

From the mighty pen of Sanjay



# BEING FACE-TO-FACE WITH GOD



If I remember correctly, it was the winter of the year 1952. I was then feeling terrible loneliness of the spirit. I often asked myself: “Am I alone in the wilderness of the self? Am I not forlorn in this helter-skelter world? I feel myself a stranger here.”

My loneliness or forlornness was not a kind of physical seclusion. I had numerous friends, relatives and colleagues, who loved me, laughed with me and gave me company. But, in the space of my mind, I felt that I was not of the commingling crowd or the tumultuous multitude but of the solitude. I said to myself: “If God does not have a voice, then life to me is meaningless and fruitless; it is a damp squib. If He does not appear unto me, then my spirit is weak. If He does not enter into my inner world, then life for me is a torso and my soul is a mere stump.” It was in such a state of mind that I came into contact with Brahma Kumaris Institution. After having my lessons in Rajayoga Meditation and in the related metaphysics and philosophy, co-related with practical life, I went to Mount Abu, their Headquarters, to have my first ever experience of Shiva Baba meeting the human souls (whom He called “My

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## HAPPY NEW YEAR, 2018 TO ALL

The Brahma Kumaris divine family and the team members of **The World Renewal** monthly English Spiritual Magazine convey all the souls of the humanity including its beloved and esteemed readers their hearty congratulations and best wishes on the sweetest and momentous occasion of the Glorious, Grand, Gorgeous and Happy New Year, 2018. We sincerely wish all of you to relish, enjoy every moment, progress, prosper and also to succeed in all your noble efforts during this year under the gracious and blissful canopy of the most Benevolent God Father Supreme Soul Shiva with His constant sweet and loving remembrance. Let Nature provide you with all her bounties and also Baba, the Lord of Nature, shower upon you all His boons and blessings to make you happier, holier, healthier, more peaceful and prosperous than ever before. Om Shanti.

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**WISHING YOU  
AN EVER-HAPPY  
NEW YEAR, 2018!**

All worldwide members of the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya are very closely connected with one another, especially through the common study of the most valuable and elevated Godly versions: **the Sakar and Avyakt Gyan Murlis**.

We have been daily revising the *Murlis* for deeper understanding and benefit of all the Brahma Kumaris and Brahma Kumars, who keep the aim of being sincere in inculcating spiritual virtues, values and disciplines in their lives. We started the celebrations for the New Year with a special angelic meeting on the eve of New Year, where we received invaluable blessings directly. The very essence of said *Gyan Murli* of 31 December, 2017 evening is to be hugely appreciated; *Avyakt BapDada's* blessings were very touching and

inspiring, and read as follows: **May the New Year be celebrated as the Year of Completion, the Elevated and Auspicious Year and also the Year of Awakening for the world (in terms of service to the world)!!!**

The spiritual blessings were showered on all the sisters and brothers, who were present physically in Diamond Hall and the nearby areas of Shantivan, as well as subtlety on those viewing the Live Telecast from a majority of Centres in Bharat and abroad. A very deep impact remains on our hearts and consciousnesses after analysing each and every sentence uttered by the Supreme Authority. The spiritual family members were transported to a high level of ecstasy, while receiving powerful vibrations of the Supreme Being's love and blessings in person, through the medium of Respected Dadi Hirday Mohiniji.

The spirit behind the entire *Avyakt Gyan Murli* was to become aware of the great spiritual fortune of Wisdom, Yoga, Powers and Virtues that have been received after becoming aware of our ever-lasting and direct relationship with the Supreme Parent, as well as our spiritual sisters and brothers. What a great divine family on earth is this whose members remain attuned with the Founding Parents, as they celebrate this precious life by carrying the Supreme Being's message of brotherly love, respect and honour to all human souls, considering them as very valuable members of the global human family.

All hearts were touched when an important message was given for the New Year, in praise of how enthusiastic are God's spiritual children of what is to come, and the fact that they actually know what is it to come? Most of them are dreaming about the new world of harmony, peace and love, where there will be new systems and new love. Everything is transforming; it's not just the change of the Year from 2017 to 2018, but the very age that is being transformed to the dawn of

the golden-aged era where new culture, laws, and etiquettes will prevail. We were taken into the experience of that Paradise-like world, which can be called 'our world'. Emphasis was placed on having the determined thought that we will become successful and pass through the test-papers that we face along this spiritual journey. As the Supreme Being's blessing is for us to always emerge with flying colours and pass with honours, we surely will be able to create and enter such a world.

It would be nice to plan the whole year of 2018 on a weekly basis by revising all four subjects of spiritual learning: Spiritual Knowledge, Practise of Meditation, Inculcation of Divine Virtues and Unconditional *Seva* of the Humanity, and understanding in depth the roles and rules within the most auspicious Diamond Age, and thereby ultimately focusing on becoming like our most beloved Spiritual Guide-cum-Parent.

Every week, we can plan to focus on one virtue, say for example, the first week of our spiritual effort-making can

begin with strengthening of **Pure Consciousness**. A lot of emphasis is needed to rediscover our original selves with 100% Purity of Consciousness (*Smriti*), Purity of Vision (*Drishti*), Purity in Words (*Vaacha*) and Pure Actions (*Karmana*).

If the endeavours of the first week have been consistent, then the second week would automatically follow with reaping the fruits of the efforts invested previously, thereby leading us to experience the depths of **Peace**. People all over the world are searching for inner peace and try to explore it, externally or internally, through different ideologies, religious practices or various kinds of Yoga Practices. However, the Supreme Teacher advises us to become conscious of our true nature, which is simply 'just peace'. Connecting with the Supreme Source and relaxing the mind will automatically influence the Self with pure vibrations of peace and feelings of godliness. Peace is the true nature of every human soul, which so often gets camouflaged or covered under the layers of ignorance and negativities. **One has to**

**be courageous to identify these weaknesses and discard them from within so that we can return to our original state of pure and peaceful consciousness.**

In this way, a speciality or virtue can be experimented in each week. Each human soul is originally an embodiment of divine virtues, the foremost one being that of **Love**. A child is sustained through parental love, and this loving sustenance enables the parents to bring up and educate the child to become a better person than even themselves! **Now, as we believe there is no one higher than the Supreme Being/Parent, we know that His pure wish is for all human souls, His eternal children, to inculcate those special qualities, for which God is personally remembered all over the world,** irrespective of whether people know Him or not. Unconditional love, as taught by the Supreme Being and based on a spiritual outlook, becomes the mother of Peace and Happiness. And it is this Happiness, which is the final gift from our Supreme Parent. Happiness can possibly be derived from

many scenarios in life, but genuine inner happiness or **feeling of super-sensuous joy emerges when we remain attuned to the Supreme Source of all happiness, by revising the inspiring Elevated Versions of Guidance (Gyan Murlis) of the Supreme Teacher and Lord of the Universe.**

Moreover, if we remain motivated in keeping a daily diary as honest, dignified souls on earth, who value their time, energy and activities, the achievement of greatness will be very easy. To follow the Supreme Being's elevated advice, one needs to be very open and clear, firstly, and then accept the directions as fully as possible. Just continue to remember the Master, who is tirelessly working on us to rejuvenate us to the highest standards of the saying "**As is the Supreme Parent, so are the Sweet Children!**"

When we firstly develop beautiful, transparent relationships with our own self, secondly with the Ocean of Love and Peace, thirdly with the Spiritual Father of

Humanity, Brahma Baba, and fourthly the spiritual family of sisters and brothers, nothing untowardly, deceptive, peaceless or sorrowful can influence us.

May each of our dear and respected readers rediscover your own greatness and lead very good, beautiful lives decorated with God's blessings and the good wishes from all those you serve with your practical experiences!

We would like to end by sharing some of the latest Elevated Versions from the *Avyakt Gyan Murli* of 31st December, 2017, for your kind perusal and inculcation in daily life:

*"Victory is guaranteed for each child. There is victory, and this victory increases confidence in the self and faith in the family."*

(How can everyone be successful in harmonising *sanskars*? How can we take our intellects into the unlimited so that we are able to go beyond all these things?)

*"All of you have an aim and a plan. Let there now be a little more attention paid to that plan and let*

*everyone feel it. In order to have that feeling, pay a little attention because the love that we have for the family is only experienced more at the Confluence Age. Then it will be natural."*

*"Your part is not just of being co-operative, but you have to make yourself worthy. You have to pay attention to yourself; this is essential."*

*"Keep yourself full and always ready, like God the Father. Whatever time you have, make yourself ready in such a way that God wants."*

*"Whatever is still lacking, imbibe that and give a vision of the embodiment of that dharna. Do not say: "What can I do now? How will it happen? No. There is no need to ask these questions. God, the Father, has now given everyone courage and enthusiasm. Therefore, by keeping both courage and enthusiasm with you, everyone can now quickly move forward."*

Om Shanti.

– **B. K. Nirwair**

# THE INVISIBLE IMPRESSIONS THAT SHAPE MY PERSONALITY

—B.K. Manjula Baijal,  
OTA, Lagos (Nigeria)

While the mind and intellect are two faculties of the soul, which play their role on the surface of our consciousness; at a deeper level, hidden beneath these two faculties, there lies a third faculty commonly called the *sanskaras*. The *sanskaras* are not only the store house of personality traits, as we commonly know them to be, but also the store house of millions and millions of impressions or imprints. Such a large number of impressions are created by millions of experiences that we go through our sense organs not only in this life but in all our lifetimes. Everything that we hear, see, speak, touch, taste, etc., we process or analyse or summarize in our own unique way; and basically, thereby we give the experiences a unique form depending on our personality, before this form gets stored in the form of impressions inside us. We even process our subtle experiences, which are in the form of

thoughts and feelings.

This process of experiencing and processing takes place during each and every second of our life including the time we sleep, when our mind may not be experiencing a lot, but it is busy in processing the physical and subtle experiences of the day that has gone by and storing the processed information in the form of impressions. From this, one can get an idea of the magnitude of the database of impressions stored within the soul, the inner being. These imprints, which are unique to us, make up our *sanskaras* and shape up our unique personality in a cyclic process. The types of impressions are shaped or created out of our particular type of experiences; and the impressions, in turn, shape our thoughts, words and actions. For example, if I constantly get angry (have experiences of anger); then, it slowly becomes my habit and I would easily get irritated in adverse situations, thus, forming/building my typical angry personality due to

my experiences of anger. Slowly, this typical personality characteristic of anger gets stronger and over a period of time, I will fail to find anything wrong or fault with my nature and will be prone to express anger more and more. As a result, more such typical angry impressions will get stored in the soul. These impressions will then trigger angry thoughts, as soon as situations will not play out according to my plan. Thus, it is a vicious cyclic process.

Proper spiritual understanding gives us the power to break the old cycle of negative and ordinary thoughts and instead create new positive, constructive and divine thoughts, which then flow into our feelings, beliefs, attitudes, actions, interactions, relationships, perceptions and, thus, re-emerge our original true typical divine personality. With the realization and awareness of our original self, our impure, negative and waste thoughts will finish and we can work on creating new pure and divine *sanskaras* for becoming the deities in the forthcoming Golden-Aged world of *Satyuga* as we go on deleting our old *Kaliyugi* impure and demoniac impressions or *sanskaras*. ❖

## BABA IS MERGED IN OUR HEARTS AND IS REVEALED THROUGH OUR GAZE

– **Rajyogini Dadi Janki**,  
Chief of Brahma Kumaris, Shantivan



**T**here is no other hall like this Diamond Hall at Shantivan. There is so much happiness, peace and love here. Look at the picture of the cycle at the back of the Hall - so simple and yet so good. What a Hall!

Look at each of Baba's children and we remember our memorial at Dilwala. What is Madhuban, a temple with living images? Dadi has been thinking of coming here all day and it is so wonderful to be here with all, my brothers and sisters.

Time is short and we keep the cycle in front of us which enables us to become the rulers of the globe. Even in this last birth we use royal *sanskars* and Dadi has never asked anyone to do anything for her or for 'even a penny.' Baba has taught us to renounce and to be austere. Baba has given us very deep understanding of what it means to remain in ascetic practice. It is beautiful to sit in this stage and we develop an attitude of disinterest. The state of an ascetic helps us dedicate ourselves to service. There is no

question of 'I' anymore.

A few of us have gone around the world on service. I am one of those fortunate ones. Brahma Baba taught me everything here in Madhuban. Baba taught us to be like the male child, the heir. I have never considered myself in the female form. The consciousness of being in a female chariot has also been broken. The heir recognizes his right over the parent's property. Generally, females do not receive the full inheritance from the parents. Now Baba has made all of us belong to Him and liberated us from the consciousness of the body.

Who is Baba truly? What is He like? He is detached and yet loved by all as the most unique One. There are many founding fathers and variety of souls throughout the world, but there is no one like my father Brahma. We are Baba's sweet and dearly loved children. Here, no one speaks loudly. We all share '*Om Shanti*' with a great deal of love and regard for each other. Today, Baba spoke about sitting in solitude and making the stage of

soul-consciousness very firm.

When Brahma Baba was here, he indicated that there should be a big hall in front of Pandav Bhawan. There was no doubt that each word of Baba would come true and that the words '*Om Shanti*' would be heard all over the world. These two words, Baba and Om Shanti, are all that we need to hear around the world to give Baba's introduction to others. Does our faith reveal Baba to the world? Do we show the right direction to others?

It is not the fault of those on the path of devotion that they call God Shiva omnipresent. Shiv Baba is merged in our hearts and is revealed through our gaze (*drishti*). This Baba hides himself in our hearts. He is sitting in your heart. Isn't He? Show the world what our Baba is like. Many say that Dadi you don't speak of anything else. This is good. Isn't it? There is so much of eternal joy and comfort in speaking about Baba. The words we hear from

*Avyakt* BapDada are beautiful and the words we hear through the *Sakar Murli* reveal the efforts that Baba made, living the ideals taught by Shiv Baba.

I remain happy proportionate to love, truth and peace in my heart. In one edition of *Trimurti* magazine (edited by Jagdish Bhai) there was an article on “Honesty, Cleanliness and Simplicity”. All of you are great warrior souls; so, what is your opinion? How would you describe a horse rider? A horse rider struggles to keep up. *Amaharathi* (elephant rider) moves very calmly with great control and peace. Baba’s work is happening very peacefully all over the world and there is no conflict of ‘I and mine’.

Many years ago Baba sent us to foreign lands to serve, and we wondered if there would be a time when Baba would call us all back to serve in Bharat. What are all of you going to do now? Serve as Baba would like you to serve; this is all that I hold as my wish. Baba is the One who enables us to do everything. Who am I to decide where I am to be – it is Baba who places me in the right place at the right time. Wherever Dadi goes now, everyone recognizes and says, ‘*Om Shanti*’. People recognize us. Baba has made us belong to Him and made us instruments to serve the whole world.

It was so wonderful to be with Dadi Gulzar in Delhi last weekend. Dadi Gulzar gave me her room in Delhi and she shifted to a smaller room. I had to accept but how can I possibly like that? However, it was very sweet. Here in Abu she doesn’t need to do this! We spent all the time there together. Dadi is the instrument to share Baba’s love with us as the official medium. Dadi Gulzar is so loving and sweet and no one shares as much love as she does. ❖

## Morning Musings & Night Notions

“You have to grow inside out. None can teach you, none make you spiritual. There is no other teacher but your own soul.”

– Swami Vivekananda

“If you judge people, you have no time to love them.”

– Mother Teresa

“The secret of health both for mind and body is not to mourn for the past, not to worry about the future but to live the present moment wisely and earnestly.”

– Gautam Buddha

“Life is to be enjoyed, not endured.”

– Gordon B. Hinckley

“Remember Me only; I’ll absolve you of all sins.”

– God Father Shiva

“A pretty face may be enough to catch a man, but it needs character and good nature to hold him.”

– Thomas More

“Even if I know that tomorrow the world would go to pieces, I would still plant my apple tree.”

– Albert Einstein

“Choose your love; love your choice.”

– Thomas A. Monson



## A GLORIOUS AND HAPPY NEW YEAR, 2018

– Dr. B.K. Narsaiya,  
Baba Dispensary,  
Gyan Sarovar, Mt. Abu, (Raj.)

Welcome, Hearty welcome to 2018,  
the Glorious Happy New Year;  
Let this generous New Year bring for you  
a lot of new cheer and pleasure.

Let Incorporeal God Father Shiva's  
boons and blessings shower  
Upon you and your friends and family  
with His divine grace and power.

I hope and wish your life take  
all rainbow colours with divine savour;  
And you relish and enjoy your life  
to the fullest in this novel year.

Let the bouquets of success come to you  
as this year's golden offer;  
And you receive from all sources  
the valuable and vibrant gifts galore.

Let the path of your life be strewn with  
flowers of all fragrance and colour;  
And let your soul be filled with  
divine and esoteric knowledge of nectar.

Let the place of your living be  
surrounded with holy and pure atmosphere;  
And wherever you go, let people receive you  
as their one most near and dear.

This life is very short, but let's make it  
very sweet with our sweet behavior;  
And make it immortal within  
this very short span of time in this luckiest year.

Let's think novel thoughts and do something  
new, which God and all will remember;  
And plan in such a way that the New Golden  
Age comes with all its glory and grandeur.

Let the Mother Nature be in plenty and bounty  
and serve you very heartily;  
And fulfill all your desires and wishes  
as never before very generously.

I sincerely wish you all to remain under the  
protective canopy of God's remembrance;  
And thereby gain from Him for the forthcoming  
21 births your divine inheritance.

We all are the divine representatives of God,  
the Almighty Lord of the Universe;  
Let us demonstrate Him to people of this world  
though our nice ways and manners.

In this New Year, let us take the golden chance  
to serve the souls as per His divine orders;  
And thereby become the master servers now  
and also then become the future emperors. ❖



# THE DIVINE LIFE OF SONS AND DAUGHTERS OF BRAHMA

– B.K. Surendran, Bengaluru

**P**rajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (PBKIVV) is a spiritual educational organisation, which teaches positive living as a way of life. This is not an ordinary University. There is only one Supreme Teacher, i.e., God Shiva, who delivers His knowledge through Prajapita Brahma and then subsequently through the Brahma Kumaris. The students, who undergo the 7-day basic Rajayoga course of this organisation, receive the gift of Love, Peace and Power from God and transform their mundane vicious life to a life of purity and spirituality. There are nearly 10 lakhs Brahma Kumaris and Kumaris, who are spiritually called Brahma's mouth-born children, and, thus, regarded as *aloukik* Brahmins.

This is a life of purity, peace and happiness. This is a life of orderliness, decorum and decency, based on principles, spiritual values and goodness. Above all, it is the *Shreemat* – the Divine Directions and

guidelines pronounced by God Himself - which govern the life of Brahma Kumaris and Brahma Kumaris. There are those, who completely dedicate their lives towards the spiritual service and also those, who live in their family life and regularly attend the spiritual classes and lead a life based on the teachings imparted by God Shiva, the Incorporeal Supreme Father. They live a life normally as any other human being in the world, discharging their worldly duties and responsibilities but are more civilized, more divine and more thoughtful. They are a new breed of people leading a life conforming strictly to the law of nature and the law of *karma*. It is the miraculous spiritual power of the Supreme, which is making this incredible transformation happen in individuals. They are the sons and daughters of Brahma who are at present incognito but in the near future they will be very well known and illustrious.

Let us have a bird's eye view of the spiritual efforts, which

Brahma Kumaris and Kumaris make to sustain a divine life by maintaining the following principles, code of conduct and self-disciplines:

1. Maintain a life of celibacy.
2. Maintain purity in thoughts, words, actions, relationships and contacts.
3. Prepare *sattvik* food filled with vibrations of purity, self-awareness, love, peace and joy. The pure *sattvik* vegetarian food is cooked in the remembrance of God, offered to Him and is also eaten in His remembrance.
4. Associate with like-minded people, who are on the same spiritual path.
5. Wake up daily by 3.30-4.00 a.m. to do *Amritvela* yoga (Nectar Time Meditation).
6. Attend the *Murli* Classes (direct versions of God) every morning. Daily spiritual study provides the right quality of nourishment for our mind and intellect.
7. Similarly, evening session of Meditation is also arranged at every centre for the benefit of the Godly students.
8. Keep constant attention on the self so that no wrong *karma* is performed under any kind of influence whatsoever.
9. Adhere at all times to the Godly code of conduct, which is prescribed by God

- in His *Murli* every day.
10. Practise the state of soul-consciousness.
  11. Remain engaged in service of others through thoughts, words or deeds. This service ensures happiness for the present as well as for the future by accumulating blessings of those, who are served.
  12. Give some time each day towards the conscious development of character by inculcating virtues. This helps to eliminate any negative sanskars and vices thereby improve the ability to build positive and harmonious relationships.
  13. Always stay in the remembrance of Supreme Father and remain in the intoxication of His love.
  14. Act as a trustee and an instrument of spiritual service. One does not own anything as he/she surrenders everything to the Supreme Father.
  15. Be a humble incognito instrument / child / student / follower of Mama and Baba and thereby continue to do one's self-progress.
  16. Avoid all kinds of wasteful discussions about anybody and anything and refrain from indulging in any

- wasteful transactions, contacts or relationships.
17. Uphold truth at all times and maintain cleanliness both inside and outside.
18. Neither tell lies nor resort to cheating, deceit and violent propensities.
19. Never give sorrow to others in thoughts, words and actions.
20. In short, always be attentive to the responsibilities and duties of a Godly student with this oath: "I must pay full attention to each thought,

word, and action since He is watching me every second." These are the self-disciplines being followed by the Brahma Kumars and Kumaris to increase their inner capacity, build inner powers and consciously work on transforming the self. In this way, they cooperate with God and help Him in the transformation of the old *Kaliyuga* world into the forthcoming New Golden-Aged World of Heaven - *Satyuga*. ❖

## THE VOICES AND VESTIGES OF NATURE

– B.K. Nirakar Pattanaik, Dubai

Listen carefully to the cry of an infant,  
The sound of rains chirping of birds and roaring of waves.  
Smell carefully the fragrance of rain-fed earth  
And of flowers in the garden.  
Touch carefully the hands of an octogenarian,  
Trunk of a tree and wall of a citadel.  
See carefully the emerging sun,  
Full moon night and whirlpools in a river,  
And the grace of moving clouds and moon.  
As you get closer to Mother Nature,  
You will feel that she verily speaks  
The language of silence -  
So sweet and serene – just like the inner you.



## PRAJAPITA BRAHMA: THE PRISMATIC PERSONALITY & GREAT GREAT GRAND FATHER OF THE HUMANITY

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

In 1936, when the earth was going through the chaos and the world was on the brink of World War II, Dada Lekhraj, at the age 60, had some visions/revelations of the oncoming world destruction followed by those of the new golden era that would be established by the Supreme through him.

In *The Gita*, God, the Supreme Soul/Spirit Himself, says that whenever the righteous code or *dharma* declines or is violated, He comes to renew the world. He also makes it clear that He incarnates in a human body and does not take birth through a mother's womb but comes by entering another's body (*prakaya pravesh*). Paul Brunton justifies this in his book quest of the overself: "If the Spirit is to help human beings, it must find an outlet through another human being. So, when God chooses to make His Presence felt, He usually does so by using some individual as His channel."

### State of the People and World in 1940's

In spite of the new advancement in science and technology and material progress the state of the people and world was still morally and spiritually hollow. The world at the first half of the twentieth century was really a wasteland. People did not really live their life in true sense of the term. Instead, they simply existed in the wilderness of *material plenty* and *spiritual scanty*. Their lives were always haunted by questions and doubts because of which they could not find any comfort and solace. They had cushioned beds to sleep on but could not get the sound sleep at all. They had many medicines but no health. They lived longer in years but not in noble deeds. So, as a whole, people were in a sort of death-in-life – a mere existence in the world of existentialism.

This was the paradox of our time in the history of the world. The same paradoxical state of life is also still viewed in the

broad scene of life even now. We have taller buildings, but shorter tempers; wider freeways, but narrower viewpoints. We buy more, but enjoy less; we have bigger houses, but smaller families. We gather more degrees, but less sense; we have more knowledge, but less judgment; more experts, but more problems; more medicines, but less wellness. We have multiplied our possessions, but reduced our values; we talked too much, but love too seldom, and hate too often. We have learned how to make a living, but not a life. We have added years to life, but not life to years. We have all the way to moon and back, but have trouble crossing the street to meet the new neighbor. We have conquered outer space, but not inner space. We have done larger things, but not better things. We have cleaned up the air, but polluted the soul; we have split the atom, but not our prejudice. We write more, but learn less; we plan more, but accomplish less; we have learned to rush, but not to wait. We talk of world peace at conferences in public platforms, but indulge in domestic conflicts at home. This is the time of more leisure, but less fun; more kinds of food, but less nutrition; these are the days of two incomes, but of more divorce and broken homes.

In the forward march of scientific materialism, modern man, unfortunately, has a backward movement in spirituality. In his egoistic rush for scientific and technological advancement, he has blindly embraced Satan, the Devil, the symbolic persona of seven deadly sins, i.e., sex-lust, anger, greed, attachment, ego, jealousy and indolence, and, unfortunately and ignorantly, divorced himself from the ever-benevolent God. As a result of which anarchy is quite evident in personal and social life throughout the world. Everywhere there is absence of harmony, balance, compatibility which, in turn, leads to doubts, lack of love, sympathy, peace, purity, cooperation and other noble virtues in life. People have become completely body-conscious and indulged in shameful gratification of senses in deliberate denial and forgetfulness of the spirit. So, Immorality has become the morality of the day. Humanity has become inhuman and society has become unsociable. Passions and vices have taken the reins in the management and administration of the world. This abject and wretched condition of the world, in general, has been clearly depicted by the Irish poet W. B. Yeats in his own words in his poem “*The Second Coming*”

as the following:

“Things fall apart; the centre cannot hold./Mere anarchy is loosed upon the world,/The blood-dimmed tide is loosed, and everywhere/The ceremony of innocence is drowned;/The best lack all conviction, while the worst/Are full of passionate intensity.”

At such a crucial point of inauspicious time, the appearance of Dada Lekhraj in this scene is a good omen. Paul Brunton states in his book *Quest of the Overself*, “Every time that humanity sinks down to the last depth of spiritual ignorance and there is decay in religion, then there happens the rebirth of an adept or even a god who undertakes a public mission of spiritual service.”

**Prajapita Brahma –  
The Prismatic Personality**

A man of common root, hailing from the Sindhi community of Sindh in the undivided India, he had an uncommon personality who rose to become an expert dealer in diamond business.

His childhood spirituality culminated at the age of sixty when he developed complete renunciation of the material world in his inborn quest of God and the realization of the self. At the opportune time of



such spiritual motivation of his mind and deep inner inclination for the realization of God, the Incorporeal Supreme Soul Shiva entered his body and took it as His chariot to impart the imperishable jewels of the spiritual knowledge of the eternal world drama (EWD) and Rajayoga through his lotus mouth to the sorrowful, unhappy and fallen souls in order to purify them of their vices and to take them to *Satyuga*, the Golden Age, called the world of Heaven by elevating and redeeming them from the impure morass of *Kaliyuga*, the Iron Age, called the world of Hell.

Being rechristened as Prajapita Brahma, he made a will of all his movable and immovable wealth and property to *Om Mandali*, a Trust comprising of some spiritually attuned women and sisters for undertaking the God-ordained task of world-transformation through self-transformation. It is because of his self-surrender and unprecedented dedication to this noble task, the initial sprout of *Om Mandali* has developed and grown to become the biggest ever Banyan Tree-like spiritual educational organization in the world, at present having more than 10, 00, 000 regular students in India and 137 countries abroad in spite of many

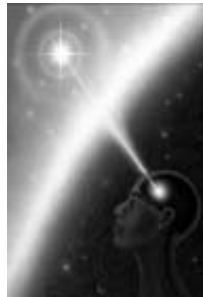
initial oppositions and antagonisms and intermittent ups and downs.

Though *Pitashri Brahma* has left his mortal coil on 18th January, 1969, his spiritual educational legacies have lived on during the passage of time being thoroughly practised and articulated by his millions of his mouth progeny even now and their number is also growing further. He was such an outstanding and unprecedented *prismatic* personality in the spiritual educational firmament that he brought upon a sea-change not only in his own life and members of the then Sindhi Community but also in the life of people of many and varied cultures of the world. He has most lovingly and successfully assimilated the people of so many different cultures in the sacred thread of one and unique Brahmin Culture, which has been willingly and unhesitatingly accepted by all due to its soul-sustaining universal ideas and ideals, ideologies and principles. His appearance in the transitional time of world history and acceptance of his body-medium by none other than the Almighty Incorporeal God Shiva proves the importance and significance of his unique personality that surpassed all preceding personalities in his

epoch-making efforts of changing the world from its decadent Iron Age to the blissful Golden Age of peace, purity, prosperity and health, wealth and happiness.

### A Unique Revolutionary and Pioneer

During the period of 1937, all around there was the prevalence of superstition, make-belief, hollow rituals, dogmas and meaningless shibboleths which were eating like worms into the vitals of society. Dada realized this wretched plight of the society and being inspired by the truth, new visions and ideals shown by God, he, with his true revolutionary spirit, gave challenge to all that was dogmatic, retrograde, irrational,



hollow, petty-minded, vitiated, decadent and degenerated.

He started the multifaceted revolution for bringing desirable change in people and society by introducing the unique *spiritual education* with a view to giving them the new elixir of enlightenment, soul-purification, self-realization and God-realization through the technique of Rajayoga meditation as

imparted by God.

He was also the veteran pioneer, who brought about an unprecedented transformation in people of all classes and age groups. He gave due regard and respect to women who were deprived of their due status and exploited under male chauvinism and inspired and exhorted them to realize their hidden and inherent spiritual powers and thereby to lead the mankind by becoming the embodiment of purity, simplicity, renunciation, meditation and service. He entitled them as *Shiva Shaktis* and viewed them as the true harbingers of the New Age of purity and really made them the instruments to open the Golden Gate of Heaven for the yet bewildered humankind.

He convincingly answered queries of the youth, solved the mazes and mysteries of their life by satisfying their spiritual urges, pointing out to them the true, long-cherished but yet unfound path to the ultimate Reality and giving them new aims and objectives of life. He also successfully inspired and exhorted the youth to join in the divine task of world-transformation by transforming their selves and, thus, harnessed them to this divine task with the women by channelizing their accumulated but straying

energies, zeals and enthusiasms for spiritual reconstruction and rehabilitation of the beleaguered humanity. With his noble mission, he started bringing about all-round reform on the foundation of purity and spirituality, thereby signaling the advent of a veritable heavenly world, which was described as a Utopia in mythologies, religious books and scriptures of various world religions.

**An Ideal Godly Student with God as Guide and Teacher**

Though he had no much formal education yet he was able to impart lessons of profound wisdom from the reservoir of his life's deep experiences. The lack of formal education was not a hindrance; rather this proved as an asset for him during his divine student life because his mind had no indoctrination and false conditioning and also no ego or vanity of being a highly educated man or a scholar. He always considered that Godly student life is the best life and regarded himself as a humble and ideal Godly student with God as his Guide and Teacher whose teachings he followed sincerely and wholeheartedly. This fact becomes very clear if one studies the *Murlis* – the oracles or orations or discourses of Incorporeal God – that were

articulated and delivered through his mouth as God used him as His corporeal or human medium. Those oracles or discourses gave revelations and essences of truth about the world and universe about which Dada knew nothing before God's visions or revelations to him. These revelations and truth were not extensions or elaborations of any prevalent cult or ideas, but these were so new, deep, profound and all-encompassing that they broke altogether new ground as these could not be found at any one place in any scripture.

Brahma Baba himself followed these truths and commandments, and sincerely and honestly said that God Shiva entered his body, used his organ of speech for revealing the truth and then went away. He only considered himself as God Shiva's vehicle (*Vahan*), called *Nandigan*, according to the terminology of Hindu mythology.

**Complete Understanding of Cosmos and Life**

Dada's life stands supreme and unparalleled because the life he lived and the noble actions and services he did to the humankind were based on his complete understanding of cosmos and life both in all

aspects of macrocosm and microcosm.

The Knowledgeful God Father Shiva explained through him many deepest facts of cosmos and life, which were



heretofore quite deep and unfathomed mystery. He made man's understanding of self, God and Universe easy and clear and,

finally, solved all the riddles and queries of perennial interest on the form of the universe, the duration of the World Cycle, the origin and end of World History, the prime goal and purpose of human life, the *Karma* Philosophy, the quintessential nature of self and its relationship with God, its liberation and elevation, the source of thought and the method of controlling and divinizing it, the ways and goals of Rajayoga meditation. Commenting on this, B. K. Jagdish stated, "Shiva Baba, through His corporeal medium – Brahma Baba - had touched on topics of eternal and timeless interest. Heretofore, *only provisional* theories had been offered by sages of the yore or thinkers of the present, but Baba set on many new facts a seal of *finality*." (To be Contd.....)

## BRAHMA CAN ALSO CHURN AND IMPART THE KNOWLEDGE



‘God is not omnipresent.’ Where did we get this new knowledge from? This knowledge was given by God Himself. Otherwise, did we know this before? Yes, we can churn in order to explain to others that God is not omnipresent. We can think and tell how to explain to others and how to correct others’ intellects. Such new things are given by Shiva Baba, but Brahma can also churn and impart the knowledge. The soul of Brahma and Shiva Baba are both there in that body, aren’t they! Sometimes, He speaks and sometimes, he speaks. He says one point and the other says another point – he (Brahma) is not any less!

Such things cannot be understood merely by watching. While listening to the *Murli* you wouldn’t understand whether the Supreme Father is speaking, or Dada is speaking. Yes, you can understand through the intellect, through knowledge. Many people come to see if Brahma is speaking or Shiva



Mateshwari ji

Baba is speaking, but how can you see just like that? This is not something to see. This is something to understand with the intellect.

### We Can See God with the Intellect

We cannot understand God by seeing, but we can understand with the intellect and knowledge. No matter how much you see something, you cannot understand if you don’t have the knowledge of it. If you keep this tape machine in front of a villager, would he/she know it? He/she would wonder what it is. Because of not having

knowledge of it, will he/she be able to understand its value? Therefore, to understand everything, you need knowledge regarding that. Even God also explains the knowledge first. He gives His introduction, who He is. On the path of devotion, many get a vision of the soul and the Supreme Soul, but what happens? Did anyone go to liberation and liberation-in-life? Nothing happens only with having visions. Knowledge is needed. So, there are many things to understand and to imbibe.

Now, the Supreme Father says that since you have direct contact with Me, you also have direct connection with Me. We now have to give and take directly with Him. We do all the transactions through mind, body and wealth, directly with Him, don’t we! There is benefit in doing it directly. We get a hundred-fold a thousand-fold return when we do directly, don’t we! We now have an exchange-deal directly with God. The Supreme Father also says: “Children, give away the old and take the new.” We get everything exchanged through the Supreme Father. We get the body, the soul, everything, purified. He has everything in abundance, doesn’t He! We

become so full when we take from Him!

This is why it is said, “Hey, God! Fill our apron!” It is not about the physical apron, it is about the apron of knowledge, through which we, the souls, take the reward of everlasting happiness. The apron of the soul is the intellect, and we take the reward of the *sanskar* in which the knowledge is filled. The mind and intellect are in the soul, aren’t they? Everything is filled in it. The Supreme Father sits and teaches us how to fill the soul. The part of 84 births is filled in such a tiny soul. Look, it is said that the atom bomb is so small, but it is so powerful! As there is power in the atom bomb, there is a great deal of power in the soul as well. This power lasts for so many births! The Supreme Father comes and says: “Children, the account of your last birth remains. Erase that and fill with the new account. I will come and tell you how to fill.” If you have to fill, fill it in such a way that you continue to get happiness forever.

**Do this Exchange-Deal with the Supreme Father**

Now, we have to fill the new account. We have to exchange the old and take the new from

the Supreme Father. This is the exchange-deal. There are also lots of exchange-deals in the world. In some places, they take old utensils and give away the new ones, don’t they! Similarly, there is an exchange deal here as well. The Supreme Father says: “Give away everything, including the body to Me, and I will give you everything new, including a new body and new relations.” Is there any loss in doing such deal? There is lots of benefit, isn’t it? You should come forward to claim such a profit. What is there of value in this old body and bodily things?

So, have this exchange-deal with the Supreme Father. This body is diseased, unhappy, and it experiences untimely death, etc. When we remove the attachment of the body and bodily relations and surrender everything to the Supreme Father; then, in exchange, we get a good body and all good relationships. Look, the relationship between Lakshmi and Narayan is so good! It is good to get a world of such relationships, isn’t it! There will always be happiness, nothing but happiness in it. The King, the subjects and all other relationships will be good. We

will receive so much happiness and bliss when we will come into such a deity kingdom. The Nature there will be *sattopradhan*. There will not be any calamities. The Nature will serve us completely there, because we will be receiving the reward of our elevated actions.

Look, here we sometimes receive happiness and sometimes sorrow. When wealth comes, there is happiness but if such a son is born, who finishes all the wealth, then there is sorrow. However, these things do not happen in the Golden Age. There is constant happiness and peace. There is no worry, even when leaving the body; there will be constant happiness. There, we have the reward of our elevated actions for many births.

The Supreme Father sits and explains all these things: “I come once and fill so much strength in you that you stay happy for many births, eating and relaxing in all respects.” Why should we be slack in doing something, which gives so much profit or benefit? We should be active in finalizing this exchange-deal with our Supreme God Father. ❖



## CHARACTER BUILDING – THE ULTIMATE APPROACH TO VOLUNTARY SERVICE



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

Every year, **December 5**, is celebrated as **International Volunteer Day** by the United Nations Organization (UNO). This day gives a unique chance to individuals and/or organizations to celebrate the spirit of Volunteerism. The UN



**United Nations**

Secretary General, Ban Ki Moon, in his message, said, “Founded on the values of solidarity and mutual trust, volunteerism transcends all cultural, linguistic and geographic boundaries. By giving their time and skills without expectation of any material rewards, volunteers themselves are uplifted by a singular sense of purpose.” The motivation behind such acts is

pure heart that is full of goodness, selflessness and boundless with compassion and love. It takes great deal of self-realization to overcome your wants and your ego to engage yourself to volunteering; it is only through volunteering that we experience the real joy, the real satisfaction from our acts that cannot be experienced through any other means. Further, volunteering also is a chance to give back to the society as the returns for what it efforts to make you the person that you are today. In addition to this, volunteering also teaches very important life lessons that no other curriculum can offer. It elevates our emotional and spiritual quotient, helps us understand the dynamics of emotions especially in times of crisis, and matures us to work in tandem with each other as a team. This is the beauty of volunteering; it enriches a person with much more qualities and virtues, which is incomparable to what one offers in return;

Many self-motivated people all around the globe engage

themselves in various activities of volunteering services. There are many active areas wherein we find people easily relate to offer their voluntary services viz., military services, medical/nursing services, education, skill development, nation-building activities and areas of emergency rescue like in case of natural disasters or any humanitarian crises. The contribution of volunteers becomes specifically significant in the time of crises. With every new day, we are facing different scales and types of disasters, whether they may be natural calamities or sufferings through conflicts, wars or humanitarian crises, volunteers come to the rescue of those in need of help.

It is a common understanding for a rational mind to help those who are in distress and those who are in need in case of rescue or emergency. Also, it is sign of a healthy society to find volunteers, who contribute their time and resources to the issues related to social upliftment like education, medical, skill development and issues related to nation building like military and community services.

However, there is a very vital area that in majority cases remains incognito but has its bearing in all the day-to-day issues, be it on individual level, be it in family relations, or global

level issues and that is “Character Building”. The character of individuals forming a society is the foundation for a civilized and realized world. All the upcoming issues and crises faced by individuals, families, societies, nations on world level can be easily related to the loss or decline of character in the individuals, who are part of it. This is the root and all the other issues are the branches. Therefore, it becomes very important to address this issue. We, at Brahma Kumaris Organization, believe in self transformation that shall eventually lead to world transformation; therefore, we start with character building; Here, at the Brahma Kumaris, this issue is covered through four main subjects: *Gyan* (Knowledge) through spiritual education, *Yoga* through practice of Rajayoga meditation and self-realization, *Dharna* through self-checking and inculcation of divine virtues and *Seva* through voluntary service.

Mahatma Gandhi has rightly said, “The best way to find yourself is to lose yourself in the service of others.” Embraced with divine knowledge and yoga, we

engage ourselves in self transformation and begin the voluntary service of changing the self and then others, for we strongly believe in the notion that charity begins at home. This process begins with the self and eventually starts leaving its footprints across families, societies, nations and the world at large. By addressing the issue of character building, we cover various issues that have become challenge for human society both on individual level and global level as mentioned below:

- (i) *Individual level issues*: Self-confidence, self-management through mind management, self-realization, time management, learning with improved concentration, self-respect, self-sovereignty through self-control
- (ii) *Family level issues*: Harmony in relations, mutual trust, co-operation, bonding with each other, appreciation, team work
- (iii) *Social issues*: Cleanliness, de-addiction, health management, team work, appreciation for others, regard and respect for the differences, mutual sharing and caring, mutual co-operation through deeper

understanding, education, skill development, creating opportunities for each other (iv) *Global issues*: Foreign relations, adaptation to changing dynamics, environmental issues, mutual trust and respect, mutual co-operation through sharing and caring, global outreach by imbibing global family feeling, aid and assistance to the under-privileged, avoiding wars, avoiding situations that create humanitarian crises, adapting to lifestyle that shall not create upheaval in nature like natural calamities

Offering ourselves voluntarily into this activity of “character building” is the most proactive approach we can adopt that has ripple effect not only on personal issues at personal level but also on the most challenging global issues at global level.

It is time to recognize the importance of volunteering in character building by introducing them into children’s school curriculum at early age and help them to hone their personality. This shall not only help make good personalities but also will help societies, nations and the world to come closer and help each other and one another by giving, caring and sharing, just as we do in a particular family. ❖

# BRAHMA BABA – THE LIGHT AND MIGHT HOUSE



– Major B.K. Bharat Bhushan,  
Gyan Sarovar, Mount Abu, (Raj.)



O' Brahma Baba! You're the lighthouse in the world;  
The spiritual light you shed has already spread  
In all its nooks and corners and has brought about  
A sea-change in the people's life - in and out.

Those, who were in deep darkness of ignorance  
Without any ray of knowledge, have got this assurance:  
"You'll be led out of the gloom to the world of light  
And be bestowed with the rarest divine sight."

You've done the wonder by opening their *third eye*;  
And they have got the answer to the query: "Who am I?"  
The dimmed light in them got enlightened by you;  
And with their soul enkindled, they got the knowledge, true.

They heaved a sigh of relief and felt the lightness in the soul;  
All heaviness in their heart got unburdened as they find the goal.  
The life they earlier lived was all nasty, brutish and impure;  
But, with this light they found the new path - they became sure.

The light tinged with seven colours fell over them like shower,  
Symbolizing knowledge, peace,

love, happiness, purity, bliss and power.  
They got overwhelmed with this and their hearts danced like daffodils;  
Their empty inner souls and bodies as if got their due sought-after refills.

The spiritual might they also got as you showed them the way, rare;  
It's Rajayoga practice, which connects the soul with God Shiva, the Father.  
The orphaned and weak souls recognized their true spiritual Father  
And got the liberation and fruition as their birthright and became relieved ever.

The Almighty Supreme, the sole Bestower and Giver, is the Absolute Lord;  
To them all divine values, virtues, qualities and powers He did gladly afford.  
He also kept the hand of His bliss and blessing over their heads happily;  
And gave them the invaluable boons, saying, "Sweet children! Be ever yogi and holy."

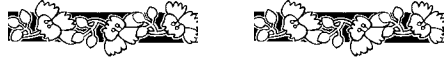
These boons got reflected instantly in their life and behaviour  
And made them completely jolly, jovial, joyful, happy, cheerful and pure.

The infirm and powerless souls got recharged with the yogic might;  
And became empowered to challenge the *Maya*, the Devil, with their noble fight.

The might of Almighty gave them the feeling of *Shiva-Shakti* combined;  
And with this combined feeling; all their weaknesses got instantly healed.  
The souls got their soul-surgery done by the unique Supreme soul-surgeon;  
So, all their sicknesses got cured; and in their spiritual path they marched on.

The ultimate aim of this path is to become Shree Lakshmi and Shree Narayan;  
This is the only effort of every man and woman in this Age of Transition.  
With ages, years, months, weeks, days, minutes and seconds, the fleeting Time ticks away;  
Let's make the best use of every second now without allowing it to simply pass away. \*

# BEGINNING OF MY SPIRITUAL JOURNEY WITH BRAHMA KUMARIS



—**Satya B. Saraswat,**  
Sr. Scientist, Dehradun

About five decades have gone but the memory of the first day of visit to the Brahma Kumaris Centre in Agra is still fresh in my mind. Agra is my native place and the Brahma Kumaris Centre was situated near Raja Ki Mandi, one of the most popular and old shopping centres in Agra. I and my friend were out for shopping when we saw the Centre's signboard, which seemed quite unique to us. Out of curiosity, we visited the first floor of the building. As soon as we entered the gates of the Centre, we saw the exhibition of our gods and goddesses as wall paintings. We confused this with the temple of Lord Krishna, our popular deity of Brajpradesh; but, later on, while reaching the central hall, we saw young women in white clothes that aroused our curiosity about the place. We were mesmerised by the uniqueness of the place when a young sister came forward and began to explain us about this 'new temple of new God'.

After we had given our brief

introduction as P.G. students of biological science, the sister gave a small introduction about the real identity of God as being an Incorporeal Point-of-Light. For simplification, she cited the example of God Shiva who is commonly worshipped everywhere in our villages of U.P. The knowledge seemed quite interesting and we wished to delve into the deeper aspects of divine knowledge imparted by Brahma Kumaris. However, we could not continue that day due to time constraints and requested the sister to continue on some other day.

I again visited the Centre on a Sunday morning at the time of meditation and was delighted to absorb the powerful vibrations of the place. The empowering experience continued when I saw a number of spiritual students sitting in disciplined manner listening to the senior sister who was reading out the *Murli*. I, too, sat there and listened to the same silently like others. Later, a B.K. Sister gave me a detailed explanation about

the real self - Who Am I? She gave me some inputs about Rajayoga meditation and how to form a loving connection between the soul and the Supreme Soul. She was also my first spiritual teacher, who explained to me the importance of doing good *karma* and the value of *karmayoga* (performing duties in the remembrance of God). The lessons served me well in my life as I began the journey from being a PG student to finally becoming the scientist at the National Institute of Government of India.

As being the leading scientist, I had to travel to different parts of the country for more than three decades and found difficult to be in constant touch with the Brahma Kumaris. However, it was my fortune that I again got the opportunity to visit Mount Abu in 1992. After that I visited the place 2-3 times for some official work and the bonding with the spiritual family grew and became stronger. It was a wonderful and enchanting moment, an experience of a lifetime when I received the *drishti* of Bapdada and I committed myself fully to this spiritual path.

Now, I daily practise Rajayoga meditation and spend time in remembrance of the

(Contd. .... on page no. 27)

## GOD'S SIGNIFICANT NAME "SHIVA" MEANS "WORLD BENEFACTOR"

—B.K. Rose Mary

Many people may agree with William Shakespeare, the world famous poet and dramatist, who wrote: "What's in a name!" This clearly implies the devaluation of name, because many names and words of nomenclature have lost their meaning. For example, an American city is named Los Angeles, which refers to 'the angels' in Spanish. The word *yoga*, which has the original meaning of living in harmony with God, fellow-human beings, environment, etc., has its meaning limited to mere physical exercises. The word 'religion' (derived from Latin term) *religare* originally meant re-uniting (or re-establishing bond between God and human beings and between or among human beings); but, unfortunately, now it has become a synonym for wide divisiveness leading to religious conflicts and struggles in the world.

However, that was not the case in the beginning. Earlier, a name was the symbol of basic characteristic, quality or

character of a particular person or a thing. For example, in Vedic period sun was called "aditya" and God was described as "adityavarna", which means that God has the qualities of the sun, the giver of light and heat (*The Gita* 8:9). *Aditya* means 'of Aditi'. The name *Aditi* (literally, *without division, without limit*) is mentioned in *The Vedas* as mother of *Surya* (Sun) and other celestial bodies or gods are referred to as *Adityas* (meaning sons of *Aditi*); and a similar sounding word *aatithya* means hospitality. Sun is remembered for its service because it is a giver of light and warmth to all beings equally – without any discrimination, division and without any limit. Thus, the name *aditya* shows us the very essence of sun with whose hospitality all living beings are significantly sustained. Also, sun is an amazing example of spirituality, because it is always a *Giver* (and receiving is not its concern). Hence, in the past, people used to remember God when they saw physical sun

because God is the *Ultimate Giver* of spiritual light and all other divine empowerments (*Psalms* 84:11; *Mathew* 5:44-48). God Himself testifies to this fact: "I am the Bestower and I do not *never receive* anything from anyone." "I am *Altruistic*; I don't have any expectations" (*Murli* 1.7.2016; 5.7.2016). What a splendid example both God and sun have set for human beings on earth! At the daily sight of sun, everyone is reminded to say to the self: "All my actions should enlighten and empower others; and I should have no expectations from others." Imagine how heavenly your life would be if you are living with a person, who has such sun-like qualities.

Just like the name *aditya* depicts the very character of sun and, accordingly, brings happiness to us, God's name too gives insight into the basic character of God and, accordingly, brings us greater happiness. In the East, God is conceived as *Param Atma* (Supreme Soul). *Atma* is a combination of 'a' (a negative prefix) and 'tama' (darkness, ignorance or ego); hence, in combination, 'a' and 'tama' mean a spiritual being made of light of knowledge/divine light that acts without ego. Since 'atma' is contrasted with ego, it means or refers to one, who

always acts in knowledge thereby bringing *benefit to all people*. And in the East, *Param Atma*'s name is Shiva (literally, *omnibenevolent, good to all without discrimination, division, without limit*), which also very significantly means or refers to World Benefactor, one who brings *benefit to all people*; and He does this by enacting such roles as Supreme Father, Mother, Teacher, Guru, Companion and Almighty.

Interestingly, in the West too, this concept is inherent in the meaning of God's name, Jehovah, as revealed to Moses, who is considered to be a prominent prophet by Jews, Muslims and Christians. The term Jehovah means "I am that I am" [*ehyeh ašer ehyeh*] (*Exodus* 3:14). This can be translated into simple words as "He who is, who was, who will be" (*Revelation* 1:8). But, behind the expression "I am that I am," we can notice both awareness and existence as His essence [it is like saying 'I exist, and I am also *aware* that I exist']; hence, it can point to Pure Consciousness, the core feature of *Atma* or "Spirit," which is how Jesus described God (*John* 4:24) Interestingly, the expression "I am that I am" is also similar to the famous description used in the East: *Sat Chit Anand* (which refers to the

One who is *aware* that He is *eternally existing bliss*).

Yet, there are other Bible scholars, who understand that the name Jehovah as the causative form, the imperfect state of the Hebrew verb (*ha-wah*, "to be, to become"), thereby meaning "He will cause to become," and, hence, feel that the name Jehovah should more correctly be translated as "He causes to become". He causes Himself to become whatever role is needed to benefit His children. That means God's name is an invitation to human beings to view Him in various roles that will bring benefit to the souls, His spiritual children. If you view Him as your real Father, He will cause Himself to become your Father, thereby making you link with His infinite power. If you see Him as your mother, companion, teacher, spouse, Guru and Almighty, He will cause to become Himself such and will give you His infinite qualities of peace, joy, knowledge, love, purity and bliss respectively. Interestingly, this aspect of the divine name too finds its fulfillment in a *Rajayogi*. Depending upon the need of the hour, in *Rajayoga* meditation he/she should connect with God and remember Him in any particular role(s) so as to experience His divine qualities. *The Bible* too

presents God in various roles – even in feminine terms such as mother (*Deuteronomy* 32:11-12; *Isaiah* 49:15; 66:13; *Hosea* 11:3-4) and this insight into His various roles naturally enabled His children to have deeper and sweeter relationship with Him, which kept them always happy and balanced (*Romans* 8:28; *Isaiah* 12.2; 61:10). At the root of Him taking or enacting various roles too lies His core quality of benevolence (*shivom*) (*Mark* 10:18).

When one says "I know swimming", it means he practises swimming. Similarly, when one says "I know God", it means he is practising goodness, which is the essence of what God is. It means giving on the basis of blessing. Our 'giving' should rest upon the great truth that God is a bountifully blessing God, and then our gift or giving, in turn, should be a bountiful blessing to others. It has its future benefits too. Those, who choose to act with God's qualities, are called *Suryavanshis* (tribes of sun) and are destined to inherit the recreated heaven on earth whereas those, who are choosing to act without His qualities, are of *Asura/Asuriya* tribes and are destined to take birth only when the earth declines again into hell. ❖

## OVERCOMING NEGATIVITIES THROUGH PRACTICE OF SPIRITUALITY & RAJAYOGA



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

Every country in the world is going through extreme convulsions at present. Even the developed countries, which were once considered stable and also strong, are also going through political and economic chaos. The social order is degrading and people are feeling unhappy at the individual level. As we look at the turmoil and disturbance all around, we are left to wonder if there is any way out of this chaos.

But, if we look closely, we can find that there is no problem anywhere outside; the problem is always created in our weak minds. Thoughts of wars and conflicts have their roots in the minds of individuals, which then ripple out in the society and finally spreading out to the world. The mind holds the whole world inside us. If we live with the same old negative thoughts, opinions and beliefs; then, we will have the same experiences. This is where spirituality helps us as we understand the truth about life, we start to work on

our self, to change our *inside* world, so that we can see a better result in the *outside* world.

To change the world outside, first we need to go deep inside to change our inner world. That means we create our thoughts but let us not allow our thoughts to be negative reactions to the actions of others or to the changes of events around us. People will be negative and situations will not be as we desire at times, but our thoughts should be positive, peaceful and powerful at all times.

Let us practise thinking of peace, love, compassion, tolerance and patience. Also, remember the fact that we become what we think about, all day long. How often do we clutter our mind with thoughts of anger and resentment as we witness injustice around us or when things do not go our way? How many times a day do we say out loudly: how terrible and unjust the world is? How intolerant we have all become? How uncaring and uninterested

we seem to be? How racist are we? How we keep complaining about the government and its policies? All of these thoughts and their expression are clear indications that we have become trapped in a non-peaceful mind and, thereby, contributing to the creation of an unhappy and non-peaceful world.

One way to get out of this rut is through proper understanding of spirituality and practice of Rajayoga meditation. As we attain inner peace through practice of spirituality and Rajayoga, we reach a state of self-acceptance, a state of mental calmness even in the presence of mayhem in the outside world. Spirituality helps us to change our vision towards others and bind humanity in one collective spiritual consciousness – what we do individually to ourselves is exactly what we translate globally; violence will produce more violence; peace will reciprocate peace. Essentially, we all are our own conduits. Whenever we are observing negativity in others and labelling them as criminals or culprits, the same negativity is also infecting us all the time. Until we do not come out of our persistent negative thinking, we will continue to highlight the negativity in people and situations.

Spirituality also helps us to

bring acceptance of everything through the understanding of *karmic* philosophy. Every incident is tied in the rope of life like the beads tied in a garland. There is a reason behind every situation. Nothing can happen without a cause, because every cause and its consequent effect are interrelated according to the principle of cause-effect relationship.

In Brahma Kumaris Organization, we come to know the fact that nothing is new in this world. Our futures don't just get created along the way. Our every moment NOW is creating the future to come. It is created with every thought that we give out, every word we speak, the tone that we speak it with a gesture of love, or lack of it; the action we perform with compassion or otherwise. Each second can be a pivotal point in our life, it can win friends for us or even push them away. The present has the immense power to change the future if the doer has the knowledge of Time Cycle and Eternal World Drama (EWD). Nothing remains standstill, every moment will pass away and every situation will take shape according to the quality of thoughts, feelings and actions performed in a particular situation. Things will come and go and a person may uplift

himself/herself by passing the examination papers through situations or one may degrade himself/herself by inviting failure. Every moment, we can earn something or lose something. So, every thing and situation are in our hand and we can control them by means of our inner power. Whatever grievance may be percolating, we can stop that by creating good thoughts. So, if someone has hurt us, insulted or betrayed us, we need to create thoughts of forgiveness instead of thinking about hurting them. Also, our thoughts create impressions in the form of *sanskars* which

will be carried on into our next birth. Many negative emotions like anger, agony, pain, shock, grievance, fear, irritation, anxiety, unhappiness, etc., created in a lifetime will accompany the next birth if not resolved before the time of death.

If we understand spiritual knowledge and implement it and practise Rajayoga regularly; then, we can respond to the world outside much more appropriately. We can overcome the negativities, challenges and grievances and live a life of true peace and happiness. ❖

#### DEITY WORLD – OUR INHERITANCE

Ecstasy of joy among the Brahmins lead  
The next journey to the pure and chaste world  
With a break of pause and peace in the abode of souls.

We now imbibe knowledge everyday  
To regain the third eye in this *Sangam Yuga*  
By burning our vices with the fire of Rajayoga.

Power of patience and silence finishes  
All obstacles in this sinful world  
And forgetting all we progress with God, the Truth.

Renouncing body-consciousness  
And being in the state of soul-consciousness  
we prepare to take God Father's property – Deity World –  
as our inheritance.



# TRUE LOVE IS ALTRUISTIC AND UNCONDITIONAL

– B.K. Shikha, Pune

**W**hat is true love? People may have different definitions of it, but many of us must agree that true love is altruistic and unconditional; it means love to others without expecting something in return from them. But, we human beings find it (giving) so difficult as we want a return for everything we give, including love. We begin to expect things. From that expectation, comes need, even jealousy and also attachment – the notion that we deserve to get back something because of our love that we give to others, and then unhappiness is experienced when our expectations are not met. If we expect something in return of giving anything, is it really love? Certainly not. Because, the first and foremost aspect of true love is the pure intention and capacity to offer joy and happiness without any condition. To develop that capacity, we have to practise looking at the Mother Nature. Nature expresses itself as giving unconditional love in everything it gives to others. It

gives abundantly altruistically and unconditionally, and also almost indiscriminately. We can observe examples of such expression in trees that provide oxygen, shade and shelter to all impartially (even to those who cut its branches or even cut it down completely) and in the sun that nourishes the earth every day, rising and setting unflinching. What will happen if all of Nature's elements start asking for a return for their services? What will occur if we had and have to pay taxes to get sunlight or the air to breathe? Life would not have been possible and won't be possible on earth.

Because, Nature's way of working is to give, it has everything in abundance. It never asks for a return. Sun gives light to everybody; trees give shade to all, and water satisfies thirst of all creatures and wets everything that comes in its contact. This happens because they follow and act according to their real nature. Similarly, the real and essential nature of human being is that of love, peace and bliss. When

we realize our real and essential nature, we will become "love personified" and we won't have to keep any conditions for giving our love to others. But, when we forget the essence of our true essential and original spiritual nature, we indulge in competition and one-upmanship in the everyday rush of life. And the only way to be free again is to realize our self and treat others as ourselves and start being selfless and giving altruistically and unconditionally. The more we give selflessly, the happier we will feel and receive the returns automatically. The returns are manifold when something is done without expectations. And that is love in the real sense, which generates true happiness. ❖

(.....Contd. from page no. 22)  
| Supreme Father, God Shiva. |  
| Today, I am living a peaceful |  
| retired life and also I regularly |  
| visit the B.K. Centre. I also |  
| have been a participant of |  
| National Seminar on Spiritual |  
| Science at Mount Abu. My |  
| inner journey towards self- |  
| realization and God- |  
| realization continues as I |  
| apply spiritual principles in my |  
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# THE MAGIC OF TRUE LOVE



– **B.K. Onkar Chand, Shantivan**

**H**ave you ever deeply thought about what love is? People do not know how to give love, nor do they know how to receive. This is why they do not know what love is; and, thus, their heart is empty. The basic aim of life is to enjoy it happily and the way to do it is with love. Life is dry and meaningless without love. The world is sustainable with love.

### **Love is the crux of human existence**

Love is, indeed, the primest and greatest emotion of all. To love and to be loved is the crux of human existence; and love is the only emotion that gives life a real meaning to human existence. There are so many ways of finding love in our lives. We fall in love with ourselves, with work, with strangers and with nature. We fall in love with life, creativity and situations. Love and peace of mind keep us healthy and also help us in facing the problems of day-to-day life in true and right spirit. They provide us the courage that we need to confront the situations each day and to use unpleasant experiences as

motivators. Love is the uplifting experience of joy, ecstasy, fulfilment, contentment and delight. Love helps us to rise above the painful experiences of fear, doubt, suspicion, jealousy, obsession, and attachment.

We all experience love in some form or the other from our family members and friends, relatives or acquaintances; but, it is difficult to find sustainable true love in life as it is somewhat rare. True love is joy for the spirit, a pure energy of light, a gift so precious and wonderful. It is the sole driving power behind everything. It crosses unimaginable boundaries, builds bridges that bind us all across space and time, with potential to eliminate every other barrier that may exist between the spirit and the physical worlds. It is spiritual, a bond between spirits that is unbreakable by any divide and circumstance. It is these pure bonds of love that bind us through eternity, immortally, forever. It is the greatest of all riches we could ever conceive to possess.

True love is also the communication of infinite feelings, where nothing is left to

hide. We give true love to each other as a testament of the bond that will always exist between two spirits that joins them, allowing them to shine brightly always. It is, indeed, selfless and doesn't demand anything from the person you love.

### **Power of love**

Love is the most beautiful emotion of joy as it bridges gaps and brings closeness in relations. Love is our natural quality. The power of true love is the greatest power in this world. Love can melt a stone, what to speak of hearts. The power of true love has worked in transforming even the worst of the people, because it is backed with forgiveness and pure vibrations towards the betterment of that individual. Where there is true love, there is no effort. Struggles become a source of learning and challenges are felt like a play. With power of love, doing things for others becomes effortless. True love empowers your mind which, in turn, gives you the strength to do only good for others.

The power of true love makes you forget the body-consciousness, i.e., the looks, the colours, the castes, etc. The power of true love can make you overlook the weaknesses and appreciate the qualities and strengths. You become the source of giving it

unconditionally. It always keeps you in good feelings about yourself and others, because when the vibrations of your mind are pure, you do the best and gather a lot of blessings in return, which are the real wealth of life.

**The most misused word is “love”**

Love is the fundamental rule to restore all other rules in human inter-relationship; but, if love is mixed with selfishness then it can become the greatest source of bondage, wounding the person with fear, insecurity and jealousy.

In these days, ‘love’ has been the most misinterpreted and misused word. The virtue of love has now become perverted. People are found to be falling in love but not rising in love. Love must not be confused with physical sensation or sexual attraction, because usually lust is mistaken to be love. This is based on selfishness, give and take. Wherever there is jealousy, possessiveness or selfishness, there is lack of love. A person with true love does not wish to imprison one he/she loves. True love comes to liberate and to set us free. A person with true love does not demand anything. True love is divine and universal.

**Difference between spiritual and physical love**

The difference between true

spiritual love and physical love is drastic and of great importance. Spiritual love gives positive results to individual, with peace of mind and joy whereas physical love delivers misery and unhappiness in life. True spiritual love seeks only the highest good of others; it lacks self-interest, self-gratification and self-preservation. It is motivated primarily by the interest and welfare of others. Today, physical love is the kind of love mostly known by the world. It seeks to satisfy only the senses of the individual and is limited in scope. It is simply pleasure of the flesh. It is often based on selfishness, give and take and mutual demand whereas spiritual love is pure, unconditional and unselfish. Soul-consciousness is the basis for sustaining true, pure spiritual love.

**Love yourself first**

Love is something you can’t give without possessing; something you can’t trust without living it; and something you can’t understand without comprehending. Use love as the strength to keep going, and pushing yourself through all obstacles. You should not forget all the beauty love brings. It’s not realistic to love your neighbour, unless you love yourself first. If you feel unhappy about yourself, you cannot love others.

For the love to be real, it has to flow outward from yourself. One simple technique to make love real is to focus on your virtues. You are very special person, because no one can play your role better than you. Every day, pat yourself on the back for the good traits you have and be proud of what you have achieved. Are you a caring friend? A hard worker? Sincere? Take pleasure in your strengths. Celebrate your wins no matter how big or small, and do not fairly compare yourself to someone else.

Tell yourself that there is no other person in this world like you. You deserve to be loved not only by those around you but by the most important person in your life – You. The more you have love for the self, the more happy and efficient you’ll be. Only when you love yourself, you can radiate love. When faced with difficult struggles of life, or confronting personal mistakes, failures, and inadequacies, treat yourself with the kindness, concern, and support.

It’s about getting in touch with your innate qualities and your happiness.

**Love for Humanity**

We love those who we feel are ours. What about the rest? Love for mankind means

extending unconditional love to each and every living being on earth, and it is the core essence to human existence. All human beings under the sky are the children of God and, thus, have a right to be loved and cared equally without any discrimination on the grounds of the difference in castes, colours, creeds, languages and religions, etc. We can go forward on a pathway to love only in an atmosphere free from egotism, prejudice, selfishness, etc., and where there is mutual respect for each other's feelings. So, start treating everyone with more care and respect.

Those who love people are always in limelight, as they win the hearts of thousands of people around. Love is the ornament of life and to have love for all the living beings, you need to see basic goodness in all the human beings. Always consciously focus on people's virtues but not on their faults. Under all circumstances, focus on the virtues of your neighbours, relatives, boss, employees, co-workers, customers, etc. Focusing on others' faults is the number one mistake people make in their relationships.

You can leave a legacy of

love. People talk of changing the world through great deeds or actions but it is possible only through love. Influence people with your love, compassion and understanding; and it is guaranteed that they will influence others. On a deeper level, love of people is a way to access the love of God. To love humanity, show compassion when someone is in pain, appreciate the little things in other's life, help others at times when they need that help the most, try to bring back the smiles that have faded from people's lives and treat them with love and respect.

#### **Fall in love with God**

It's the love of God that makes every task easy and puts you on the top. To grow divine love within, we must rise in love with God. For this, it is necessary to establish a relationship with God. Our relationship with Him is eternal and permanent. It does not shift or drift. God is the Light of Lights, the Incorporeal and does not have a body. He is the ultimate Source of love, the Ocean of Love. Make God your Father, Mother, Brother, Teacher, Friend, Master, Preceptor, Guide or your Beloved. Let everything we do

strengthen this relationship with God. Develop the closest, nearest, sweetest, loveliest and dearest relationship with Him.

To develop pure love for God, live with Him all the time. Therefore, talk to Him again and again. Think about His attributes and divine acts which are immeasurable sources of happiness, joy and contentment. Engage yourself in a loving, humble, intimate conversation with Him. One, who loves God, refrains from doing anything that may displease Him. One must never be God-fearing, but God-loving. Love has no place for fear and vice versa. The love of God begets love in manifold dimensions. When we are loved by the most beloved Supreme Lord, we become a lover of humanity. To love the whole universe is possible only by way of loving the Supreme. Loveful remembrance of Him is called Rajyoga Meditation.

#### **How to share true love?**

Love should exist everywhere. For this to happen, treat everyone with love and kindness. For every blow you receive, give back a blessing. The law of love is the law of service and sacrifice. Go out of your way to help others. Where

there is love, one does not find fault with others but looks at their plus points and special qualities. No matter how many mistakes there are, in love one endures them all. Love does not focus on what is wrong, but what is originally and intrinsically right within a person.

There is no criticism in love; so, do not be judgemental of those you love. Stop subjecting people to expectations and trials. Do not have expectations from them but be their well-wisher. Accept their presence in your life as it is. Forgive your loved ones even if they commit mistakes. Selfless true love comes from the thought of goodwill and wish for others' wellbeing, and this is the basis of our wellbeing.

Understand that love can only be given and not sought. Love begets love. The only way to find love is by giving it. Do not expect reciprocity in loving relationships. Be donors of love like deities. If you love others honestly, you, in turn, will get love. If you can look at everything lovingly, the whole world becomes beautiful in your experience and you will realize that love is not something that you do; love is the way you are.

To realize love, discover your true self. Once you know yourself, you will become more confident and you will understand your purpose of life. "I'm not a body with a soul, rather I'm an invisible soul that carries a visible costume, called the body." This soul-consciousness is the basis of realizing and experiencing true love in life. ❖



## THE HUMAN SOUL



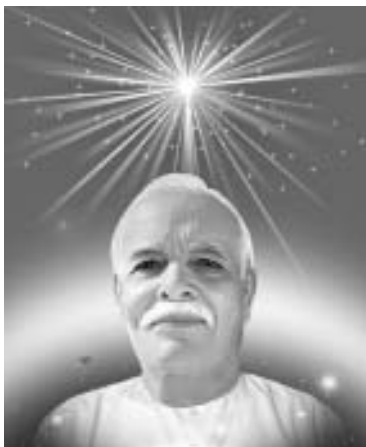
– **B.K. Dathiah**, Kalyandrug

**S**ome people think that our consciousness comes from the brain and not the soul. But, if one ponders over this question deeply, one will come to the question that there is some hidden power in the body, which controls its various organs. It co-ordinates their functions and remembers the experience it gets through them. This power does not rest in elements of matter, it is divine in its nature, because we find that some children remember the events from their past life also. This shows that though the previous body and the brain were burnt to ashes, there is a spiritual entity, which is continue to exist and which has now taken the present body and the brain.

Consciousness is another word for soul or spirit. The soul is the energy that experiences life through the body and its physical organs. The term 'soul' should not be confused with the brain as the brain is the soul's control panel; it provides the facilities for the soul's expression. The soul is actually looking through the windows of the eyes from some point inside the head. The sentient functions are controlled and monitored through the nervous and hormonal systems from a particular point in the area of the brain housing the thalamus, hypothalamus, pituitary and pineal glands. This region is known as the seat of the soul or the third eye of spiritual knowledge. This spiritual knowledge encourages each of us to visualize ourselves as a spiritual being, an infinitesimally tiny star, a soul rather than seeing the self as a woman, or man. We are spiritual beings rather than the physical ones. ❖

(....Contd. from page no. 3)  
long-lost children”) through the human medium of Prajapita Brahma Baba.

On the very first day of my visit, a startling moment occurred. I had been led by my Brahma Kumari teacher-sister into the room where I was to meet Him. I sat face-to-face with Brahma Baba. Some others, who had come in our group from Delhi, also sat around. There were also some Brahma Kumaris and Brahma Kumars, who were imparting a great spiritual aroma to the atmosphere. Suddenly, I felt myself cut off from my surrounding and detached from my body. I found myself in a sea of golden light and experienced an indescribable thrill and a consummating bliss.



Strange torrential currents of peace had descended on me and had penetrated into my mind and filled my soul. In that state – as

I can recall now – I had not even a slight feeling of being an embodied spirit but I experienced the extreme joy of being face-to-face with God – the phrase s‘face-to-face’ being only metaphorical, because in that holy union or encounter neither of us had a physical face. Without God’s physical arms, I felt I was in His embrace. A great spiritual magnetism had drawn my soul to the Holiest Spirit, and there was great surge of love from Him that inundated me. The light of that Supreme Light touched me and gave me such a wonderful, soothing, comforting, refreshing, enlivening and enrapturing experience that I could not contain myself and an expression of this welled out from me.

Suddenly, I felt that I was an embodied being but, for a long time, I did not feel myself of the body nor had I any gross feeling as I had before this ecstatic ‘moment’. I call it a *moment* not in terms of *sidereal* time because I had lost all sense of time then, and when I returned to the physical, its cherished memory gave me the feeling that it was, as compared to eternity, not even a moment. However, ever since that moment, God was more real to me than even a mountain. And, the words

uttered by God, “*Bachey, Ladley Meethey Bachey*” (Child, O My fondling, My Sweet Child ) had very much entered into my life. This was the precursor to my later divine experiences – all ennobling and enrapturing.

But, I know that over the past two thousand years or more, there has been prevalent, in some sections of mankind, the belief that man can neither see nor hear God. Long ago, the saying had gone round that the sight of God is “what man’s flesh and blood cannot bear”. It was thought that “to be in the presence of God is a shattering experience”; to perceive God is to be crushed by His majesty. Example is given of *Arjuna* of the *Gita-fame*, who, on seeing a vision of what is called His “Universal Form” said: “... the world is terrified; so am I.”<sup>1</sup> Examples are also given, from the Bible, of Isaiah, Abraham and Moses. When Isaiah had a vision of the God, he said.”...I am undone.”<sup>2</sup> It is even said that he, who sees God, cannot remain alive,<sup>3</sup> and that when God appeared unto Moses, “the people trembled .... the mountain trembled greatly.”<sup>4</sup>

But, it is a pity that, in this context, people conveniently forget that the words ‘cannot remain alive’, etc. are metaphorical. These divine

words have been used to express a spiritual experience, of which the parallel is only the physical death. When a person physically dies, he takes rebirth in another family; his memories of the past physical relationships, etc. usually get obliterated and forgotten; similarly, when a person gets a vision of God, the Holiest Father and the Lord of the hosts, he also dies a 'death', i.e., dies of the old materialistic world, so to say, is "spiritually reborn". It is in this sense that the statement "one who sees God cannot remain alive" is meaningful. Else, as *The Bible* states that Moses had a vision

of God and he lived, too, thereafter. Did he not?

So, it would be of grave loss to man to believe that he cannot have a perception of Supreme Being or that the experience of God's presence is *shattering*. His presence is *shattering* only in the metaphorical sense, for a vision or experience of God breaks the hard veil of one's ignorance.

For us, not only is the experience of God a possibility but a spiritual birthright of every soul, and

it is also a blissful experience *par excellence*, which anyone, who endeavours to be holy, can have. The present era, called the *Sangam Yuga* is the extraordinary period for an easy and successful union with God.

**References:**

1. *The Bhagwad Gita*, Ch XI Verse 23-24,
2. *The Bible*, Isaiah, Ch. 6, V.5.
3. *The Bible*, Exodus, Ch.33, Verse 20.
4. *The Bible*, Exodus, Ch.19, Verse 17.

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