

From the mighty pen of Sanjay



WRONGLY RATIONALISING THE IRRATIONAL BEHAVIOUR



One of the reasons why mankind has been unable to solve many national and international problems is that man who is considered a *rational animal*, has been using his reasoning in a wrong and perverted way. He has either been rationally explaining the defects of his personality and flaws of his character as his sterling virtues or has been wrongly justifying his uncivilised behaviour as necessary for the wellbeing of his community or the security of his country. He has been rationalising even his vulgar, barbarous or animalistic behaviour as biologically 'natural', psychologically justified and politically beneficial.

Let us consider some examples that illustrate the above kinds of rationalization. In the past, until recently, one who could slaughter large number of people, even for a tyrant ruler or for an aggressive and ambitious nation, was considered 'a brave warrior', 'a courageous soldier' or 'a national hero.' In other words, people praised the quality of being a greater butcher, i.e., a killer, and less attention was paid to the quality of forgiveness or compassion. Moreover, they rationalised aggression as a 'natural instinct' or as an in-built psychological response or as genetically correct behaviour. Similarly, if a man was able to amass great wealth through trickery and sleight of hands or mind, even accompanied with dishonesty and deceit, he was considered a man of great fortune, good luck, high status and great family. Thus, greed, exploitation, dishonesty and unjust and unfair conduct were given a high place in the society. It is this kind of wrong rationalisation that has resulted in the present state of the world. Man's faults of character have now acquired global dimensions and are now threatening the very existence of the society. Yet man's attempt to rationalise his irrational behaviour continues. This wrong tendency of man prevents, even now, the solution of global problems.

Justifying the Irrational Behaviour

Many examples can be given to show that whenever there

(Contd. on page no. 33)

CONTENTS

- ▶ Wrongly Rationalising the Irrational Behaviour.... (From the Mighty Pen of Sanjay) ... 3
- ▶ Resolution for the New Year - 2018 (Editorial) 4
- ▶ This Time is for Remembering Baba – Don't Miss Out 7
- ▶ Humility 8
- ▶ Power of Self-Realisation for Self Transformation 9
- ▶ Attitude of Gratitude to God Father Shiva: Depicting His Unique Praises 12
- ▶ Miracle Happens on Earth ... 16
- ▶ The Eight Divine Powers of the Soul 18
- ▶ Timeless Truths 21
- ▶ The Magic of Transformation 22
- ▶ Don't Be a Snowman of Bad Habits and Selfishness 23
- ▶ Jewels of Godly Knowledge 27
- ▶ Let's Use our Qualities for the Service of the Humanity 30

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RESOLUTION FOR THE NEW YEAR-2018



We are very eagerly waiting to see the new light of hope and happiness in the New Year, 2018. The present day scenario is a bit disturbing and seemingly threatening from many angles. We learn from the newspapers and other media about the differing views of our political leaders, especially during the Election Campaigns, where accusations are continuously hurled at each other. The super powers are worried about the relentless threats coming from North Korea, with the latter conducting almost one missile-test after another!

The people of Bharat have been facing a lot of difficulties with the sudden bombshells of 'Demonetisation' followed by 'Goods & Services Tax (GST)'. Almost 60% of the Indian population hardly understands anything about the projected benefits of Government policies for the overall economic wellbeing of the country. Further, the common person feels oppressed and suppressed due to the ever-rising prices of basic

essential commodities of daily use, leading to tremendous pressure on the psyche of every consumer. It is very astounding to hear of the pollution levels in major cities, carelessness in administering healthcare, shortage of medications for the general public in government hospitals, sub-standard construction and maintenance of public utilities, including roads, railways, etc. Though the Central Government and other State Governments have been taking help from the best brains, experts and experienced professionals, the statistics published in the newspapers have not shown much decline in the number of shortcomings and maladies. Rather, the graph seems to be going up and up each year. So, we are quite puzzled as to how we should welcome the forth-coming New Year?!

On a positive note, we have already started receiving very beautifully printed New Year greetings cards. One of them says, "*Wish you a refreshing New Year! We wish you life's best. Hope the joys and*

beauty of the coming year is here to stay!"

It's heart-warming that everyone wishes others the same 'peace', 'prosperity', 'happiness', 'good health', and 'wellbeing' that they would like to feel in their own lives; however, there hardly seems to be anyone, who may be attuned to the thought of *searching for the root cause of present day sorrows and obstacles, and then to find simple spiritual solutions to rectify them.* The scriptures of all religions and thoughts of great philosophers keep emphasizing upon the value of 'faith and devotion', 'righteous ways for earning a livelihood', and 'noble ways of spending'. **These ancient spiritual wisdoms, combined with appreciation for Nature's gifts for a healthy and happy life, need to be given the front seat, as they are gradually disappearing from human lives.** Regular walking, practice of meditation or chanting (of 'Om' in particular), and rendering of service to the people and society keep a person in very divine spirits, and connected with God, the Higher Divine Consciousness.

It is most apt to share with our readers the essence of the elevated versions of our

Supreme Parent, Teacher and Satguru enshrined in the *Avyakt Murlī* discourse of 3rd April, 1983, revised on 3rd December 2017, which emphasise upon the need for us **to expand our awareness and consciousness and make it ‘unlimited’, that is free from bondages of weaknesses, negativities and limitations of all kinds.** The *Avyakt Murlī* points are as follows:



“The unlimited Father is meeting the elevated children, who remain stable in an unlimited stage; those who have an unlimited intellect, unlimited vision and an unlimited attitude; those who are unlimited servers in the corporeal form, in the unlimited place of the corporeal world. The main essence of all four *subjects* of the whole knowledge of this spiritual study is just this one word:

“unlimited”. To stabilise ourselves in the meaningful essence of the word “unlimited” should be our *first* and *last* effort.

“First of all, to belong to God means to die alive. The basis of this is to go beyond the limited consciousness of the body and stabilise in the unlimited form of soul-consciousness. The *last* thing is to become the angelic form, that is, to go beyond all limited relationships and to become an angel.

“From the beginning to the end, what types of limitation have you gone beyond or do you still have to go beyond? Only when you become an embodiment of the unlimited, beyond all limitations in your unlimited home, an unlimited server, and a victorious jewel who has gained victory over all limitations, can you become the embodiment of the experience of the final *Karmateet* [going beyond the impact of action (*Karma*)] stage.

The limitations are many, whereas unlimited is one. There are many types of limitations, that is, many types of the consciousness of “mine”. All the different types of the consciousness of “mine” become merged in the

unlimited consciousness of “mine is one Baba and none other”. The expansion, then, becomes the form of its essence. Is the expansion difficult or is the essence difficult? *Check* how close you have come to this final destination. Whilst keeping the *list* of limited things in front of you, check how far and how many such limited things you have gone beyond.

“Whilst going beyond one or another type of barrier of limitations, some become attached to those limitations; some also become quite stuck to them. Others have gone beyond and can be seen to be close to their destination. What would be the visible sign and what would be the experience of your going beyond any form of limitation? **The sign of going beyond any limitation is that you go beyond and go up above.** The stage of going beyond is the flying stage. First, you become a flying bird and, then, land on the branch of the *Kalpa* tree of action. You act in your powerful form of the flying stage and then fly off. In this way, you do not get trapped on the branch by any bondage of action. To get trapped in a *karmic* bondage means to get trapped in the cage of

limitations. Instead of being free, it means that you are dependent. A caged bird will not be called a flying bird. Sometimes, the flying birds, the elevated souls who belong to the Father, clutch on to the bondage of the different actions of the branch of the *Kalpa* tree with the claws of their weaknesses. What do, they do then? This is known as lacking the power to go beyond limitations. There are four types of branch of this *Kalpa* tree. But, the fifth type is more attractive. There are the *golden, silver, copper* and *iron* branches; but, the branch of the Confluence Age is that of *diamonds*. However, instead of becoming a *hero*, you hang on to the diamond (*hira*) branch. The actions of the Confluence Age are the most elevated. These elevated actions are the diamond branches. No matter how elevated the actions of the Confluence Age are, you still get trapped in the bondage of elevated actions, which is referred to, in other words, as the golden chains. The limited desires in elevated actions are also the golden chains. Even if it is a diamond or golden branch, a bondage is still a bondage! Go beyond all these

bondages, that is, go beyond all limitations.

“God salutes you sweet mothers, because even Brahma Baba surrendered everything to the mother *guru* for the task of establishing the New World. The speciality and newness of this Godly knowledge is to keep the incarnations of *Shaktis* at the front. To establish the system of having a mother as a *guru* is the newness here. This is why, in the memorial, there is also the worship and praise of *Gaumukh* (cow’s mouth). You are not limited mothers but unlimited world mothers. You have this intoxication, don’t you? You are the ones, who benefit all the people of the world; you are the world benefactors. You are not those, who benefit just your homes. Have you ever heard the praise, sung of “home benefactors”? You have heard only the praise of world benefactors. So, the gathering of such unlimited mothers is an elevated gathering, isn’t it? The unlimited mothers are images of experience, and because mothers are experienced, they cannot be deceived by anything limited.”

In short, simple living and high thinking; disciplined,

regular routine and balanced inner life, and the philanthropic or social service activities bring us the required joy, happiness and deep satisfaction. The more we remain committed to these aspects of spiritual endeavour, the more we receive blessings from the Almighty Being. **We do not need to pray or even crave for God’s blessings, as it is automatically guaranteed and attained in the form of heart-felt abundance and richness of spirit.**

Let us take a pledge or make a resolution to be worthy children of the worthy Father, by accepting His wise counsel to synchronize our lifestyles with spiritual wisdom, while pursuing practical achievements, physical wealth and resources through earnest endeavours, honest actions, and creating respectful, loving relationships. Let there be newness at every step, every day of every month of the New Year, 2018!

Wishing our readers and their families a very happy, ever-healthy and ever-wealthy approaching New Year ahead.

Om Shanti.

–*B.K. Nirwair*

THIS TIME IS FOR REMEMBERING BABA – DON'T MISS OUT

– Rajyogini Dadi Janki,
Chief of Brahma Kumaris



Someone pointed out, “Dadi, you made an observation that we’re still under the influence of our own nature. How can we come out from this influence? Is all this happening in reality or is this a dream? The life that we’re living is a reality, isn’t it? Life is real. The challenges and quarrels we all have with *Maya* is real, isn’t it?”

Dadi replied, “I feel that Baba is all around. He is around me, He is with me. It’s the time of the Confluence Age. In the entire *Kalpa*, or even in *Satyuga*, will you be able to take this benefit of Baba being with you? It’s now, at this present time, that you get this feeling. Many are under the influence of their own nature. I’d like to say from my heart: Time is such, don’t miss out on having remembrance of Baba. We get filled with immense love by remembering Baba. Now, we have the opportunity to be observers, to be detached, to create a stage that is

unshakeable, immovable. That’s the type of stage we need to make now – steady and stable. I cannot say, ‘What can I do?’ I cannot have that type of stage. I have to say, ‘I have to do it now.’ Remember Baba and be in Baba’s company. Do you feel that we are with Baba, in His company?”



She added, “There is Baba on one side and fortune on the other. We have this *bhavna*, we are experiencing it in this journey of our lives. It’s such a beautiful one. Life is a journey, a pilgrimage. We are on a pilgrimage. It isn’t aimless. We’re going to the land of peace. That’s our home. Shiv Baba is taking all of us back to that home.”

Explaining about the word ‘nature’, she said, “We are creating our nature. The nature of having God by our side. The

nature where God is inseparable from me. The mind and intellect are in the soul. With our mind, we have to stay in His remembrance. Through remembrance I can change my attitude, vision and awareness. When there is remembrance, this influences my attitude, which will reflect in my eyes. Baba is the Bestower of Fortune. “

She continued, “As souls, it’s amazing how we recognise each other. These eyes are amazing. Baba is holding everyone’s thought and is making it still and peaceful. There’s total peace inside. Everyone, collectively, is peaceful. At this Confluence Age, because of having knowledge of the mind and intellect, it’s very easy for I, the soul, to have peace inside. If the mind is peaceful, there’s a connection, a relationship. We become light. Through that light, we draw might. It takes only one second to get light and draw might from that strength inside.

The string of my life is in Baba's hands. We can say, "Baba, You can pull it. It's as if He's pulling that string."

She continued further, "There was a time when I didn't know that shares were so profitable. Did you know that sharing brings such an income? At the Confluence Age, Baba makes us very smart about earning an income. There is an income at every step. We must not waste time. It is now the time to become stable. No distractions, no mischiefs. Not letting the intellect go here and there. Be stable. Here, study and earning are simultaneous. In the world, first you study and then afterwards you earn an income, but here you do them simultaneously."

She queried, "Who is feeling that their heart is being touched by what they're hearing?" You heard it with your ears but if the heart was touched by it, it will become a practice. The blessings and essence for *dharna* are so good in *Murli*. We must keep repeating, revising, and realising them." ❖

**KEEP YOUR VISION
CLEAR**

If you miss an opportunity, do not cloud your eyes with tears; keep your vision clear, so that you will not miss the next one.

HUMILITY

—B. K. Shikha, Pune

Each one of us possess certain specialities. We are all different and we complement each other and one another to form the society as a whole. But, often it is also quite easy to get taken over by the pride of our specialities, more so when we get public recognition for some of them. Unknowingly, we then start disrespecting others and do not think so good about them. Because, somewhere and sometimes we start comparing others with us and develop superiority complex. We also get addicted to this feeling of being greater and getting more recognition than others; and, in this way, we make every effort to protect this virtual, larger than life personality we have thus created. If someday instead of getting any recognition we get insulted, we swing to the opposite end and feel and develop inferiority complex. Interestingly, this false pride hinders our progress and, eventually, leads to our ultimate downfall. In contrast, people, who become very successful and also get everyone's respect, are those who remain humble. We have ample examples in history to look back upon such people. Having a speciality is good but even more important than that is humility. It is one of the most important virtues. When people praise someone, what they emphasise upon in him/her is that the person is very down-to-earth, even after being quite successful.

One way to stay humble while getting public recognition is to realise that everything is a gift of God to us. If we think deeply, we didn't possess much when we were born and we will not take anything when the time comes to move on. If we really want to touch other people's hearts; then; the only key is our humility.



POWER OF SELF- REALISATION FOR SELF TRANSFORMATION



–B.K. Surendran, Bengaluru

People have been striving hard for change in their thinking, speaking and doing things, their habits, character, behaviour patterns, dress code, food habits, relationships and so on. A change is sought after only when it has come to the knowledge that such a course of action at present is injurious to the welfare of the self at present or later on. Therefore, a new course of action is initiated to bring in some change, so that things will get better. In order to bring in new changes, it is necessary to focus attention on the self and keenly observe what are the inconveniences being felt at present and what damages can cause at a later date and what possible changes can be brought about. When we go through a bad experience in the course of the activities of life. We learn many things on the way; it becomes easier for us to change the course of action or a particular lifestyle. This kind of understanding

with an open heart is called self realization. Self realization is a powerful change agent even for very die hard bad habits. We can examine the following areas of our daily life:

Thoughts: We all know that we should think positive and avoid negative thinking. Our thoughts decide our course of life. A wasteful thinker wastes his time and energy in useless things. A negative thinker wastes his life in negative activities. A vicious thinker will end up in vicious activities. As we think, so we shall become. Our thoughts are powerful energy units, which have the capacity to materialize. As the thoughts, so is our state of mind. As the thoughts so is the result of our actions. As the quality of thoughts so, is the quality of our life. Vicious, negative and wasteful thoughts are like poison. On the other hand, positive thoughts have the soothing effect and the life situations would become solace-giving and peaceful.

Positive, pure and elevated thoughts can make us happy and vibrant. These are the safety belts in times of crises in life. We will be pleasant and peaceful. It is also possible that we may be thinking positive, whereas before that thought is translated into action, there may be some change. Our attitude (*vriti*) may change. Hence, purity in our *vriti* is also important for positive thoughts to reach the level of practical execution. When we realize the importance of positive, pure and elevated thoughts and attitudes in life and also the harmful effects of negative, waste and vicious thoughts, we would forcefully prevent ourselves from them and engage ourselves in generating and using positive, pure and elevated thoughts.

Words: We all know that our thoughts have the power to materialize when spoken. Words are like arrows. It is said that the arrows, which, once left the bow, cannot be retrieved. In the same way, a word spoken cannot be taken back. A word of anger, arrogance, ego, jealousy, revenge, challenge, etc., if already spoken, cannot be retrieved, and it creates a lot of damage in our personal relationship or peaceful

coexistence. Enmity will prevail for very longer times. If we can imagine the damage a word can make if spoken in haste, we will be quite careful in our conversations. We may be creating sorrows in the life of many people, discord in the relationship of many people, with the words we speak without careful consideration and without understanding the dire consequences of such careless action beforehand.

Deeds: The quality of our deeds (*karma*) is decided by the quality of our thoughts, feelings and emotions. The deeds (*karma*) we do speak of the personality that we possess. If our *karma* is bad, it is because we are not thoughtful while doing *karma*, and we have not applied our mind in generating good thoughts, pure thoughts and elevated thoughts so as to do a virtuous *karma*. A vicious *karma* will create sorrows in our life. *Karma* is our contribution to this world. Whatever we give to this world will come back to us. So, goes the saying, “As we sow, so shall we reap”. When we have the realization that we should get only happiness, peace and solace, then we will do only virtuous *karma* through which

we not only do a good deed for ourselves, but we will also be helping many people in the process of living happily with contentment.

Character: It is said that if character is lost then every thing is lost. We must have character, fidelity and chastity. It is said by Swami Vivekananda that if a person maintains strict abstinence from sex, he will have a mercurial memory. The character of a person can be assessed based on what he is doing when nobody is watching him. It is said that everybody will be good in front of many others. Bodily purity, what is called celibacy, is mandatory for being a person of good character. Then purity of thoughts, words, deeds and relationships and contacts are also important to have a sterling character. Perfect abstinence from sex and continence is to be made one of the compulsory traits of a person of sterling character. When a person safeguards such a character, he/she becomes dis-ease free and happy. Purity is total cleanliness, which is next to godliness. Where there is purity, there is peace and happiness. When one

understands and realizes the importance of character and purity, he/she will naturally observe the values, which are to be inculcated in life for a sterling character.

Interactions and Dealings: Our interactions and dealings should be straightforward, thereby giving respect and regard to one and all, with no hush-up or cover-ups. What is being thought of and spoken should be brought into practice. There should be purity in our interactions, giving happiness and contentment to those, who we interact with. We all know that if our dealings and interactions are mixed with falsity and intention to cheat and with many cover-ups, we cannot come closer to people and strike a friendly note. In the process, we will be losing the most valuable property of better human relationship. Once, we realize this aspect, we will make improvements in our interactions and dealings to be pure and positive at all times.

Relationship: Relationship is an invaluable wealth in human life. Our relationship should be always happiness-oriented, true, open and friendly. We should not have any hidden agenda. There should be no

make-believe presentations to impress others. Because, our thoughts are being communicated to others faster than our words. It should be made known that others are important and respectable. If our relationship is based on a hidden agenda, we may lose many invaluable links of relationship through which we will lose the most important wealth or resource of human beings. When this realization comes to us, we will see that we have a beautiful and harmonious relationship with one and all. We must convey in a subtle way through our interactions that we are for them and we are ready to be of any help and cooperation.

Food: We all must have *sattvic* diet. This consists of pure vegetarian diet. The food we take is the medicine for the body and the spirit. Avoid non vegetarian diet at all costs. When we earn money through hard work and truthful means and with which we buy articles of food and such food articles are cooked in the remembrance of the Lord and taken as *Prasad* in His remembrance after offering to Him, not only we become healthy, but such food also gives us peace, pleasantness and contentment. Food articles available in the market and hotels are not only unhealthy but also impure. Such food is the breeding ground for all kinds of diseases. Once, this realization comes to us, we will definitely think twice before selecting our daily menu of food articles.

Environment: Our place of residence and surrounding environment are crucial to our wellbeing. Our place of residence should be clean, neat and tidy. Similarly, the surrounding environment in which we live should also be clean. The extent of cleanliness at our residence and environment is based on the mental cleanliness we maintain. If our mind is systematically organized, tidy and pure, then such a mindset will reflect on the dress we wear, the food we eat, the place we stay and the environment we are put up with. If these three components are shabby, impure and not organized, we are prone to diseases, both mental and physical. Once, when this realization comes to us, we will see that our dress, residence and environment are kept clean, neat and tidy. ❖

Morning Musings & Night Notions

“If winter comes can
spring be far behind?”

– P.B. Shelley

“Fools rush in where
angels fear to tread.”

–Alexander Pope

“There is nothing good or
bad; thinking makes it so.”

–William Shakespeare

“Mind is in its own place;
it can make a hell of
heaven and heaven of hell.”

–John Milton

“Purity is the mother of
peace and happiness.”

–God Father Shiva

“Winners don’t do different
things, they do things
differently.” – Shiv Khera

“A person, who never made
a mistake, never tried
anything new.”

–Albert Einstein

...Contd. from November Issue



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

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

The unique praises of God Father Shiva are multifarious and innumerable in such a manner that they are indescribable in words and languages of human beings, which fall short of giving full and accurate vent to them. It is, therefore, rightly said, “Make the whole earth a vast sheet of paper; make pens from all the trees of the whole forests upon the earth; and turn all the water of the all the seas and oceans into inks; still then it is impossible to finish writing all the praises of God.” The poets, writers, essayists, dramatists of various genres of vast literatures in various world languages have given eloquent expressions to their thoughts, feelings, emotions, imaginations, attitudes, opinions, comments, commentaries, etc. on His noble tasks and qualities, attributes and powers from time immemorial. But, even then, His devotees throughout the world are still going on writing and singing holy hymns to Him, thereby expressing their innermost love,

devotion, gratitude, obeisance, adulation and also making Him the apple of their eyes, beloved of their hearts and cynosure of attraction of their souls and minds. The present article continues highlighting some of His other praises from the previous issue as follows:

The Only Selfless Server (Nishkama Sevadhari)

God Father Shiva is the only Soul, who is the only ever Selfless Server (*Nishkama Sevadhari*), and does selflessly the noble tasks of Generation, Operation and Destruction. He expects nothing from His children, souls, in return of His unique services to them, rather He says to them, “Dear sweet children! I never become the owner of the world, but I make you its owner.” All other human beings expect and desire something in return of their services to others. The human parents serve their children keeping hope that the latter will come to their rescue and support during their old age, when they turn weak and infirm, and are

also incapable of sustaining their own lives. But, the Incorporeal Supreme Father God Shiva does require nothing from the souls whom He serves as He is bodiless, and, therefore, neither becomes old nor does He need any sort of sustenance from them. He is ever bodiless, self-luminous, self-conscious and also ever non-consumer (*Abhogta*); so, He has no such personal material needs whatsoever that He can expect from the souls. Instead of needing anything, He fulfills the various needs of the souls as the Supreme Father and Selfless Server of all.

The Only Satchidanand Soul

God Father Shiva is the only *Satchidanand* Soul in the sense that He is the incarnation of Truth (*Sat*), Conscient Consciousness (*Chit*) and Bliss (*Anand*). In these attributes, He is complete and inexhaustible, and the deity souls (gods and goddesses) are partakers of these qualities to certain extent number-wise. However, the deity souls lose them gradually during the passage of time while undergoing the process of entropy and at the end of *Kaliyuga* completely, whereas He keeps them intact in His Godliness and Divinity without losing an iota of them. This is why He is regarded as the ever *Satchidanand* in its true divine characteristic essence and

sense of the term.

**The Only Lord of Nature
(Prakritipati)**

God Father Shiva is the only Lord of Nature (*Prakritipati*)



in the sense that He is above and beyond the impact of Nature's ever changing tri-told qualities or forces (*Satto, Rajo, and Tamo*) as He is the Supreme Lord over all souls and Nature. Whenever He comes down upon the planet earth to play His roles on the earthly stage of the world, He also comes by controlling all forces and impacts of Nature. He enters into the human body-chariot of Prajapita Brahma and still remains in His own essential state of the Lordship of the Supreme Self while playing His three cardinal roles of Supreme Father, Teacher and Preceptor. As He is a Supernatural Being, He plays these roles in human body and in earthly atmosphere, but He remains unaffected without any earthly influence or natural impact.

The Only Timeless Lord of Time (Mahakaleshwar)

God Father Shiva is the only Timeless Lord of Time (*Mahakaleshwar*), because

He resides far beyond and above the four dimensional space-time continuums, in which the space has three dimensions such as length, width/breadth and height, and time being the fourth dimension. Space-time continuums are the aspects or parts and parcels of the physical or material or five elemental Nature and Universe in which all sorts of tangible or corporeal living beings and objects play their parts being quite subject to the spatial and temporal rules and regulations operating in the infinite span of physical space and outer space and in the eternal span of diurnal and nocturnal durations. But, Incorporeal and Intangible God Father Shiva remains above and beyond the five elemental and natural universes; that is why He is Intangible and Invisible to the naked human eyes and is also regarded as Timeless as He is not subject to this space-time continuums of the physical or material world. Even though He comes down to play His part on this earthly world by entering in human body, yet He remains unaffected by the impact of the cause-and-effect relationship of this earthly phenomena.

The Only Mercy Giver to All (Sarvodaya)

God Father Shiva is the only Mercy Giver to all (*Sarvodaya*).

He is ever Merciful to all the creatures of His Creation.

When the human souls become



decadent and impure, get sorrows and sufferings due to their own acts of omissions and commissions,

and the Nature also becomes decadent, disorganized and the ecological balance gets destroyed by their exploitation, they shout out their Save Our Souls (SOS) calls to God to save, salvage and secure them from the assault of their sins and vices and also from the vagaries of Nature that appear "in tooth and claw" in its ferocious and devastating forms to ruin man's life and properties. God Father Shiva showers disarmingly the rains of His mercy on all such unhappy and aggrieved souls and saves them from the scorching heat of their sins and vices with His cooling and comforting mercy.

The Only Seer of Three Times (Trikaladarshi) and Lord of Three Worlds (Trilokinath)

God Father Shiva is the only Seer of Three Times (*Trikaladarshi*), who knows, perceives and sees three aspects of time of past, present and

future or of the history of Creation in its beginning, middle and end. He is also the Lord of Three Worlds (*Trilokinath*) such as the uppermost World of Souls, called the *Brahmlok/ Nirvandham/ Paramdham/ Shantidham*; the middle Subtle World, called the abodes of the subtle deities known as Brahma, Vishnu and Shankar; and the lowermost material earthly human and natural world of five elements. Unlike the human beings who cannot see the Invisible God with their naked skinny eyes, He is inherently capable of knowing and perceiving the three times and worlds in His own unique spiritual, penetrating and miraculous vision. Being the Incorporeal Soul, He permanently resides in the metaphysical World of Souls and descends once during the most auspicious Age of Transition (*Sangam Yuga*) when He has to transform the impure souls for His unique task of world-transformation.

The Only Ocean of Pearls (Ratnagar) and Magnate (Saudagar)

God Father Shiva is the only Ocean of Pearls (*Ratnagar*). There is a saying, “The fishermen, who float upon the surface of the sea or ocean, collect only fishes; but, the

divers, who dive deeper into ocean floors, collect pearls.” God Shiva offers as divine gifts the pearls of knowledge, peace, love, happiness, purity, powers and bliss to those spiritual children, who, like the sea-divers or ocean-divers, dive deeper into the depth of the Ocean of Values and Virtues to experience all these.

God Father Shiva is the Spiritual Magnate (*Saudagar*), who gives multi-million times to the His spiritual children in return of even their very insignificant things, which they offer for the spiritual or Godly services. In fact, He gives them the Heaven, the Kingdom of God, and makes them the Emperor and Empress of it in which everything is in plenty and bounty in Nature with beautiful flora and fauna, including golden palaces studded with pearls and jewels. Being established by God Shiva, this Heaven is called *Shivalaya*, which is otherwise known as Elysium or Paradise and is characterized by utmost peace, purity, prosperity, health, wealth and happiness.

Such unprecedented magnanimity and generosity of God has been eulogized in the anecdote that details the childhood friendship between

poor village Brahmin Sudama and Shreekrishna, the Emperor of Dwarka Puri, who is described to have blessed him with golden palace in return of some lump of fried, fragmented rice as a gesture of such close, deep and intimate human-divine friendship that has been ever immortalized in Hindi religious literature.

The Only Rower (Khivaiya) of Boat of Human Life

God Father Shiva is the only Rower (*Khivaiya*) of the boat of human life. When the human souls suffer from utter hardships, obstacles, sufferings due to their ignorant involvement in sins or vices and



gave out Save Our Souls (SOS) calls to God, He listens to their depressed invocation and comes to their ultimate rescue to save them from drowning in the Ocean of Life. This is figuratively described that when the boat of human souls’ lives faces the grave danger of getting drowned in whirlpool of ocean water and the drowning human beings are being pulled downward in spiral action of

water, God ultimately saves them by drawing them out by catching hold of their locks of hairs. But, literally this means that He gives them the knowledge of their spiritual identity and teaches them Rajayoga meditation practice to connect with Him and, thus, get them saved, liberated and redeemed with their regained divine powers, which was restored to them with this meditation practice.

The Only Spiritual Gardener (Vagwan)

God Father Shiva is the only Spiritual Gardener (*Vagwan*) in the sense that He transforms the



world of thorns into the world of flowers. The vicious human souls have turned themselves into pointed thorns and they prick one another with piercing thorns of vices, sorrows and sufferings in the present *Kaliyugi* world, which look like a garden of thorns shorn of any foliage and greenery. As the only Spiritual Gardener (*Vagwan*), God Father Shiva instills in them the spiritual saps of divine knowledge, values and virtues, and thereby transforms them into fragrant, colourful and

beautiful spiritual flowers with verdant foliage of values like love, peace, mercy, forgiveness, cooperation, etc., which ultimately reform and transform the hellish world again into a heaven of holistic peace and happiness. The world of lost paradise changes into a world of regained paradise with His sacred transformative and motivating divine power. The devilish human souls, who were once in a mood of “eye for an eye” with revenge motive, are now turned to be benevolent angels and are also able to see one another “eye to eye” with the mood of divine and spiritual brotherhood relationship due to regaining of their lost spiritual identity and realization of uniformity of soul-consciousness.

The Only Supreme Justice (Dharmraj)

The role of God Father Shiva as Supreme Father, Teacher and Preceptor is finally changed into the role of the Supreme Justice



(*Dharmraj*), who presides over the Supreme Tribunal on The Last Judgment, which is otherwise known as Final Judgment, Day of Judgment, Judgment

Day, Doomsday, or The Day of the Lord. In Christian belief also, it is regarded as the final and eternal judgment by God of the human souls, which results in the glorification of some and the punishment of others.

He dispenses justice in proportion to the acts of the commissions and omissions of the human souls on the basis of the Grand Universal or Cosmic Divine Justice System, which is unchallengeable, irrevocable and inevitable. His is the Absolute and Highest Court of Justice above which there is no court of further appeal. The human souls are measured with a fine balance of divine justice and dispensed according to their virtues and vices impartially. No sinner or vicious soul can ever go unpunished by the only Supreme Justice (*Dharmraj*); and he or she is shown the door to the devilish and heinous Hell, the Kingdom of Satan, with just and right retribution of vicious thoughts and sinful actions. Likewise, the sinless or virtuous soul is rewarded with deserving divine rewards; and he or she is shown the door to the holy and divine Heaven, the Kingdom of God, with just and right recompense for virtuous thoughts and noble actions. *

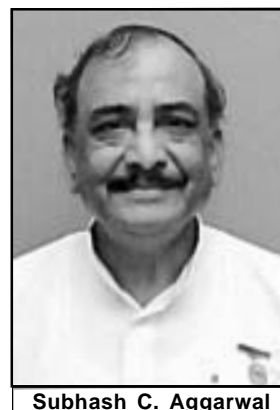
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MIRACLE HAPPENS ON EARTH



– **B.K. Subhash C. Aggarwal,**
Mehrauli, New Delhi



Subhash C. Aggarwal

I am a peaceful soul and my body's name is Subhash Aggarwal. I am a 66 year-old young boy. The reason for this youthfulness is that I always keep myself happy, busy, healthy and cheerful. After serving for 41 years in Government of India, I retired as a Gazetted Officer from Union Public Service Commission on 31st July, 2011. Then, I worked in Delhi Metro Rail Corporation Limited as well as in Dedicated Freight Corridor Corporation of India Ltd., under the Ministry of Railways up to 31st March, 2016. Since 3rd October, 2016, I am now working as an Administrator-cum-Secretary in one prestigious Project Management Consultancy in New Delhi.

It was the second week of January, 2016 when I suffered a severe chest pain. My Echocardiogram (ECG) was normal but my angiography revealed that I had 4 blockages ranging from 90% to 95% in

all the three coronary arteries. The Doctor advised me for Stent/Angioplasty, but I was adamant that I would rather die than go through any surgery or stent.

Later on, my wife, Mrs. Usha Rani Aggarwal, came to know from one of my friends' mother, Mrs. Kitabo Devi Rohella about the CAD Programme organised by Dr. Satish Gupta at the Brahma Kumaris, Shantivan, Abu Road. She told my wife to take me to Shantivan after taking prior appointment from him. She also told my wife that she had 100% blockage in all the three arteries, and now the blockages are no more. She has told how she has developed one/two new arteries, which came as a surprise to the doctors. After attending this wonderful CAD programme for 2-3 times organised by him, my friend's mother, who is now about 82 years, is enjoying her life in USA with her daughter.

With the advice of my wife,

I sent the lab reports along with my ECG, Stress Myocardial Perfusion Scan and CT-Coronary Angiography reports to Dr. Gupta, who gave me permission to attend the CAD programme for 8 days from 6th August, 2016 onwards. I attended this wonderful CAD programme along with my wife from 6th August to 13th August, 2016.

Miracle happens on earth which I witnessed myself and everybody should know about this wonderful CAD programme. After 5-6 days, I was able to walk for 50-60 minutes without any problem. I felt no pain in my chest and no heaviness in breathing.

In his classes, Dr. Satish Gupta also taught us about the ABCD of Rajyoga, which means A for *Atma* (Soul), B for *Baba* (Supreme Soul), C for Connection (Connection of soul with the Supreme Soul) and D for Drama (which

means we are all actors in this world drama and the Supreme Soul is Director and we all are playing our roles). He also taught us that Mind and Intellect are spiritual terms and are related to “T.E.A.M.” which means Thought, Emotions, Attitude and Memories. Positive Team relates to some specific hormones, which are very good for our body and Negative Team relates to other specific negative hormones, which create many problems. We were also advised the benefits of high fibre vegetarian diet, morning walk after sunrise when trees produce oxygen, which is good for healthy living, and evening stroll before sunset. In the peaceful and holy atmosphere of Shantivan, we both felt very comfortable and were relieved of all the anxiety, tension and worries.

This eight-days CAD Programme was quite touching and it inspired me to follow essential principles of practising Rajayoga Meditation at *Amritvela*, listening to daily Murli/Spiritual class, practising soul-consciousness at regular intervals during the day and follow the prescribed diet

charts. Now, I feel that my heart is healthy and strong, full of happiness. My personality has improved and lifestyle has become much simpler. I also have developed more stamina. I am adopting these principles as per the advice of Dr. Satish Gupta with clear signs of improvement in my health.

This programme has made me review my past life when I was living a fast-paced, stressful life. The programme emphasized that the key to leading a stress free life, apart from exercise and active life style, is mental well-being and spiritual development. The lifestyle that is endorsed by CAD programme comes from our ancient science and traditions, and something which has the useful benefits that can

supersede modern medicines.

I also consulted Prof. (Dr.) Sandeep Bansal, MD (Internal Medicine), DM/DNS/Consultant in Cardiology Professor and Head, Department of Cardiology, Vardhman Mahavir Medical College and Safdarjung Hospital, New Delhi, whose treatment I was taking. He told me that there is no need for any Angioplasty/Angiography or Stent.

In the end, we sincerely pay our heartfelt gratitude to Dr. Satish Gupta, Behn Bala, Yash Bhai, and their tireless team for their love, affection and sincere service, who looked after everyone personally and efficiently. Really, it is a fascinating and life changing programme. ❖

STATE OF INTROVERSION

“Sticks and stones may break my bones but words will never hurt me” is inspiring in print; however, most people would agree that it’s very challenging to live by. Turning a deaf ear to idle gossip, criticism or insults requires a major shift in thinking. *When I surround my mind with thoughts of self-transformation and, more importantly, God’s powerful divine words, I put myself in a secure state of introversion.* Only then, I am able to build my self-esteem and the resistance to deflect unworthy vibrations from the outside world.

THE EIGHT DIVINE POWERS OF THE SOUL

—B.K. Neena, East Delhi

We glorify gods and goddesses in temples, but do our acts really glorify them? May the light and might of all eight powers (Power to withdraw, power to pack up (thoughts), power to merge, power to tolerate, power to face, power to cooperate, power to discern and power to judge) depicted by the Eight Arms of the divine Mother Durga/Lakshmi/Saraswati, enlighten and embellish our very being and strengthen our will power and foster inculcation of divine virtues. Let us bejewel the temple of our mind with the sweetness of the bouquet of the Divine Virtues, thus spreading its fragrance all around us.

As the embodiment of eight powers, Durga, Lakshmi and Saraswati represent the same one soul or goddess and her manifestations are the eight shiv-shaktis or goddesses, depicting the eight powers.

Jagadamba Saraswati used the eight powers of the soul with such consummate ease to remove difficulties and obstacles

in her path that she earned the title of Durga.

Durga is symbolic of power. She did not physically slay any buffalo or demon, but was able to detect and destroy *Maya*, to become an embodiment of powers, even when *Maya* was disguised in royal form. This is analogous to the royal form of the golden deer that hoodwinked and hypnotized Sita to cross the line of Code of Conduct (*Lakshman Rekha*) and compelled her to fall in Ravan's trap. Durga is portrayed as having eight arms and riding upon a tiger as her means of transportation vehicle. These eight arms represent the eight powers of the soul.

Today, all of humanity are but 'Sitas', trapped in the jail of the five vices such as lust anger ego greed attachment symbolized as Ravan.

The eight arms of Durga, symbolizing eight powers are as follows:

1. Power to Withdraw: Mother Parvati symbolizes and represents this power. Only when we are soul-conscious,

power of detachment will allow us to withdraw from all the worldly attachments, i.e., to disengage from the attractions of the mundane sphere. Detachment and introversion help in accumulating the power to withdraw. Just as a tortoise withdraws itself into its shell in the face of danger, so must we withdraw/disengage our minds from the mundane world like a silent spectator and witness watching the fleeting scenes of life in a detached manner.

Even we should avoid getting involved in any imbroglio or altercation when people do not agree with us. Let us practise detachment and introversion. This power also helps us in overcoming greed and desires.

2. Power to Let Go or Pack up: Depicted by Durga, this power lets go of past hurt, waste thoughts or vestiges of negativism. Durga is shown riding upon a tiger, which again symbolizes winning over all your weaknesses and vices and conquering over our sense organs and taming situation as ferocious as a tiger. When we get coloured in wrong company, our energies get depleted. It is then that we consider invoking the power to pack up, thus, becoming an embodiment of power and a conqueror of the self. Let us hoard valuable treasures and virtues and give

up the waste and negative.

Let us not blow things out of proportion, by raising a mountain out of a mole hill. We should give a full stop to the waste thoughts and negativism. This power mainly helps us in overcoming hatred, resentment and ill will.

3. Power to Tolerate: After letting go of negativity, power to tolerate comes into existence. Mother Jagdamba symbolizes tolerance. For this, we need to be the mother of our own self first by checking and changing our thoughts, fondling and caressing our prattling stubborn mind. What we usually do is face others and tolerate ourselves, whereas we ought to face our own weaknesses first in order to tolerate the external world. First, let us learn to conquer ourselves. We should always remember the fact that the tree laden with fruits always bends. It faces the onslaught of stones and sticks; yet does not fail to yield fruits. Likewise, greater people are expected to tolerate and even give more generously. We should not give up trying to change ourselves; to sustain our own power of tolerance. First, let us nurture ourselves, so that we can be able to nurture and tolerate our world brethren, like a World Mother by becoming an embodiment of powers. This power is enhanced

by inculcating the virtue of love and forgiveness. If we are devoid of these virtues or values, it ends up in anger. Each of us should ask ourselves, “Am I an embodiment of love, mercy and a bestower of blessings like Mother Durga?”

4. Power of Tolerance: Tolerance power also gives rise to power to accommodate/merge. This power is depicted by Mother Santoshi, who also showers the power of unconditional Love and acceptance on all as the Mother Of Contentment! We should treat each soul as our very child and then only we will be able to merge within all ourselves and accept them as our own despite their differences and weaknesses. With a condescending attitude towards all, we can win their unconditional love. Just as an Ocean merges all impurities like pebbles, boulders and dirty water of rivers, so must we generously merge the weaknesses of others. We should talk no evil, see no evil, hear no evil, do no evil. If we have the magnanimity and maturity to adapt ourselves to every situation and person, we will be able to develop this power. Power to merge or accommodate also helps in overcoming hatred and

jealousy.

5. Power to Discern: Gayatri Devi is seen blowing conch shell and spinning the discus of self realization. The conch shell of knowledge and discus of self realization enhance one’s wisdom and discerning sense, thereby further facilitating decision making power! Let the blowing of conch shell of knowledge and spinning the discus of self realization clear all the clutters of mind, segregating and sorting out pearls (of wisdom) from pebbles (of waste). Thus, this power enhances wisdom and clarity. When we are overcome by desires, our wisdom dies. Desires and attachments finish our wisdom. *The Geeta* states, “*Nashtamoha Bhav*”. Through Rajayoga practice, we can enhance the power to discern and discriminate. The best example of lack of discernment and discrimination is the failure of Sita who fails to discern the disguised *Maya* and got misled and hoodwinked by the Golden Deer called *Marich*. In *Kaliyuga*, our materialistic desires are symbolic of the Golden Deer that allures us and deceives us at every step.

6. Power of Judgement: Mother Saraswati is the symbol of judgment power, who discerns, deciphers and decides

for herself what is right. As soon as we cultivate the power to discern, the power to decide or judge will become easy. Farsightedness facilitates timely decision. Goddess Saraswati plays her own tune, harp her own music and write her own script, thus, remaining unfazed by the world outside. She is capable of taking her own decisions, by wielding her wisdom. The decision making power helps in overcoming ego. When equilibrium is shaken, right decisions can never be taken. Concentration and stability helps us in decision making, which is enriched with practice of Rajayoga. Having a balanced attitude, we should go beyond the dichotomy of praise and insult, love and hatred. Let us overcome false pride or ego; develop humility. The statements like “I alone am the best” or “I know everything” show a feeling of conceit or false pride. This will never allow us to take timely decisions. A disciple has to be humble in front of his *Guru* while acquiring knowledge. So, it may help many students inculcate this power or invoke the power while acquiring education or knowledge in schools and tutorials, as much as they may learn humility also.

7. Power to Face: Mother Kali denotes absolute fearlessness. First of all, we should emerge this power by confronting our own weaknesses. Let us finish body-consciousness and vices, so as to be able to face any person, thing or situation. This, actually, refers to the power of truth and fight for justice, with no room for mercy. It is ruthlessness that is the opposite of the power to tolerate. It is not only to defy circumstances but also to face people of different characters and shades. For example, you have a sleeper berth booked and if a daily commuter boards the train in the morning, you ought to generously accommodate him next to you on your sleeper berth/seat. On the other hand, if during night travel, somebody claims your seat or berth to be his, face him. Do not tolerate the situation.

So, it is to invoke and wield the right power at the right time, depending on the time and situation. This power, in particular, helps us in overcoming fear. It boosts up courage. The one, who is pure, honest and truthful, can face the entire world fearlessly. Mother Kali has conquered even the fear and threat of Death. Thus, let us be seated on a higher pedestal and be fearless, intrepid and brave like Maha Kali.

8. Power to Cooperate: The culmination of all powers is shown by Mother Lakshmi, the Mother of Prosperity, who is depicted as being seated on a Lotus as her Vehicle and is symbolizing the abundance of prosperity, yet enjoying a detached stage and also showing no competition, comparison and jealousy but cooperation all the way. Unity is strength! If sense and sensibility are exercised, with love, it further develops flexibility and resilience. Else one is likely to foster hatred. Say, for example, a leader of an organization ought to create a congenial environment of work by lovingly extending his hands of cooperation to all colleagues and subordinates. This power is characterized by giving and donating powers and virtues generously and abundantly. The one, who is always full, is alone capable of giving. Thus, prosperity multiplies by donating magnanimously in all generosity. That is the reason why Mother Lakshmi is believed to bring all sorts of prosperity.

Hence, while playing our role in the Eternal World Drama (EWD), cultivating and wielding of all eight powers depending on time, situation and different application and further invoking each power according to the need and demand of the

situation, will go a long way in establishing harmonious balance in relationships. Without offering food grains and other oblations in the sacrificial fire, as performed in 'Havan' - the sacramental fire - we ought to vow to offer the vices of anger, greed, ego, lust and attachment into the sacrificial fire of the knowledge of Rudra, which is rightly known as the 'Rudra Gita Gyan Yagya'. In the path of knowledge (Gyan), we should fast and abstain from the vices by practising celibacy, purity in thoughts, words and deeds and take in pure vegetarian *Sattwic* food as a mandatory routine like the devotees do only during *Navraatri* celebrations; and not much emphasis is given to physical penance and austerity, which are the features of *Hathyoga*.

To become an embodiment of Power (*Shaktis*) is to effectively use our innate values and virtues in our thoughts, words, actions and relationships, and thereby bring benefits to the self, society and the environment. *We do not slay the so called physical demons with weapons (Shastra); but we, spin the discus of self realization, thereby harnessing the divine powers from the Almighty Shiva in order to become Shivshaktis and slay our own vices and weaknesses.*

The term *Upwaas* in Hindi literally means to "reside near"; 'Upa' means near 'Waas' means to reside. So, if one is near or close to God, he/she stays in His constant remembrance, never contemplates on indulging in wrong activities like vices and sins. This should be the virtual vow instead of fasting or

starving of foods.

The divine power (*Shakti*) is divinity obtained by taking the constant pilgrimage of love and remembrance of God Shiva in all our thoughts and actions (*Karma*) and imbibing divine virtues and powers, according to His elevated instructions (*Shreemat*), and churning the same. Self realization, renaissance of spiritual knowledge and awakening help us to get rid of our vices and dispel the darkness of ignorance. This refers to the symbolic significance of awakening (*Jagran*) of the cult of devotion (*Bhakti Marg*) during *Navratri* festival.

Why be awakened only for nine nights? Let us practise purity in thoughts words and deeds and endeavour to dispel the darkness of ignorance for good. Thus, let us offer our vices as oblations not only during *Navratri* but also every day to purify our souls eternally. ❖

TIMELESS TRUTHS

—B.K. Kala, Yelahanka, Bengaluru

Body is a motor,
Soul is an operator,
Thoughts are the connectors
And actions are the reflectors.

God is the Universal Source of Energy;
He teaches us the happy living methodology;
Introduces the eternal ideology
And formulates the Golden-age strategy.

The world moves in an eternal cycle;
The universal laws are irrefutable;
Everybody to them is accountable;
And every action done is irreversible.

|| From the Melodies of Mateshwari Jagdamba Saraswati ||

THE MAGIC OF TRANSFORMATION



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

If you are not able to remove those weaknesses, you should take divine directions



Mateshwari ji

(*Shreemat*). You will get direction or advice, for that. If a doctor gives you medicine and you don't feel better with it, tell the doctor and he will change the medicine, won't he! We have to take benefit from the doctor, don't we! There are so many doctors in the world, but here there is just One Divine Doctor, who is God Himself. It is only He who gives the advice very well; only He, who is the Almighty Authority. We get better only by taking direction or advice from Him. Only He does this, there is no one else; is there anybody else? This is why the Father says: "It is I who grants liberation

(*Mukti*) and liberation-in-life (*Jeevan Mukti*). Whatever you want, you will only get from Me. Therefore, children, by having a practical relationship with Me you will get only profit and more profit. There is no question of loss at all. It is not just a little profit or benefit, either; there is lots of benefit. So don't delay in taking this benefit, and never let your efforts be slack. Understand all these things and keep your efforts to the forefront. This is known as spiritual effort."

The Father says further, "If you want to take, take completely. It isn't that you keep working without any aim. You should have an aim, that we should take this much. It isn't that we take a little, this is also not good. If you have to take, take everything, completely. The Father has kept so much and if we take just this much (very little), then what would you call that? Unfortunate, foolish! You should not become that. Take completely if you have to take. However, it also should not be that you don't take at all, thinking like one, who thinks negatively in this way, "If I have to take, I have to take completely. So, I won't take at all." Somewhere such great fools also emerge! Earlier, you all were fools in the company of *Maya*; now, in the company of Shiva Baba, you have to take everything, completely. Did you understand?" ❖

DON'T BE A SNOWMAN OF BAD HABITS AND SELFISHNESS

—B.K. David, Paignton, England

Is your life short of truth? Is your life short of the oxygen of spirituality? Is your life short of the breath of love? Is your life short of peace, happiness and all things good? Is your life short of meaning? Are you short of money and love? Do you long for good health and long summer nights? Do you dream to live in happiness? Or maybe your dreams are just to live in America, England, India or Australia and be very rich?

Everyone is on board the luxury yacht that has made them blind to the fact that happiness lives within them, and the happiness that they so crave will never be found 'out there' in the yacht. Now is the time for you to play the greatest game of hide and seek. Only when you've found the soul that lives within you and the God, who is now travelling the world gathering up His children, will you deserve and gain the prize of heaven, happiness and peace. So, if you've neither of these treasures in hand, it is the

right time to start looking for. Do not stop looking for until both are ever present in your life.

Enjoy the Sun of Contentment and Now

The sun of contentment can only be enjoyed if you learn to live in the deckchair of now. The yacht of today and tomorrow symbolizing your Dreams, Neglect and Laziness has no anchor that allows you to stop and live in the present and enjoy the sun of Contentment and Now. You always need to focus on that, which is in front of you, and forget yesterday and tomorrow as both might have many clouds and storms to their name that blew you off course and will soak you further if you walk into yet another storm.

People look ahead to the beaches of tomorrow as they have lost all contentment and desire to live in the now. The future for most people will be even more polluted than their present. So, it makes good sense to live in this present time and make now your best friend and companion and clean up your

present life as best as you can; because it is all you are ever really going to get and own.

Coconuts of Bad Action (Karma)

The coconuts of bad action (*karma*) will find a way of falling on to the heads of even the rich and famous as they relax drinking their cocktails on a desert island under the shade of a coconut tree. They are oblivious of the tree, which they sit under and that is soon to topple over. But, fortunate are those, who realise that they live under such a coconut tree and try to save themselves.

Refrain from Speeding

Did you find yourself this year always speeding (thinking too fast) and breaking the speed limit of 5 m.p.h? There is a spiritual speed limit and if you exceed it, you'll pay the penalty and be fined. Was your thinking throughout the year always under your control? Did you at some point this year crash your car (life) by driving (thinking) too fast? If so, refrain from speeding.

The Battle of Immoral Sex

The battle of immoral sex is a war that no one will ever win as the battle takes place in a cage. How can anyone ever say that he/she wins when he/she grows weaker and moves further away from having a peaceful mind? If you have no peace in your mind,

you have nothing and everything is lost for you. Without mental peace, we live more like a monkey swinging and screaming from the branches of the tree that was once an elevated tree of life that produced elevated fruits and was also divine.

This battle of immoral sex is the biggest battle ever to take place on earth and is also the longest running and has seen many victims suffering in one way or another. This battle takes people away from morality and far away from the truth of the soul and spirituality. Are you unwittingly taking part in the battle of this sex?

Everyone now belongs to a secret organization called SMASH that fights an unknown battle of sex that takes place daily in every home and country. Even the British government has forgotten about this battle or choose to ignore it or as is most likely, it is also taking part in it. This battle has been raging for thousands of years; and so, now, it is an accepted part of life and people have become blind to it as it is so much part of everyday life for everyone.

SMASH has a motto: Sex, Sex and More Sex. It modified and shortened this motto recently to Sex and More Sex. All soldiers of SMASH raise its flag each morning and salute it with

great love and regard. Their flag is a mirror and is the cause to all their worries and stress. All wear their army insignia badge that has a coat of arms showing a lipstick and wallet. They were to have a pointing finger on the badge showing that whoever wears the badge is ready to blame anyone or that he/she wants you. The designers of the badge decided to keep with the main root cause to people's sorrows and kept with the *lipstick* of glamour and *wallet* of greed. The badge is known as the badge of *Fashion, Glamour and Greed* and their cause and battle are universally understood and accepted throughout the world; just as the main credit cards are accepted everywhere without question.

The main generals of this army are the movie stars, pop idols and TV celebrities, who set the tone and made it binding for all to march to their tunes and follow those, who are out in front carrying the flag.

Holding hands with truth in the day makes you at night a sleepy king and wise master and both send you to sleep with love and contentment.

Most live without a real aim in life or with concentrated mind in the day that sees them at night trying to sleep but are like a restless lion on the prowl.

Whilst driving down the motorway, if you take your eyes off the road and allow yourself to be distracted for too long, you will crash.

One of the greatest gifts of life is the ability to aim and concentrate on a goal in the morning and by evening to have remained true to it during the day and achieved it. Many easily get side-tracked and in so doing they lose sight of any goals they had, which is like scoring an own goal.

Is your mind attentive to what is in front of you or are you distracted to often chat? Life's motorway requires much attention if you are to reach your destination each day and on time. But, instead, most people stop and wish to always eat or chat on their mobile phones.

Myths, Legends, Mysteries, Fairy Tales and Birth of Baby Jesus

Myths and legends, mysteries and fairy tales and the birth of baby Jesus are responsible for the piles of washing up that need to be done after your Christmas meal.

Christmas has become an online extravaganza of buying, much eating, drinking and getting drunk. It's also a time where many turkeys die a cruel death so that we can celebrate the beauty of an innocent birth of baby Jesus. Would Jesus who

taught “Thou shall not kill” really wish to see a turkey suffer and die?

The disabled jumper (body) that shrunk in the wash has many holes and half a sleeve. The more you work for the good of people with this body, the more strong and better your arms and hands, back, heart and circulation become, and you will slowly knit for yourself a new jumper (body) that is healthy, not diabetic and free from disease, aches and pains.

You have three sets of knitting needles at your disposal. One set you have in your mind, the other in your hand while the other set remains in your feet. You can also knit for yourself a new spiritual life full of happiness with these spiritual knitting needles. The wool of truth is essential if you are to be warm and look smart with such a spiritual life.

But, as long as you are interested in showing off the latest fashions, you will not be able to pick up any of these needles of change.

Snowman of Bad habits and Selfishness

Will you build yourself another snowman of bad habits this Christmas? If you build this snowman, it is possible that he will follow you all the year round wherever you go. Does your

present inner snowman follow you and cause you problems and sorrow? Have you made this snowman of bad habits your best friend?

Only a warm and loving heart of a man has the power to defrost and melt a poor life that has been frozen over in time with the settling snow of bad habits covering them.

Many become frostbitten as they walk through the deep snow, which causes them to slip and hit their heads. This fall makes them feel sorrow, stress and far removed from happiness.

Many walk round as a solitary snowman on a sunny day. They live without love for themselves or anyone else and it’s this ignorance, coupled with selfishness that greatly causes them their suffering.

Selfishness might seem like a great sledge ride at the time you’re sliding down from the top of the snowy hill, but the long walk back up can be very lonely, cold and rather slippery at times.

Do snowflakes of bad habits fall and settle on you? Does this snow accumulate and see you throwing snowballs at yourself whilst looking in the mirror?

The uniform belief in selfishness now unites all of humanity and makes them march in the wrong direction.

Selfishness easily lets you think that if anyone gets in the way of you and your sledge on the way down; then, it must be their fault. It is this selfishness, which is the universal language spoken by all, along with wearing its uniform that this modern army wears, that now truly unites the whole world. Once, it was love and kindness that were so unifying and common and apparent within humanity that made them as one and great; but, now, people live at the other end of the scale.

Fashion and glamour are the guns, ammunitions and bullets that kill everyone, who picks up their gun and loads it with selfishness and falsehood. It is by pointing this fashionable gun at others in the hope of gaining attention, praise and recognition that they shoot themselves and all those nearby looking at them in the head. Ultimately; it is the soul that will bleed and rob them of true happiness.

Don’t set yourself on fire by standing in the fire of selfishness. Rather, it is much wiser to set yourself on the road of recovery and success and become cool with truth and not burn yourself with your selfish ways.

Igloo of Sorrows

A warm smile or a cold stare determines where and how you live. Everyone is, now, living in the igloo of sorrows, sufferings

and bad habits, which cause them to freeze. This igloo is camouflaged, and, as very common, it blends into any background scenery in any country. This igloo is so well camouflaged that happiness cannot see them inside, let alone find an entrance that leads to the heart of this igloo that could melt it with its happiness.

It is inside these igloos that everyone hides with only their selfish motives and life for company and warmth. Their selfish fires cause icicles to drip down on to their heads and hearts thereby causing great discomfort. Instead of realising the error of their ways that lie at the heart of the problem and change that error and themselves, what do most people normally do when they are unhappy? Ignorantly, they build even a bigger fire of selfishness to keep themselves warm and comfortable.

Their actions and selfish igloo act as glue that sticks their bad habits to them that confine and restrict. Such is the power of bad habits and selfishness that one can lead a life in a straightjacket and not even know it. People often get trapped and stuck in their old ways due to this glue on their fingertips.

As their fire gets bigger, it naturally heats up the glue and

makes their bad habits stick to them even more. Over time, the glue as it sticks starts to burn.

People get drunk to forget many aspects of their life. They sit ever closer to the fire of selfishness in the hope of gaining something, and yet the closer they sit to the flames, the more the freezing drips drip on to them as a result of this fire they made for themselves.

Many fuels are used to fuel this fire. The plastic of falsehood, the vanity of flesh and the make-up of body-consciousness are all fuels most commonly used. These fuels create obnoxious and poisonous fumes that get trapped inside the igloo.

Concentration Power

What do you call the man, who goes for a long walk and then takes a short cut to come back to home? A man of concentration.

Learning the art of concentrating on your daily goal, to walk with peace and to aim and achieve good things in life, should be taught every day in school. Concentration power is worth learning and developing, as it can help any student, who achieves this power, make a great life when he/she uses it.

God, the Supreme Father, has already come to teach us many things, one of which is to

concentre on Him and His service through the practice of Rajayoga meditation.

What will you concentrate or focus on this Christmas and keep in your mind? Will it be God, Jesus, gifts or food? ❖

PLAYING WITH PEARL OF VIRTUES

Regardless of the existing splendour of the artificial modern world, we are genuinely impressed by anything that is natural, such as beauty of nature and its living creatures, wonders of the human body, amazing creative abilities of the human intellect etc. **We tend to unknowingly connect or harmonise with people or things that mirror our qualities of peace, balance, stability or the values we aspire for.** However, a piece of artistic beauty, place of entertainment or worship, etc. gives memorable but short-lived experiences. **As my Supreme Parent and Companion, God alone can empower me with the will to actually live by these cherished values.** When I give more time to contemplate on His greatness and purity, I develop the courage to unveil and share my own goodness with all.

JEWELS OF GODLY KNOWLEDGE

– B. K. Rajbala, New Delhi

Let the whole earth be converted into paper and the forests into pens (*Sab Dharti Kagaz Karun, Sab Lekhani Ban Raay*); Let the seven oceans be converted into inks, still then Guru's qualities are indescribable (*Saat Samund Ki Masi Karun, Guru Gun Likho Na Jaay*):

GOD, the Omniscient, possesses the unsurpassable attributes that are boundless, limitless, and simply infinite. He is sung as the ocean of knowledge but to my mind, this metaphor fails to describe the unfathomable greatness of his knowledge because the ocean is His Creation; hence, how the Creator can be compared to His Creation. Shiv Baba is our Supreme Father, Teacher and Preceptor (*Sadguru*) and His unequalled and unparalleled characteristics are indescribable even if we convert the whole earth into paper, the forests into pens and the oceans into inks. He has been imparting the gems of His divine knowledge since 1936 with the aim of founding the sovereign kingdom of deities in sync with His words as mentioned in *Srimad Bhagwad Gita* in the verse number 7, chapter 4, 'Yada Yada Hi

Dharmasya, Glanir Bhavati Bhartha....." by establishing righteousness and annihilating unrighteousness. It is hard to constrain this immeasurable treasure of His knowledge to a page or two of this magazine, yet I will try to make a humble attempt at underscoring some of the most prominent utterances



from the *Murlis* of our beloved Shiva Baba as mentioned below:

► **Remember the three dots :**

Shiva Baba, the Supreme Teacher, educates us to always keep in our mind three dots, namely the Soul, Supreme Soul and Drama.

(i) Soul - The most substantial teaching of Baba, which is ubiquitous in almost all the *Murlis*, is the amazing revelation

that we are souls but not the bodies, that we are a conscient point of spiritual energy like a shining star, situated in the centre of the forehead, seeing through the eyes, hearing through the ears, speaking through the mouth and so on. The body is the instrument, the costume, and soul is the master of this body. Mind, intellect and resolves (*Sanskaras*) are the subtle powers of this spiritual energy. Never before was such knowledge, which is an eye opener, was given in the whole corpus of the scriptures. What we had read and heard so far was that soul resides somewhere in this perishable body. Baba reminds us again and again tirelessly to be soul-conscious, because the soul has the components of seven divine qualities such as knowledge, purity, love, peace, happiness, bliss and power; and by being soul-conscious, we are aware of these celestial qualities, we practise them and thereby become divine. None but Baba made us experience that we are a peaceful soul. It is the body-consciousness, which generates all the vices like lust, anger, arrogance, attachment, greed and the scores of their offsprings.

(ii) The Supreme Soul - The second astonishing revelation that Baba made is that like soul,

God, the Supreme Soul, is also a point of light; in size and form He is not different from the soul; but, of course, so far as power is concerned, the soul is finite while God is infinite. The sweet home of both the soul and Supreme Soul is *Paramdham*. God is above the bondages of life and death; hence, He is free from the bondages of actions (*Karmas*) and their fruits. He is our Supreme Father, Mother, Teacher, Guide, Liberator, Preceptor, Redeemer and what not. He is the seed of the genealogical world tree. He is the *Karan Karaavanhar*, He is *Jaani Jaananhaar*.

(iii) Drama - The third fact unravelled by Baba is the significance of world drama. Here, in this world nothing is happening by chance. Each and every incident is pre-scripted and will occur again at an apt time as history repeats itself. Each soul is an actor compelled to play the role as scripted in the drama based on its past actions (*Karmas*). Even Baba is bound by drama to descend upon this earth in the most perverted times of *Kaliyuga* to transform the vicious world into viceless world. Persistently, Baba warns us against the inevitable consequences of our bad actions (*Karmas*) with a view to making us choose the right line of action.

► **Conqueror of Maya, Conqueror of The World (*Mayajeet, Jagatjeet*):**

Baba has beautifully elucidated how the soul remained unalloyed by vices for two ages; the *Satyuga* and *Tretayuga*. But as the satanic vices snuck the soul from *Dwaparyuga* onwards and robbed it of its divinity; it gave a start to its journey downwards. When the soul reaches its ultimate degradation, Baba incarnates Himself and teaches the souls to defeat *Maya/Ravan*, the symbol of these vices, with conquering might in order to regain the deity sovereignty for 21 births to become the World Emperor (*Vishvamaharaja*) and World Empress (*Vishvamaharani*), thus, overcoming *Maya* is the prerequisite for ruling over the world.

► **Baba (God) is All in All for us (*Baba Hamara Sarvasva Hai*):**

God fills up the vacuum in human life in *Kaliyuga* created through the actions and worldly relations of people, who are engrossed in their selfish motives. He assures us to take refuge in Him to seek love of all relations, i.e., father, mother, brother, sister, child, friend, teacher, preceptor (*Sadguru*) and what not. All worldly relations are bondages, (*Karma*

Bandhan), which end up causing pains and sufferings. It is only our relationship with God, the Merciful and Generous, the Ocean of love, which is worthwhile. He is always there with thousands of His protective arms and munificent heart, showering unconditional love and blessings on all of us.

► **Remember Me and the Inheritance (*Manmana Bhav, Madhyaji Bhav*):**

The one and only *mantra* to absolve us of all our accumulated sins is '*Manmana Bhav*', i.e., to be absorbed in the remembrance of God along with the thoughts focussed on the inheritance we are getting from Him. In almost each *Murli*, Baba advises us quite persuasively as a good parent does with his/her spoilt children, to be enthralled in remembering Him and the inheritance for 21 births, forgetting the body, the worldly things, persons and pleasures, as remembrance is the only way to be free from every negative and waste thoughts. He terms this remembrance as responsible for creating Alpha and Beta relaxing waves in the human brain.

► **Child is the Master (*Balak So Malik*):**

Baba teaches us to be the blend of a child and a master, meaning thereby that His

children are expected to be innocent like a child while receiving 'Shreemat' but at the same time be a responsible person while executing it. To be Baba's child is to be the owner of His properties. He gives us the third eye of wisdom to decide when to be a child and when to be a master with a view to adapting well to the situations at home and outside, with the *laukik* and *alaukik* relations as well. Relevant to situations, the outlook of a child will save us from self pride and ego clashes and, when needed, the attitude of a 'Malik' will help us take the responsibilities seriously.

► **Father and Flim-flam (Non-Sense) cannot Co-exist (Jahaan Baat Hai Vahaan Baap Nahin, Jahaan Baap Hai Vahaan Baat Nahin):**

God cannot share with a heart, which is preoccupied with irrelevant references, unnecessary expansions, silly pursuits, unrealistic ambitions, assumptions and presumptions. We must put an end to all negative and waste thoughts as they are a drain on our precious energy and also raise hurdles while we connect with Baba. To engage ourselves in garrulous gossips is also disparaging for a Brahmin. When confronted with waste and negative thoughts,

react as follows:-

Not - Say 'No' to all the negative thoughts.

Dot - Put full stop to all waste thoughts.

Fly - Leaving behind the baggage of negative and waste thoughts, fly high in godly experiences like an angel.

Instead of stumbling on hurdles, just jump over them. When met with problems, don't pose questions like how? What? When? Why? etc., instead, try to find solutions without wasting time and energy. Time and again Baba exhorts us to hand over the basket of clutter to Him and be light to enjoy His remembrance. Again and again, through different ways, He repeats the thought to make us *change the waste into best*, and to make the most of our present auspicious *Sangamyuga* as we weave our future on the loom of the present. Baba gives us the slogan *check and change* in order to scan our negative traits and transform them into positive ones.

► **Do not be unnecessarily influenced by others (Koi Lagaav, Jhukaav, Prabhaav Nahin):**

In this propitious Confluence Age, we are Godly children and students; hence, we must safeguard ourselves from being impressed and influenced by any person for good reason or bad,

because this will distance us from God and goodness. There must be nobody, howsoever great, between Baba, the Greatest Authority of This Universe, and us. He must be the "be all and end all" of our life. We have got the Supreme Authority as our Supreme Father, Teacher and *Sadguru*, what else do we look forward to? Whatever obligation we receive through people, we must offer gratitude to Baba because all are His instruments. He is the real *Data, Vardata and Vidhata*.

► **We, the Souls, Are Brothers (Atma Atma Bhai Bhai):**

All the souls of this world are the children of the Supreme Soul (*Paramatma*); hence, we are all spiritually brothers. The foolish barriers of castes, colours and creeds are man-made, which have created insoluble menace and mess in the social structure. Moreover, perceiving each other as soul induces the state of soul-consciousness and emerges purity in our outlook, which is the cardinal principle of Godly knowledge. Baba also wants us to rise above gender-consciousness and that is why He asks us to look at each other as brother, rather than brother and sister. ❖

LET'S USE OUR QUALITIES FOR THE SERVICE OF THE HUMANITY

— B.K. Kishan Dutt, Shantivan

In the outer mundane world, whatever we observe and see through our physical senses has its own limit. Our inner consciousness (soul), which we cannot see, has its two faculties namely mind and intellect through which it acts; these faculties have also their own limited capacities. Mind, the thinking faculty, can think up to certain extent; beyond this it cannot think. Beyond a certain limit the intellect, the judging faculty, cannot perceive, judge and decide. So, there are some limitations of mind and intellect. If we stretch the mind's ultimate limit, we find that the extent of entire cosmos remains still beyond our imagination and intelligence. Therefore, it seems that a greater intelligence than ours must have been working behind the vast, entire cosmos.

The whole existence is working with an accuracy of profound science. The scientists believe that there is a super force, which is the cause of all causes. They have named it as the "Theory of Everything

(TOE)". It looks as if a universal intelligence is working in the entire spectrum of universe. If we think over it, perhaps, we will be experiencing some divine glimpse of the mysterious universe.

Each and every particle of the universe has its essential place in the universe. Each and every substance is an indispensable component of this unlimited universe. Nothing can be removed from it. Everything, trivial or vital, has its own importance having some kind of utility in the universe. The researchers have tried to define the structure of the universe technically. But, day by day new inventions with the new additional definition will come into existence and the earlier definition goes on changing. Thus, all that have been defined previously are found to be imperfect.

The nouns such as ability, eligibility, capability, talent, skill, trait, attribute, quality, characteristic, calibre, expertise, proficiency and specialty are

almost synonymous. We use these words differently according to work, time, place and situation. But, ultimately, their connotation is the same. The overall meaning and implication of these synonymous words are that anyone, who has some abilities or capabilities (acquired or inborn), should do something useful by utilizing them.

The above understanding clarifies that we, the conscious beings (souls), have some abilities and our own eternally inbuilt personality. When a soul attains expertise in any subject, we call it a specialization. In other words, when a man goes through the process of practising a particular subject for quite a long time, he attains an expertise in it. For instance, if a man deeply cogitates in any subject, ultimately, he attains mastery or specialty in that particular subject. Likewise, when a researcher scientifically peruses a subject matter, goes through experiments and reaches at the specific point of desired result; he gets the specialization in that particular matter. If a man enhances his concentration and visualization power, he may attain a visionary state of mind. But, some of the abilities, qualities and characteristics, which we usually have, are also inborn.

Now, what to do with these abilities? According to sociology, utilization of our abilities leads us to a deeper understanding of life management. Sociology states that we should use our abilities for the wellbeing of self and others. The entire system of society is based on the utilization of abilities. In fact, each and everyone are playing their particular and necessary role at the right time and at the right place. In the society, everyone is doing something useful either one way or the other. We get benefited from the abilities of others, which they have offered for the sake of the society. Others are also benefited by our abilities/qualities, which we offer for the service of the society. So, we all are complementary and interdependent in the society. We offer something to the society and we receive something from the society; and this is possible because of the exchange of our capabilities. This principle of exchange (providing and receiving) has been perpetuating since the beginning of the world cycle.

We have also some unknown abilities by birth. Some inborn qualities manifest naturally; they appear at a certain point of time from the experiences of previous life. There is also a need to introspect and find out our

qualities exactly. We can evoke these hidden qualities through the consistency of thought. In the process, anyone, who identifies one's unknown qualities within, can make use of them. By using the qualities in practical life, we can expand these. Eventually, one can become a genius too. A genius is nothing but a remarkable personality, who attains one or more of his qualities through the repetitive process of a single effort. Thus, to acquire some qualities, one needs to go through the process of constant effort.

All of us are playing our different roles according to our own specific qualities/specialties. Contributing our qualities will ultimately lead us to an enlightened state. But, on the other hand, as a matter of fact, we must accept that the universal intelligence works in a different and concealed manner. We must take our well being as a boon of the divine intelligence of God. All our characteristics that are acquired or inborn are of God, the Divine. We may also acquire some characteristics because of our rapport with some highly enlightened souls; and we should keep this in our mind as a matter of fact. Nothing is impossible where the divine powers work or where there is a touch of the Divine. In most

of the cases, we receive the divine help in a very subtle way. Those, who have firm faith in the Supreme Soul and have the higher frequency of sensitivity and self awareness, can understand this. Though we can make our efforts and acquire some qualities, yet we should remain grateful to the powers above us.

We must always think in a positive and right manner. The erudite souls can understand this implication. We get inspirations to do something great for the service of mankind. Those, who are enlightened and feel from the core of their heart, remain pure. They think that all that they have acquired physically or intellectually or spiritually are the boons of the Divine and are meant for the service of the humanity. In other words, they think that everything is just for Godly service, because service of the humanity is service to God.

We live in the society and are not here merely as an individual. Our individuality is not just merely separated or isolated individuality. We may maintain our individuality but must understand that we are interconnected to each other and one another either one way or the other. If we see the unification of the universe, we

find that everything is connected with everything in this universe. We may feel independent but it is not so. Our freedom is up to some extent. In fact, we are interdependent. There is an inevitable principle of interdependence in society. We offer something to the society and we receive something from the society. 'One is for all and all are for one' is the basic principle of society. What we have must be given to others; what others have should be received by us in some way or other.

The purpose of our life is just to experience and make others experience the core qualities of the soul; just to fulfill ourselves with such divinity in which all the qualities are contained. We have to attain the state of soul's perfection. We have to march ahead on this spiritual journey step by step and go on doing spiritual service by utilizing our qualities or specialties. The right utilization of a single quality or specialty would bring us another quality or specialty. Using our quality or specialty for the sake of service of the humanity is called as a great act of charity. Laying down the hurdles and interrupting in using the specialty is called a biggest offence. To shear a man from doing the quality or righteous act is crime

against him. If we don't contribute our qualities or specialties, we violate the principle of the universe. Consequently, the harmful energy return in the same proportion back to the source. It is the law of cause and effect.

Not only we get a kind of gratification while we use our specialties or qualities for the sake of service, but also we become efficient as the servers of the society. Those who are doing service through their specialties are, really, the worthy souls. The impact of each of their actions is enormous. So, our aim should just target the world's benevolence and service. The knowledge, qualities and powers that we have are for the utilization. All that, which are material or substantial are also for service of the humanity. The qualities and things, which we attain, are just for sharing with and contributing to others. We should not keep these qualities or expertises in our sole possessions for our limited use or vested selfish interests. As much as we can share these

talents with others, they can increase and magnify.

That is what the teachings of God Himself imply. He inspires us to use these virtues/qualities in our practical life. Therefore, we must be thankful to the Almighty and should remind ourselves of this fundamental principle of life. Whatsoever we have gained is just for contributing to the society. Let's use whatsoever qualities, calibres, knowledge, virtues, potencies, physical, mental, intellectual and spiritual abilities we have been blessed with in a wider way with greater interests. We are divine souls with divine abilities, which we can awaken; we are able to invoke and use our innate qualities for the welfare of mankind naturally. This divine remembrance will bring the perseverance within and inspire us to have the compassion for others to serve them through our qualities and abilities. Wherever and whatever feasible, we should keep on using these qualities and abilities for the greater service of mankind. ❖

The Wonder of Silence

When the soul goes deep into silence, easiness emerges. The deeper I go into silence, the greater will be my power of tolerance. It is in very deep, extreme silence that the soul becomes elevated. It is in deep silence that God can be visualized in front of the soul.

(.....Contd. from page no. 3)
 is interaction between two individuals or nations, the guiding factor is not always or mainly man's rationality. Other factors, generally, intrude. One of these is the emotional factor and man's *sanskaras* (in-built tendencies), which some people prefer to call 'the instincts' but, in fact, they are *perverted form* of instincts. Man's actions, initially, are goaded by his emotions and perverted instincts and, then, he makes attempts at rationalisation so as to cover up his faults or to justify his action or position. Take, for example, the decision to drop an atom bomb on Hiroshima. The decision was made by the USA more under the influence of certain emotions and instincts and in the heat of the war-climate. The instincts of aggression and the emotion of hatred had originally led to the research work concerning the invention of atom bomb, and then there were attempts to

rationalise its invention and the use of such a terrific weapon. Even, now, many nations give various arguments to rationalise their attempts to possess atom bomb. Even those nations, which have many times more atom bombs than are required to destroy the world, give justification for

possessing these nuclear weapons. But, how far is it rational? Can huge expenditure of money, scientific talent and youth power on manufacturing nuclear weapons be called rational? Both USA and Russia know that the use of these weapons by either of them can lead to the destruction of both and yet they do not stop manufacturing them. It is clear to them that these weapons, which are believed to be necessary for their security, are, in fact, leading to the unprecedented insecurity and may cause unimaginable destruction, and yet their efforts to possess more nuclear weapons continue. These efforts are, thus, obviously irrational, yet they try to give 'rational' arguments to justify their behaviour. It is due to this wrong rationalisation of the irrational behaviour that all attempts to arrive at an agreement for disarmaments fail.

More examples

Man's arguments justifying his habits of smoking, drinking alcohol or taking non-vegetarian diet also are due to this tendency to wrongly rationalise the irrational behaviour. It is pity that he does not recognise it. Unless he realises this wrong tendency, no global problem can be solved.

Horrible results of this tendency

As stated earlier, this tendency to rationalise the irrational has led the small and individual defects to take the form of global problems. For example, man's libidinous tendencies, which were given the glorified form of the institution of marriage or were justified on biological or psychological grounds, have now resulted in the grave danger of over-population, promiscuity, illegitimate children, rapes, abductions and the spread of AIDS. The threat caused by over-population is not less than the one caused by nuclear weapons. According to the recent United Nations' estimates elaborated by World-meters, the current World population stands at 7.6 billion mark and the population in the world is currently growing at a rate of around 1.12% per year. This rate of growth is nullifying all the attempts of the governments of developing countries to raise the standard of living of the people. Efforts to increase the rate of literacy or to provide accommodation, food and employment to a large number of people also do not meet success because of high rate of population growth. Tension is also increasing as a

result of all these problems. Yet man does not try to have self-restraint, self-control or continence. The same can be said of the tendencies of aggression and greed. One's justification of the self-interest and wrong notion of security has led the world into the morass of grave economic imbalance and race for war-weapons. Hence, there is an urgent need to put man's rational faculty on the right track and, thereby, put an end to his irrational, irresponsible and injurious behaviour in order to save mankind from a number of global upheavals.

Global concern for man's irrational behaviour

There was a time when defects in man's personality or faults in his character were considered as of individual concern. It was thought that the society had no cause to bother about an individual's habits. It was believed that these can, at the most, be of concern to one's family members, who directly interact with that person. But, now, with our better understanding, we know that defects in one's personality are of concern not only to that individual but to the whole society as well because individual defects add up to the cause of

global problems. Smoking, for example, is not only injurious to the health of the man, who smokes; but, it is injurious to others also, who do not smoke but are exposed to tobacco-smoke. The whole society has, thus, to suffer because of the habits of the individuals. Evidently, the way to solve these problems, now, lies in the inner transformation of the individuals, but this is not possible unless man first gives up the habit of wrongly rationalising his irrational behaviour and justifying his bad habits of perverted instincts by employing faulty reasoning. ❖

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