul Himself at the right time in *Kalpa*, right place - Bharat – and at right situation, when the souls are ready to *grasp knowledge* and surrender to Him, by truly knowing Him.

It is said that a tigress’ milk can be only sustained in a vessel of gold. When our souls have undergone pain and suffering and learnt from this pain and suffering, developed the feeling (*bhavna*) of dispassion (*vairagya*), is the right time, when God, according to drama, plays His part of giving us the right knowledge to do righteous action and improve our action (*karma*), settle our past evil action (*vikarma*). This knowledge that is imparted by God, the Supreme Surgeon, to cure the diseased souls is called *Shreemat* – the Elevated Directions or the Highest Opinion from the Ocean of Knowledge, or the Highest Universal Source of Knowledge.

Shreemat, the highest form of wisdom, is not only meant for a particular soul, it is benevolent for all the souls, who are the accompanying souls in the journey of one’s life. It is a blessing for all the souls, who

come in acquaintance with the Supreme Soul, because it is His wish, His beneficial command and demand, His Supreme order and advice for all of us children.

Shreemat is the Divine Plan for world-transformation by benefiting many souls with our one small deed of kindness, one small action of compassion and empathy. One may not know the reason of a particular *Shreemat*, but if it is followed in the correct manner without mixing one's own opinion (*Manmat*) and without corrupted thoughts, it will not only nullify or neutralize the past bad actions (*Vikarmas*) of the soul but also instill in one the resolve to do good actions (*karmas*) and even will help us to gain blessings from a number of souls.' *Shreemat* benefits one and many at the same time. Hence, following *Shreemat* gives 100 times more benefit than following *Manmat*, which is the opinion only of the self and for the self, or than following other's opinion (*Parmat*), which is followed out of attachment to others or any other selfish motive.

While following *Shreemat*, one has to fully trust the Divine Plan and surrender one's mind and intellect to Incorporeal God Shiva, the Supreme Father, the Supreme Teacher and Supreme Preceptor (*Satguru*). These

three relations are very important in knowing the value of *Shreemat*, the Divine Advice, which comes from the *Murlis*, the Divine Versions of God. It is given by the Supreme Father, who has known the annals of our 84 births and our actions (*karmas*) associated with these.

It is given by the Supreme Teacher, who teaches us right virtues and deeds, who knows the subtle direction of good/bad actions (*karmas*) and where they would lead us into.

It is given by the Supreme Preceptor (*Satguru*), who knows how to elevate our actions in such a manner that many would benefit and our benevolent actions will lead and uplift us to a higher stage in the

spiritual journey of life through blessings and good wishes from the other souls as well as from God Himself.

When we follow *Shreemat*, one is automatically blessed by the Supreme Father, the World Almighty Authority, God Shiva, as it is not only meant for a present situation, but its ripples are spread to the future to come and are meant to create positive transformation in many souls in the spiritual journey of their life.

Shreemat closes the Past (past life journey and *sanskaars* of the soul) and opens up the Present and Future of the souls in such a way that one becomes truly divine in the image of God as the end product. ❖

POWERS OF SILENCE



– B. K. Nirakar, Dubai

Silence instills new ideas,
Distills unwanted thoughts
And stills the restless mind.



Silence embodies values,
Empowers vision
And nourishes and enhances inner values.



Silence is a door for introspection,
A window for retrospection
And a lens to recognise self-deception.



Silence enhances the power of will,
Enlivens the potential power within
And emerges the latent qualities.



THE FAST CHANGING MODERN LIFE



– **B.K. David**, Paignton, England

The shops of goodness are all closing down and being replaced by trouble: from fruit shop to cake shop, from nut shop to phone shop, from flower shop to clothes shop, from gift shop to butchers' shop, from health food store to bookies' shop, from charity shop to licence office and from opticians' shop to amusement arcade.

World is Changing Very Fast

Our world is changing before our eyes at lightning speed. Whilst streets are changing, our minds are changing from peaceful to stressful, from happy to sad, from healthy to diseased, from calm to erratic, from wealthy to bankrupt, from carefree to worried, from loving to aggressive, from positive to negative, from optimist to pessimist, from brightness to gloom and doom and from contented to dissatisfied.

Your body will also have to follow the lead and stance that your mind takes and follow your mind down its chosen road of preference: from shiny suit and

shoes to rags and pumps that are too small and have leaking soles, from athletic to invalid, from vigour to lethargy, from spring in your step to aches and pains, and from early rising to finding it difficult to get out of bed.

All these changes are happening to all people all of the time. It is a reflection of the present state of life and how it is moving in the wrong direction and all are suffering from going backwards in life when they should be moving in totally the opposite direction on the other side of the road.

Painful is the journey in the wrong direction that is all uphill without shoes carrying a heavy load on your back in the rain and mud. Beautiful is the journey walking along the road of truth that causes you to smile.

The world is slipping down its huge mountain of sorrow like an unstoppable avalanche carrying everyone with it. The motorbike shop of happiness and freedom has been replaced with the mobility scooter shop of confinement and pain with the restriction and punishment of

karma inescapable to all those, who have lived down the wrong side of the road, called Bad *Karma* Road.

The Selfish Blanket

The selfish blanket makes a person very heavy, very blind and very ignorant. Instead of walking with love, many get trapped by the crowd and walk with them with the same hate, which they have slowly picked up from them as company colours a person. Now, many have so much hate and poison in their minds that it seems as if they are shrouded and cloaked in some fake security blanket. This blanket in which they are wrapped is made of selfishness. Many believe that being selfish is to be like a king and it is natural and even necessary to survive in modern life. This blanket comes with care instructions on its label that is more of a warning sign as it states: If you pick this blanket up thinking it will offer you comfort and security, think again, because it will have completely the opposite effect by making you blind, ignorant and feel incredibly insecure.

It is unknown to those, who are busily riding the scooter of selfishness, that it has two flat tyres and can only go round in circles or backwards. They think that it is such a great free ride, but their crooked neck is

too painful to be lifted and see the flying planes (boarded by people) above them moving forward in life in freedom and happiness.

People from the state of being buoyant are now sinking below, from flying up they have crashed down, from being relaxed to rushed, or from walking with love to being stuck in the mud waiting in one of life's many traffic jams of sorrow. People and their life have gone astray from being charitable to corrupt, from car to wheelchair and from big bonanza to small change.

It's now a sliding - down world from.....

From the moment you wake up you are destined to get tired and from making a cup of tea it is going to get cold. From the moment you are putting your socks on, they are wearing out. From the moment you step out in the shower, you are getting dry and dirty. From the moment you finish your meal, it is only a matter of time till you are feeling hungry again. From the moment you are born, you are steadily using up your energy and heading down towards a future point where you will die definitely.

So, will you wake up tomorrow with new purpose, enthusiasm and dedication and make your coffee with love? Will you shower and put your socks on knowing that all these incidents happening before you are temporary but necessary to help usher in the New Age that is coming? Will you eat your meals in contemplation and gratitude to God for providing your meal? Will you use your energy in the glorification of God?

The motorbike with sidecar

When you can eat, sleep, work, walk and talk with love and find that you have God on your tongue as He patiently waits in your mind to speak to you and others, then you are travelling to heaven on a peaceful motorbike with sidecar, with speed, pumped up tyres and smooth engine on the right road and leaving love for others behind you as you get closer to your destination. ❖

RISING ABOVE LIMITS

From the moment the soul has occupied the physical body, it has been living a life completely surrounded and absolutely controlled by limits. The domination of these limits has been increasing as it has taken body after body. Not just physical limits such as of gender or power, money or material possessions, but of time – the time I spend with my children, the time it takes me to finish a particular task, the time my friendship lasts, the time it takes me to drive to the office, etc.

The beauty of meditation is that it detaches me from the consciousness of the body and, as a result, I rise above these physical limits and limits of time. I experience the pure and very importantly, free and independent consciousness of the soul. I step out of the boundaries of both space and time. I begin to feel my own eternity, in which I simply am, without a beginning or an end. I existed before the formation of the body and I shall exist after it has returned to dust. This awareness of my eternal (with no beginning or end) identity is powerful, because it removes the fear of death. With that goes away a lot of the ego-driven, pressure-filled behaviour, the desperate need to make a mark in my profession or through material objects which I own or in my relationships. This is the behaviour in which I indulge when there isn't the realization of my eternal identity.

I, the soul, become aware of continuity of my existence. Very importantly, I am also able to have the feeling of a place that is my eternal home, a place of rest, of peace, of complete stillness and silence. It is my place from where I began my journey. I exist in that home, and I come from that home to play my role on Earth, and I return there when my role is completed. This realization makes me internally full, fearless and content.

INTEGRATION OF SPIRITUALITY AND SCIENCE FOR PEACE AND HOLISTIC DEVELOPMENT

– **B.K. Yogendra**,
India One Solar Power Plant,
Shantivan, Abu Road

We are over 7.5 billion people on this planet, but our basic needs are the same; for our body we need food, clothing and shelter, good health and some wealth; and for our mind we need peace, bliss and happiness. But, the questions that arise are: Is there enough for everyone? Are we successful in tapping and managing the resources that the Mother Nature has given to us? It is just not enough to look at the various growth indexes and analyze the situation, just in terms of material gains. It is very much important to look at the growth and development in terms of progress which measures sustainable economy and social development, while protecting and conserving environment, culture and conduct, which are also, in recent times, regarded as a measure of “Gross Happiness Index (GHI)”.

We live in an interdependent system wherein every action performed by us shall have

impact on all that surrounds us. We, human beings, have the power of transformation through our imaginations and inventions; and, thus, we have a much greater responsibility. Our approach for development should be holistic; therefore, we have to find the best approach and model of development that shall bring peace and happiness along with the socio-economic development. Therefore, we have to rethink on how we invent new things for the betterment of humanity; we have to relook at how to better science. So, let’s try to look into this aspect:

Science is a systematized body of knowledge gained through observations, experiments and experiences. It is a process to know things in a practical and systematic way. This process starts with observation, then making hypothesis and prediction and backing these predictions by conducting experiments and then arriving at a conclusion.

This process of scientific invention is universal; then, why is it that some inventions are good and constructive that bring peace and development in our lives and why other inventions are not good for mankind and the environment that bring disasters and upheavals in our lives? What are the factors involved that make good science and bad science? Whether we can distinguish these factors and make changes accordingly in our lives? By highlighting these factors can we help our upcoming scientists to come up with new inventions for future that will always be for peace and development? Let us try to look into this side:

The first step of science is to observe things around us. This observation process depends on the observer. The observer with all his sound mind, intellect and emotions make observations. Observations can be made in both ways: by looking inwards and by looking outwards; when we make observations of the universe outside, through our five senses, we call it science; but, when we make observations inside in our minds through insight and meditation, we call it spirituality.

Interestingly, spirituality can help scientists or scientific observers to better science. Spirituality can definitely help a

human being to gain insight into his own mind and into the mind of the universe. Both science and spirituality seek truth and both have same technique to seek truth and derive conclusions. One of the main tools to imbibe spirituality in our lives is to practise Rajayoga meditation. What is meditation? It is the spiritual process in which the observer observes one's thoughts with utmost clarity and analyzes and processes one's thoughts with one's intelligence quotient (IQ) and emotional quotient (EQ) levels, i.e., one's personality traits and then after all the analysis one translates the thoughts into an actions. This spiritual technique brings more awareness, more control, more power and a sense of responsibility and a sense of connectedness with one's own self and with the Supreme Self. This technique of meditation and observation can also be applied to science, wherein the observations are made through five senses. Without this spiritual technique, all other observations that are made of the universe outside will never be complete and shall lack a sense of connectedness. This inter-connection between science and spirituality was very well conveyed by Albert Einstein

through his often quoted famous observation: "*Science without religion is lame and religion without science is blind*".

The second step of science is to formulate hypothesis and make predictions. The basic assumption behind any scientific theory/hypothesis / prediction is that the Universe has a definite order and that the human being with his mind and all his senses is capable to comprehend this order in its full form. It makes a sense of deeper understanding and connection with the element of nature to comprehend the prevailing order of the universe. A person, who is good in these first two steps, can proceed to become a scientist. So, for a scientist, it is very important to know his mind very well, read and observe his thoughts with clarity, and he should be able to comprehend the order of the universe by being attuned with his own self and with the Universe and also to exhibit total control over his senses and emotions. These are the personality traits of a man of strong character. Thus, it is well said by great Scientist Albert Einstein: "*Most people say that it is the intellect that makes a great scientist. They are wrong: it is Character.*"

In fact, the practitioner of spirituality has further attributes

of compassion, love and regard for everyone, a sense of belonging to the universe, a sense of responsibility and more human approach to all his actions. Furthermore, he shall exhibit deeper understanding, maturity, deeper insights and different perspectives to the common observations; nonetheless, he shall have total control over his senses and emotions and shall utilize his energies for attaining higher purposes. Many practical examples of this approach to science can be found in the ancient scientific inventions by sages and saints in ancient India, which are well documented in various Vedas and *Puranas*. Some examples of sages and saints are as follows:

Acharya Charak, a sage-scientist, who was crowned as the father of medicine, in his "*Charak Samhita*" has described the medicinal qualities and functions of 1,00,000 herbal plants, and also mentioned the correlation of influence of diet and activity on mind and body.

Sage Bhardwaj in his "*Vymaanika Shashtra*" has written about the details of operation of *vimanas*, shared information on steering, protection of airships from storms and lightening, and how to switch to solar energy and

some other “free energy” source.

Sage Kapil Muni in his book “*Sankhya Darshan*” has discussed about twenty five principles responsible for the manifestation of the creation (*Samsara*), and how *Purusha* and *Prakriti* are held responsible for creation.

Acharya Patanjali, father of yoga, prescribed the control of prana as a means to control body, mind and soul, and further went on to prescribe 84 yogic postures to enhance the efficiency of various systems within the body.

Acharya Sushruta, author of book “*Sushruta Samhita*”, described about the usage of anesthesia and over 300 surgical procedures and 125 surgical instruments 2600 years ago.

These examples are ample proof to conclude that the way to make good inventions often relates to the way a person leads his lifestyle. Including spirituality in one’s lifestyle is the foundation for building a great character and a complete personality that are balanced and disciplined. Hence, a very important factor that helps a society to hone great scientists is grooming their talents with spirituality and ethical values right from their childhood. The

best way to introduce the practice of spirituality is through meditation. Of all the forms of meditation, Rajayoga meditation is the most practical form of meditation which the seeker can practise it while doing his/her daily chores. With the practice of Rajayoga, the seeker gains insights into his/her thoughts that, in turn, ennoble him/her with self control, concentration and self sovereignty over his/her senses. Rajayoga enhances not just physical strength but also emotional intelligence, which increases one’s ability to regulate emotions and channelize one’s energies. It brings clarity of thoughts, increases one’s sense of connection with self and others and improves one’s memory and productivity. With improved insights, the seeker also has better decision making power and correct perceptions. It helps one to recognize one’s weaknesses and guides one to make effort to get rid of them and come out stronger and to help build a great and strong character.

It is time to recognize the importance of the connection and integration of mind and matter, of spirituality and science for promoting peace and development and also to

get ourselves in correct modules to build future minds that will not just be bright but also be strong and stable to eventually bring durable peace and make holistic development for all. ❖

DIAMOND
CONSCIOUSNESS

When you look at the world through your physical eyes, you will see all the facets of your diversity: culture, race, personality, religion and so on. Seeing only through your physical eyes, it is easy to become stubborn and to try to prove yourself right. However, where there is stubbornness, there is no love. And trying to prove yourself right is equally offensive. A diamond will sparkle even in the dust; you do not ever need to prove that you are right. In the face of the dangers that come from seeing only with the physical eyes, always think: now is the time to go beyond all divisions, beyond all that limits us and our sense of self. Whatever the race, the religion, the class - our consciousness now has to go beyond all of these.

...Contd. from October Issue



ATTITUDE OF GRATITUDE TO GOD FATHER SHIVA: DEPICTING HIS UNIQUE PRAISES

– Dr. Brahma Kumar Yudhishtir, Ph.D.,
Shantivan, Associate Editor

The qualities of God Father Shiva are prismatic, which sparkles like the various facets of a prism. Though His real name is Shiva, yet devotees address Him with various names or titles due to His various arts and attributes based upon the tasks and benevolent actions He performs in this Age of Transition at present for the complete overhaul and renewal of the old *Kaliyugi* World and reestablishment of the New Golden-Aged *Satyugi* World. Some other entitlements of God Shiva, which continue from the previous issue, are mentioned as follows:

The Only Player of the Flute of Knowledge (Murlidhar)

God Shiva is the only Knowledgeful Soul, who has in Him the knowledge of the entire world history and geography of the world. He relates through the lotus mouth of Dada Lekhraj, whom he rechristened as the Prajapita Brahma, the entire esoteric story of the *rise* and *fall*

of Bharat, which was never yet known and found in the various Scriptures of the religions of the world. In contrast to the knowledge of the various wide ranging *philosophies* of the world, this knowledge is the *spiritual* knowledge of the World Cycle including the role and status of the souls in four ages of *Satyuga*, *Treta Yuga*, *Dwapar Yuga* and *Kaliyuga* in which they played their roles under various dynasties such as the Sun Dynasty (*Surya Vansh/Devta Vansha*), Moon Dynasty (*Chandra Vansha/Kashatriya Vansha*), *Vaishya* Dynasty (*Vaishya Vansha*) and *Shudra* Dynasty (*Shudra Vansha*). In the fag-end of the Age of Transition/Confluence, called the *Sangam Yuga*, when He finally descends in the wake of all earlier religious founders, who were unable to stem the trend of decadence, downfall and deterioration of the state of the human souls, He liberates, redeems and elevates them through divine power of knowledge and Rajayoga. This

knowledge of knowledgeable God Father Shiva, which flows or springs forth from the lotus-mouth of Prajapita Brahma, is called *Murli*, and He is, therefore, called the only real Flutist/Player of the flute (*Murlidhar*) of spiritual knowledge or of the dispenser of spiritual knowledge, in contrast to Krishna, the player of the flute, who was described in the Hindu Sriptures to attract the *Gopis* of Mathura and Brindavan. In fact, the embodied human souls, who are thirsty of drinking the nectar of God's spiritual knowledge, are figuratively represented as and compared to the beloved *Gop-Gopis and/or Gaus*, who are enamoured of the bewitching sounds of the flute of knowledge, and are desirous of being purified through this spiritual knowledge.

The Only Soul as Supreme Father, Teacher and Preceptor

God Father Shiva is the only Soul with whom it is easy and possible to keep all relationships since He is only Incorporeal One without having any real body of His own. He plays the combined role of Supreme Father, Teacher and Preceptor of all souls being three-in-one. In this world, one can be both a father and teacher of a child, but none can be father, teacher and preceptor of

the same child. The child has to take a preceptor other than his own father, because the role of



the preceptor is separate from the roles of father and teacher. But, the Supreme Soul Shiva plays the role of Supreme Father as He gives the second spiritual Brahmin birth to the embodied souls through Prajapita Brahma and also gives the property of forthcoming 21 births in the Golden Age; He plays the role of Supreme Teacher as He teaches the spiritual knowledge of the world-cycle and gives the training of Rajayoga; and simultaneously He also plays the role of Supreme Preceptor as He gives liberation (*Mukti*) to all the disembodied souls and finally takes them back with Him to the metaphysical Soul World - *Paramadham* - in their return journey from this earthly physical world after the end of

their roles here.

The Only Ever Benevolent One (*Sadashiva*)

God Father Shiva is the only Soul, who is the Ever Benevolent One (*Sadashiva*). The dictionary meaning of word 'Shiva' is 'benevolent' meaning '*Kalyanakari*' in Hindi. Each and every father of a child here upon earth is said to be benevolent or *kalyanakari* of one's own child, but he cannot be ever benevolent or *kalyanakari* as he is subject to his vicious *sanskaras* and sins like lust, anger, greed, attachment and ego, which come into play in interaction with his family members and others. In contrast, God Father Shiva is called the Ever 'Benevolent' or



'*Kalyanakari*' in the sense that He always thinks of and does the works of the benevolence and welfare of the souls as He is Ever Pure and is not subject to any vicious *sanskaras* and sins like lust, anger, greed, attachment and ego like the human soul. As the World Transformer, He is always the only unique Soul, who thinks and works for the wellbeing of all

souls of the world without any discrimination and irrespective of their multi-differences and multi-diversities. His thoughts, visions and actions are always of benevolence only, and He can never think of doing otherwise.

The Opener of the Third Eye of Knowledge

All the embodied human beings of the world can see



things and beings of the material elemental world of Nature with their two physical eyes, which have great limitations in the sense that even they cannot see what some other animals or creatures of the world can see with their more powerful eyes in comparison to the skinny eyes of human beings. Far above and beyond the material or physical firmament of the world of sun, moon and stars, lies the metaphysical or spiritual world of bodiless naked souls and the Incorporeal God Shiva, the Supreme Father of all souls. But, the two skinny eyes of human beings cannot see, perceive and

visualize this metaphysical or spiritual world, called the sixth element, unless and until the Knowledgeful God Father descends down upon the earth and opens their “third eye of knowledge” (*Tisri Ankh*), called the sixth sense. The third eye of knowledge enables them to see, perceive and visualize the metaphysical or spiritual world and also their own and others’ self/soul/spirit that resides in between the two eyebrows in the middle of the fore-head. It also empowers them with the divine power of the self-realization and God-realization and thereby enables them to be established in state of soul-consciousness, being quite oblivious of the ignorance of their erstwhile state of body-consciousness. The soul-conscious state also enables them to connect with God and to remain free from the indulgence in sins and vices, which gives them untold sorrows and sufferings.

The Only Incorporeal (Nirakari), Egoless (Nirahankari) and Viceless (Nirvikari) Soul

God Father Shiva is the only Soul, who is the ever Incorporeal (*Nirakari*) or bodiless as He has no body of His own. It is this incorporeal nature of the Supreme Soul

makes Him remain ever Pure and, thus, He is able to purify the other impure souls, who became impure during the passage of time in different roles they play in the cycle of birth, death and rebirth.

He is also the ever Egoless (*Nirahankari*) Soul, who has never any egoistic feelings even though He changes the hellish world into heaven through His spiritual knowledge and Rajayoga education. His Egoless nature is completely expressed when He says, “I’m the most obedient servant of you souls” and says “*Yaad Pyaar Aur Namaste*” to the souls, His spiritual children, at the end of every *Murli* narration. He also says to His children, “People only worship Me in the form of Shiva *Linga*, but you are worshipped both in the form of *Shaligrams* and also in the form of deities, gods and goddesses. He remains *incognito* by ever performing His supreme and unique role of transforming the spiritual souls, parts and parcels of the physical/material Nature that are in a state of entropy through His Divine Powers. No soul in this cosmic drama of life can be as egoless as He is. However, at last at the fag-end of the drama, He has

completely demonstrated to the whole world as the sole Purifier, Redeemer, Liberator and Elevator of the mankind.

He is also the ever Viceless (*Nirvikari*) Soul, who makes all other souls vice-free of vices like sex-lust, anger, greed, attachment and ego that turn the souls vicious and the world hellish. It is an undeniable fact that only who is ever viceless can make others so, and He is none other than the bodiless God Father Shiva. Vices enters into the souls when they become body-conscious, but He never becomes body-conscious as He is ever Soul-conscious in His essential and original attribute or *sanskars* unlike other souls, whose *sanskars* get changed from soul-consciousness to body-consciousness and vice versa.

The Only Soul having a Divine Birth (Divya Janma)

God Father Shiva is the only Soul, who never takes birth by entering in any mother’s womb and becomes a child or an offspring like all other beings. As He never springs off from any mother’s womb, but takes self-birth by His own sweet will, He is called the *Swayambhu* (the Only One who takes self-birth). He is

beyond the cycle of birth, death and rebirth of this physical universe where all beings are subject to this cycle. He takes a divine birth (*Divya Janma*) by entering into the body of a human being (*Parakaya Pravesh*), called Dada Lekhraj, whom He renamed as Prajapita Brahma, and performs His divine tasks of world transformation. His divine birth is celebrated in India as *Shiva Ratri* or *Shiva Jayanti*. It is called *Shiva Ratri* because He takes His birth in the New Moon (*Amavasya*) day of deep darkness of the darkest night, which is symbolic of the darkness of the ignorance of spiritual knowledge. The dark cover of this spiritual ignorance of human souls is lifted by Him from their ignorant minds, which earlier indulged in vices and sins, and, as a result, suffered ignominiously and acutely in life. Taking a divine birth, thus, He also gives a *divine or second spiritual birth* to all *Shudra* type of impure souls, who had taken *physical* birth from their mother's womb and thereby turn them to *Brahmins*, called the twice born (*Dwija*), who then live a renewed life as they changed their impure and depraved lifestyle to pure and elevated one.

The Only Creator, Director and Main Actor of the Eternal World Drama (EWD)

In the eternal and cosmic scheme of the whole universe,



God Father Shiva plays the roles of Creator, Director and Main Actor of the Eternal World Drama (EWD). As the Creator He is the only Soul, who creates the world anew by transforming the human souls, Nature and world as a whole through His divine powers. His creation is not like the work of a potter who gives shapes to soft clay and creates his earthen wares. He only transforms the souls from body-consciousness to soul-consciousness through spiritual knowledge and Rajayoga meditation. He is the only Soul,

who both does or acts (*Karanhar*) and also makes others do or directs (*Karavanhar*) the tasks/works of world-transformation in the transitional phase of this transformation. As the main or principal Actor (*Karanhar*) He does His own share of the task of imparting spiritual knowledge and training of Rajayoga, and as the Director (*Karavanhar*) He directs others souls to play their roles in performing the divine tasks and changing their thoughts, words, actions and resolves (*sanskars*) according to His Supreme Directions (*Shreemat*) for bringing about their personal self-transformation and thereby the world-transformation. In this way, He plays the double roles of acting and directing in His own unique and incognito ways unknown to the saints and sages who used to say, “No end, no end” (“*Neti Neti*”) regarding the whereabouts of God. Therefore, only He has to come down to relate the *modus operandi* of His own tasks, which John Milton, the famous British blind poet, in his epic poem *The Paradise Lost* subscribed to this view in his saying, “Justify the ways of God to men.”

(To be contd...)

SAY NO TO BLUE WHALE GAME OF BODY-CONSCIOUSNESS

—B.K. Anant, Nadiad (Guj.)

We have been hearing about an online game called the Blue Whale Game, which has prompted several teenagers in India and the world to commit suicide.

In this game, children, who are especially attracted to play it, are enticed to perform a series of unpleasant and self-injurious tasks with the final challenge requiring the players to commit suicide.

The game can also be understood in spiritual connotation. If we look at the world drama game, we human souls came on this drama stage to play an innocent, vice-less game at the beginning of world cycle. We were very healthy, wealthy and happy and played our part to perfection for 2500 years in the deity dynasty of the Golden and Silver Ages.

However, as time passed, we deities were caught up in such a dirty Blue Whale Game of Body-Consciousness. Here, the Devil/Satan/Ravan, the symbol of Sins/Vices, grabbed the opportunity to entice the human

souls to play his dirty blue game of body-consciousness in which negativities and vices ruled. We were ignorantly playing the game and enjoying it without knowing the evil consequences. The messengers of God such as Mohammad, Buddha and Christ came to guide us, but we didn't listen to them and kept on playing the dirty game. At the fag end of the cycle when we became completely vulnerable to the influences of the Devil and were at the brink of spiritual suicide; it is, then, the Incorporeal God Father Shiva descended into the corporeal body of a human medium, renamed him as Prajapita Brahma and imparted us the true divine knowledge of soul, our spiritual identify and World Cycle, and made us soul-conscious to play our righteous game by refraining us from playing the blue game of body-consciousness.

He instructed us to “be holy and yogi” and to play the noble game of viceless tasks of self-transformation and world-transformation as per His Supreme Directions (*Shreemat*).

He revealed His identity as an All-Loving, All-Merciful, All-Powerful, All-Wise entity, who cares unconditionally for us and is there for us forever. This unflinching, unflinching love for us helps us to live in harmony with the self and with others.

When we are in the grip of the game of body-consciousness, we lose our real identity and embark on a course of life that hurts our spiritual potential. We begin to seek validation through either a destructive Blue Whale Game of Body-consciousness or seek validation through our addition to alcoholism or wealth accumulation. As we are social creatures, we need affirmation from others and clutch on to something, which helps us to feel good about ourselves. However, when God descends, He gives us the divine knowledge to channelize this need constructively by encouraging the souls to do good and pure actions for getting validated. Instead of seeking mundane validation, if we turn towards God, the Supreme Being, by understanding our spiritual identity and practising Rajayoga, we can find meaningful and enduring validation. Also, by playing the *divine game of 'creating elevated thoughts, assimilating virtues and performing spiritual service'*,

(.....*Contd. on page no. 34*)

QUANTUM THINKING: A SCIENTIFIC WAY OF DEFINING THINKING POWER

– B. K. Farha Sayed, Mumbai

It is a general statement in Physics that whatever goes in, comes out. The force and velocity decides how much time it will take to reach back to you. Quantum thinking describes 'Power to Transform'. It is a high order of thinking - a shift from parallel thinking to an innovative thinking process. Quantum thinking is a scientific way of defining thinking power, leading to an abstract way of living.

Going into deeper concept, quantum thinking refers to the dynamics of living matter and its cognitive function in human beings.

The word 'Quantum' means smallest amount of many forms of Energy; a smallest fraction of energy moving to a higher consciousness. It is more clearly defined by using mind and body to consider options and ideas beyond the realms of logic and reason. It is an innate energy and creative idea to move forward. From the degree of thinking, the mind creates waves depending on a situation. In realism, a belief system plays a

major role in shaping or ceasing the reality. On a broader sense, thinking towards reality gives a paradigm to visualize and makes it happen. Whether we are aware of it or not, quantum physics, spirituality, our thoughts, emotions, and success (or the lack of) in life, are *all* closely intertwined and interconnected. In fact, as modern day quantum physics has discovered and are constantly expanding upon, they and *everything* else are much more interconnected than most of us realize.

Quantum thinking reminds us the power to transform or change. Every single thought that you send out in the Universe is constructive with your approach. Embracing quantum thinking will help to make conscious choices; if the magnitude of thinking is very high it will surely affect the thinker depending on the quality of his/her thoughts.

Quantum physics says that everything is made up of atoms, which are made of particles called quanta. Those quanta are described as energies

vibrating at a certain frequency, which tend to "come together" or "gather" with other quanta vibrating at the same frequency. The fact that, at a subatomic level, the particles that form everything are not standing still but are ever vibrating, translates as "everything is energy in motion". Our thoughts are also vibrating energies.

Whatever thoughts we choose, they vibrate at a certain frequency that is drawn to and attracts elements (including other thoughts) that vibrate at the same frequency. That is why the saying goes: "Like attracts like."

Quantum physics shows us that the world is not the hard and unchangeable thing it may appear to be. Instead, it is a very fluid place, which is continuously being built up using our individual and collective thoughts. Our world is made of spirit, mind and body. Each of these three – spirit, mind and body – has a function that is unique to it and not shared with the other. What we see with our eyes and experience with our body is the physical world, which we call Body. Body is an effect, created by a cause.

This cause is thought. Body cannot create. It can only experience and be experienced; this is its unique function.

(.....Contd. on page no. 34)

LIVING AND DYING IN YOUR LANE, O'BABA!

— B.K. Jegasothy, Jaffna, Sri Lanka

Soul is a dot; the Unlimited Supreme Father is also a tiny dot. The Supreme Father sparkles as a tiny dot very brightly and attracts every one of us, who understand the truth. This drama is fixed. Our Beloved Baba says, “I am the Ocean of Knowledge; I come in every cycle to impart divine knowledge and make the children elevated.” The souls come into the cycle of birth, death and rebirth, but not the Supreme Father. A soul leaves its body and takes another body and plays different roles with different names, forms, and costumes according to the drama. That rotation too is fixed. When the soul was pure, it was beautiful in the form of deity. But, by sitting on the pyre of lust, the soul became dark and ugly. At the end of Iron Age, the souls lose their purity completely and become spiritually impoverished. This is when God intervenes at the time of beneficial Confluence age, and adopts His prodigal spiritual children, who become healthy, wealthy and pure again by being true yogi or *tapaswi*.

A true yogi or *tapaswi* is in love with Baba and is an introvert. He/she always remembers the One, the Comforter of Hearts, and experiences the beauty of all the relationships with the Father and becomes *sattopradhan*. That is, we, the fortunate Brahmin children, completely renounce the old world and live with a love-full remembrance of our Beloved Baba. *This means “to live in Baba’s lane”.*

We, the elevated Brahmin children, are the master almighty authority of the world, according to the drama plan. The Supreme Father reminds the sweet children that they became impure by taking 84 births across the whole cycle of 5000 years. Now, the urn of sins has become full and it should be burnt away with the fire of yoga. The fortune will not be created if we are not pure and truthful to our beloved Baba; so, let us always check the following:

1. Whether we experience body consciousness.
2. Whether we lack having all the 8 relationships with the

Supreme Father.

3. Whether we lack in any of the 8 powers.
4. Whether we fail to implement the knowledge of the Drama. Everything is predestined; so, let us not spend time brooding over the past, but be economical in our thoughts and be alert for eliminating the waste.
5. Whether we are critical of others and fail to see their specialities.

Brahmin souls should be *maya-proof* and obstacle-proof. Let us become powerful and help the weak to overcome their weaknesses and claim the right to Godly inheritance. This is what we say: Being and living in Baba’s lane.

Every one of us should accept that the present time is the time of transformation. We have changes happening in every sphere of life but the biggest change that we are witnessing is the change within the human consciousness, and it is more or less negative. This results in negative thoughts and causes negative changes in the universe. This is showing in the form of natural calamities like earthquakes, floods, droughts, and many other forms on a physical level along with negative changes in the minds of people on an emotional level. Each one of us is contributing to

a fall in values as well as physical energies of the world. The Brahmin children can use their power of yoga to create pure and powerful thoughts, which can help to change the world constructively.

So, let us live in Baba's lane; be constantly connected with Baba and ruminate over the gems of His Supreme Directions (*Shreemat*). We, the Brahmin children, are the jewels of Baba's eyes; we should maintain the honour of the elevated Brahmin clan and prove that the Brahmins are the luckiest of all, who have gained the gift of peace and happiness and share this gift with others in the world. Honest and obedient children strictly act according to the *Shreemat* but not according to their own whims and fancies. Firm faith in Baba and determination in efforts can bring victory even in challenging situations. The impossible becomes easily possible because our Beloved Baba always stretches His arms to His sweet and honest children.

Whenever necessary, put a full stop. Be worthy of the trust of the Supreme Father and the divine family. Be an angel and a guiding search-light for others. Brahmin souls should reflect the true knowledge and reveal Bapdada through their positive attitudes, visions and actions and be an example to each and every one. Be an ideal soul so that the other souls can look up to you and follow your footsteps. Practise what you preach. Follow the footsteps of *alaukik* father Brahma Baba by being egoless, viceless, soul-conscious, generous and united within the Brahmin family and strengthening the bonds of love and respect. ❖

A TRUE HEART'S DIVINE QUEST

– B.K. Indal, Dallas Texas

Hope lingers in the shadows of darkness, as I seek light
Amidst subtle visions and divine quest.
I also hear distorted sounds and drums without rhythm
How strange those visions are clear at night and in dark!
Are beings afraid of light and hide at day?
The more so a strange desire deep within me stirs.

The thirst for clarity, sight and light
Awakens in me a long seemingly dormant past
Not for external and material wants so gross;
But to see and feel the inner light therein
And a new, pure vision clear, so sweet and bright
And also to awaken the very soul with light and might.

A desire so pure and now awakened,
I feel a love, it seems, never before felt.
A pure and sweet energy stirs the soul and makes it light;
A surge of peace and joy and embrace, from where?
Sure, now, I so love myself with peace and joy;
My embrace, I feel, must be from far and beyond.

For waves of love so felt, can come from none
But, I have felt seemingly, from my being's Source and Beloved.
My vision now gets clearer and heart gets divinely light;
The puzzle of life is now being quite revealed piece by piece;
I will seek to reach the place in order
To be near and with the True Source of my being.

THE WAY OF SUCCESS: KEEP THE 'BEING' BEFORE THE 'DOING'

– BK Manjula, Lagos, Nigeria

Whenever we begin any task, let us first stand back from the task and observe the thoughts going on in our mind. If the thoughts are of worry, lack of determination or feeling of difficulty or negative attitude; this means that we are not internally happy. This type of mindset is a negative start to the task, which may prevent success from being achieved. A positive, powerful and happy thought is the fuel for everlasting success to be achieved. Determination attracts success whereas a lack of determination, hope and positivity sows the seeds of failure. Also, there are many people who aspire to succeed fast in a short span of time but they experience failure at the level of their heart. They are not only themselves discontented but no one also will experience contentment from them. So, let us always look for success but at the same time before we reach these important

milestones of success, which always exist in our life, it is also our duty to look for happiness and contentment at every step. Otherwise, all those loved ones with whom we share our beautiful relationships will leave us, and the beautiful role that we take pure pride in, will not be performed well. This happens so because, many times, in trying to achieve too much and too fast, we are taking the wrong road to Success. It is sometimes said, "success comes at a price." This holds true for many young achievers. They have done a lot and done good, but they did not find out the real meaning of success and do not take the right path to success.

Let us always remember that we are human beings and also always keep the 'being' before the 'doing' of any task; in this way, success will be at our doorstep all through our life. Even if we achieve a little less on physical level, we will definitely achieve a lot more in

terms of love and respect received from everyone around us. Also, the true wealth of happiness will be with us all through our life and we will live life much better, stronger and more peacefully.

True love provides the right environment for people to grow, develop and succeed. Usually, in our relationships, we begin to expect from people whom we get close to. We feel that because we have love for them, we also have a right over them. Because of our such expectations, we are not able to give the other person the required freedom to move forward for progress and achieving success.

When I have true love for people, I am able to provide the right environment for people so that they can achieve progress and success in their life. I will not hold on to them and expect them to do everything according to my needs, desires and success, but I should also give them real support and favours for their success as well. ❖

FRAGRANT HEART

The heart is like a flower. Unless it is open, it cannot release its fragrance into the world.

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

continuing to be humble. So, I think one should wait for the proper moment to clarify one's own position and should explain facts as a witness, without bragging about one's own self. Also have the belief that sooner or later, the truth will be known and there is no reason to be impatient.

One should not give the 'go by' to a noble virtue, because others do not have it. One

should renounce all desire for praise, should feel happier in being incognito and should rest in the enjoyment of a happy soul. If you adopt the code of service, tolerance, cheerfulness and the like virtues, you will have proper fruition, so greatly desired by all souls.

I do not know how deep was the effect this answer had on him, though I noticed a glow on his face and a twinkle

in his eyes. And it is true, because when we try to win everyone's approval, it results in mental exhaustion. We are obsessed over what people think of us, we are speculative and assign inaccurate meanings to the feedback we receive; and, thus, lose our creative energy in negative thoughts. But, when we rise above appreciation and criticism, it brings a sense of calm and contentment. ❖

(.....Contd. from page no. 29)

we can protect ourselves and our loved ones from various forms of challenges of Blue Whale Game of Body-Consciousness whether they are lethally malignant or mildly malignant.

This unique divine game is free. If you wish to download it into your brain/computer, it is better to visit the nearest Brahma Kumaris Centre, established by God Himself, the Supreme Teacher, than to wander aimlessly here and there. This game will lift you up from the lowest depth of hell to the highest summit of heaven, thereby enabling your self-realization and God realization through the practice of Rajayoga meditation. Best of luck !! ❖

(.....Contd. from page no. 30)

Thought itself cannot experience; it can only make up, create and interpret. It needs a world of relativity (the physical world, Body) to experience itself. The Spirit is all that is; it is the essential spiritual entity, which gives Life to Thought and Body.

Body has no power to create, although it gives the illusion of the power to do so. This illusion is the cause of much frustration. Body is purely an effect and has no power to cause or create. The key with all of this information is how do we learn to see the universe differently than we do now, so that we can manifest everything we truly desire to do so. ❖

Manage Your Thoughts Better : Going into silence enables you to manage your thoughts better. You will find that there is no need to think so much, that most of the answers you are looking for will come to you without much effort on your part.

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