

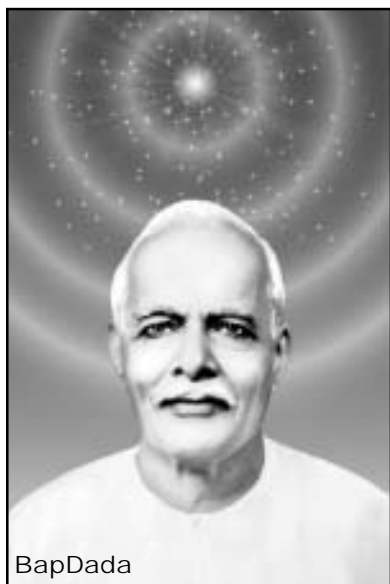
From the mighty pen of Sanjay



## SHIVA RATRI - THE FESTIVAL CONNECTED WITH GOD'S DESCENT ON EARTH



All men, except perhaps the hard core atheists, at the time of a calamity or in the state of disquiet or some sort of grief, look up to God for help. They pray to Him thus: "O Lord, our Redeemer, O Thou purifier of sinful souls, the Remover of sufferings and the Bestower of Happiness, our most propitious Father, have mercy on us. Come and liberate us from this incarceration. O Kindly Light, lead us out of the whirl of vices, back to our Sweet Home!" Such prayers are a token of the fact that there was a time in the remote past, when God, the Merciful Father, descended into this world and salvaged the souls from the ocean of vices and bestowed peace and prosperity on them. It is because of His having done some supreme good to mankind by incarnating in this world that He is worshipped



BapDada

even today through His image, the 'Shivlinga'. It is because of His having given peace to mankind by descending in a corporeal medium in this world that His advent into this world of mortals is sought again and again and is commemorated every year on the occasion of what is known as 'Shiva Ratri' and people daily sing very highly of Him and His deeds.

But, even those who celebrate *Shiva Ratri* and worship Him zealously have little knowledge of how the Incorporeal God Father Shiva, who is regarded as ever above the cycle of birth, death and re-birth, incarnates into this world and brings about the welfare and renovation of mankind. We can say it on the basis of our own experiences that if man assimilates the interesting and beneficial knowledge of this

(Contd. .... on page no. 33)

## CONTENTS

- ▶ *Shiva Ratri* - The Festival Connected with God's Descent on Earth (From the Mighty Pen of Sanjay) ..... 3
- ▶ Rediscovering our Spiritual Relationship with Lord Shiva (Editorial) ..... 4
- ▶ Be Honest with Baba about Your Thoughts ..... 7
- ▶ The Spiritual Significance of *Shiva Jayanti* ..... 8
- ▶ Prajapita Brahma: The Prismatic Personality & Great Great Grand Father of the Humanity ..... 11
- ▶ Secret of Happiness ..... 15
- ▶ To Really See, You Need a Third Eye! ..... 16
- ▶ Our Clothing must Reflect Our Divinity: How, What and Who We Are ..... 19
- ▶ The Pledges ..... 20
- ▶ Consciousness of Being an Instrument of Service ..... 21
- ▶ Morning Musings & Night Notions ..... 24
- ▶ Spiritual Knowledge & Rajayoga Meditation Strengthen One's Conscience ..... 25
- ▶ *Shakti Niketan*: Transforming the Girls into Living Goddesses ..... 26
- ▶ Getting Healed of OCD with Soul-Consciousness ..... 28
- ▶ Enjoy Spiritual Life Based on Positive Thoughts & Divine Visions ..... 31

### Rates of Subscription for "THE WORLD RENEWAL"

	<b>INDIA</b>	<b>FOREIGN</b>
<b>Annual</b>	Rs.100/-	Rs. 1000/-
<b>Life</b>	Rs.2,000/-	Rs.10,000/-

Subscriptions payable through Money Order/Cash or Demand Draft (In the name of 'The World Renewal') may be sent to:

**Om Shanti Printing Press,  
Shantivan-307510,  
Abu Road, Rajasthan, INDIA.**

#### For Online Subscription

Name of Bank: SBI, PBKIVV Shantivan,  
Account Holder Name: 'World Renewal'  
Saving Bank A/c No.: **30297656367**,  
IFSC : SBIN0010638

#### For Detail Information:

**Mobile:** 09414006904, (02974)-228125  
**Email:** omshantipress@bkivv.org

## ***REDISCOVERING OUR SPIRITUAL RELATIONSHIP WITH LORD SHIVA***

### **Honouring the Sacred Festival of *Maha Shiva Ratri***



**I**t is heartening to hear of the huge acts of charity and philanthropic work being carried out by individuals and religious/social institutions around Bharat and the globe. Yes, they are doing great work, but **there is not as much attention towards the depth and subtlety of spiritual wisdom, which actually forms the basis for progressive upliftment.** So, though people are theists and God-loving; sometimes, the pull towards materialistic attainments and acquiring limited status/position distance them from the real spiritual goals. Not many even go into the depths of their own religious scriptures; they merely recite *mantras* and revisit stories and lessons learned from the scriptures, but the spirit behind it doesn't get inculcated fully in their practical life. They call out to the Supreme to liberate them from negativities and weaknesses, but the realization that we ourselves have to renounce these from our lives, thereby to conquer over them, is non-existing at all.

The current scenario shows widespread irreligiousness, lawlessness and unrighteousness in whichever strata of society one belongs to. The more stringent the laws are for punishing culprits, the more is the violence inflicted upon innocent ones by the unlawful and tyrannical people. The seven specific signs of irreligiousness as documented in *The Bhagwad Gita* many eras ago, are as follows:

- (i) *Siddhant-heen Rajneeti*  
(Principle-less Politics)
- (ii) *Sadaachaar-heen Vyaapar*  
(Ethics-less Business)
- (iii) *Andhshraddha Yukta Bhakti* (Devotion founded in Blind-Faith)
- (iv) *Maanavta-Shunya Vigyan*  
(Inhumane Science)
- (v) *Vivek-Shunya Anand*  
(Mindless Pleasures)
- (vi) *Prem-Rahit Prabhutva*  
(Loveless Sovereignty)
- (vii) *Dharm ke naam Hinsa*  
(Violence in the name of Religion)

We have religious texts, rituals and teachings, but a majority of people find it

challenging to charter their life according to the elevated directions of their religious founders. On the basis of spiritual knowledge revealed by God Shiva, the Supreme Soul, each of the religions including the first one, the Original and Eternal Deity Religion (*Adi Sanatan Devi-Devta Dharma*), have all gone through their stages of utmost purity and righteousness to the present form of utmost impurity and unrighteousness, in which despite the best of intentions, human minds have reached a fallen, wretched and pathetic stage burdened by depravity, corruption, viciousness and violence. From the beginning of the Copper Age until the present Iron Age, individuals have been performing actions under the influence of negativities and vices, thereby leading to this age of complete irreligiousness.

***The Shrimad Bhagwad Gita* is considered and revered as supreme amongst all scriptures, the Mother of all Religious Texts, as it is here alone that we find words of wisdom spoken by none other than the Supreme Soul, Incorporeal God Shiva.** True to His promise, He descends to remind us of the spiritual knowledge of *The Gita* when there is utter irreligiousness, unrighteousness and lawlessness in the world

(symbolising complete degradation of human character), the imminent emergence of the *Mahabharat* War amongst religions and nations, as is being witnessed at this hour through the prevalent geo-political situations in the world and the Time-Cycle of the World.

People in Bharat, especially the devout or believers of Lord Shiva, celebrate *Maha Shiva Ratri* every year, and this year it will be on 13th February, 2018. Those, who believe in God Shiva, observe fasts all day long on *Shiva Ratri* and remain awake until midnight, when the Supreme is supposed to descend on earth and give visions and blessings to His devotees, who have sat in penance, observed fasts and offered *bael-patte* (leaves of the Bael plant/Aegle marmelos) onto the Shiva Lingams. After performing their yearly rituals, they visit the temples of Lord Shiva to offer their obeisance. There is hardly anyone, who would deny that we are again at that juncture of extreme Iron Age, as we are witnessing full proofs in the form of senseless and cruel acts of violence and injustice against humanity on all levels: mind, body and relationships. Never before has it been so essential for devout souls and those of spiritual inclination to sit in deep

contemplation, prayers and meditations to invoke the power of Almighty Supreme Being, God Shiva, so that religiousness, righteousness and divinity can be re-established in the world, and irreligiousness and unrighteousness can be brought to its sudden end.

Where does irreligiousness and unrighteousness truly exist and get sustained? Many scholars have referred to ‘the human mind’ as the real ‘*Kurukshetra*’ where the war of Mahabharat is fought continuously. Some devotional songs written by great poets and saints describe the dark side of the human mind, and how the invocation and commitment to the Supreme will take us out of the darkness of ignorance and thereby take the mind to the path of enlightenment: one of well-known songs from an old Hindi movie, “*Aaj andhere me hai insaan, Gyan ka sooraj chamka de Bhagwan...*” describes beautifully the prayer that emerges from the hearts and minds of devotees across the globe, irrespective of any distinction among various religions, languages, cultures or races.

Based on the personal experience of the founding father of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (PBKIVV), we

understand that it was the *Maha Shiva Ratri*, 1936 when Incorporeal God Shiva revealed Himself to his ardent devotee, Dada Lekhraj, who was later conferred the divine name of ‘Prajapita Brahma’. The words that first uttered through the lotus mouth of His Divine Medium spoke of the true form of light, might and bliss of the Supreme as the following:

“*Nijanand Swaroopam Shivoham, Shivoham;*

*Gyan Swaroopam Shivoham, Shivoham;*

*Prakash Swaroopam Shivoham, Shivoham,”*

Not only was the Supreme Being’s form revealed, but also the exact knowledge about the Supreme Creator and His Creation or the World Drama as well as revelations of the roles of 3 Angels or the Subtle Deities: Brahmaji, Vishnuji, and Shankarji. Subsequent divine visions shown by the Supreme Father enlightened us on the details of the Inverted Tree of Humanity, in the form of different branches symbolizing different religions established by the founding fathers of each religion.

Prajapita Brahma Baba also had visions of the ensuing Golden Age of *Satyuga* where each human soul would descend as elevated deities (*Devi-Devta*) and

live lives of complete purity, prosperity, peace and love. The cyclic repetition of the World Drama every 5000 years happens to be the most revealing part of the human history. The Supreme Soul, Incorporeal God Shiva, ordained Prajapita Brahma to become the responsible instrument, the Father of the Humanity, and convey the message to human beings that it is time to become righteous and pure in thoughts, words and actions, if they wish to regain their self-sovereignty and world-sovereignty.

As the world history and

geography repeat every 5000 years, we find that the most ancient temples in Bharat are dedicated to the Incorporeal Being of Light, God Shiva, where the worship of *Shiva Lings* and *Saligrams* is in the form of oval-shaped images, depicting the Supreme Being's point-of-light form, and similar form of human souls as stars of divine light. In essence, **the message on *Maha Shiva Ratri* for us is to become soul-conscious, imbibe the exact knowledge of re-establishing our relationship with the Supreme Father, in order to receive the unlimited inheritance of spiritual virtues**

**and powers so that we may lead divine lives for 21 births in the ensuing Ages of *Satyuga* and *Tretayuga*.** May all of you become heirs-apparent of Incorporeal God Shiva's blessings! May all the events honouring *Maha Shiva Ratri* glorify the Supreme Being's reincarnation on earth for bestowing the Godly inheritance of being ever-healthy, ever-wealthy, ever-happy in the coming world of Paradise!

We wish our esteemed readers a very enlightening and empowering *Maha Shiva Ratri*.

Om Shanti,

– *B.K. Nirwair*

### LOVING TRIBUTE TO B.K. SISTER GUILLERMINA OF ARGENTINA & MOUNT ABU

We wish to share news of the departure of our loving spiritual sister, B.K. Guillermina (originally of Argentina, but resident of Mount Abu, Rajasthan for several years) in the early hours of 30th January, 2018, at Global Hospital & Research Centre (GHRC). Her health had been very weak for the past few months, but she maintained a peaceful stage. Lots and lots of blessings and good wishes are being showered on this special soul on behalf of the Latino-American B.K. Family, and many souls from around the world who have known her for long.



Sister Guillermina came into contact with the Brahma Kumaris in Buenos Aires, with Sudesh Didi's visit 25 years ago, and she immediately took to this spiritual path and became most cooperative with B.K. Services in Argentina. She was a good instrument to bring high-quality souls

to the Centre and also to Madhuban. She was an all-rounder in service, ever-ready and available for whatever was needed. She loved beauty and accuracy and filled whatever she did with a refined flavour and touch.

When she came to live in India, she made time for whoever needed help. She was a tireless translator into Spanish and French for B.K. students and foreign guests. She drove souls to the Hospital and around Abu unconditionally. She made friends with the global family and was helpful to B.K. seniors too. She has left the fragrance of her simplicity, big heart and love for all.

May God Shiva shower rose petals and golden flowers on our deeply spiritual, kind-hearted Sister Guillermina: a missionary of spiritual service onto all! Her artistic knowledge and talents, humility and services will continue to inspire all of us.

Our heart-felt salutations to the departed soul!

## BE HONEST WITH BABA ABOUT YOUR THOUGHTS

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



**B**aba is our Teacher, Protector and Sustainer. We have been given an *alaukik* birth. The quality of our lives can be seen. My happiness should be such that the people of the world become happy on seeing me. There is no nourishment like happiness. The Creator is happy on seeing His Creation and His children. Baba has filled us with purity, peace, power, love and happiness. It doesn't matter where you stay; simply fill yourself with these qualities.

Baba is mine. Say to yourself: 'My Baba, Sweet Baba, Beloved Baba, thank you Baba'. Baba has given us teachings and we simply have to imbibe them. Baba says, "My Children" and the children say, "My Baba". We are receiving unlimited happiness from God. God is pleased with an honest heart. Keep courage and be honest with Baba. Be honest with Baba about your thoughts. It is easy to create thoughts, but I have to be honest with Baba about the thoughts I am creating. This is

very important. Now, make your time and make your thoughts successful and worthwhile.

At the Confluence Age, Baba has given each one of us a very good part. See your part and do the best you can in every aspect: in effort and in service. Serve others through your body, mind and wealth. Serve the Yagya. This Yagya belongs to Baba. Baba has told us to show mercy and bless others. Neither become upset nor also disturb anyone else. Even if someone tries to give you sorrow, don't take it. Don't look at the negative aspects of anyone's nature. Mingle with others and keep smiling. There should be feelings of love and friendship while interacting with others.

Let your heart be happy and your mind cool. Never let your head become agitated. Peace and purity are closely connected. Only when there is purity, there can be peace. Let Baba see how knowledgeable you are. Never ask, 'why', rather say 'Wah Baba! Wah!'. For this, keep in mind 'who I am' and 'who is

mine'. Reveal how sensible you are. A sensible soul follows the Godly code of conduct.

*Avyakt* BapDada has continually sustained us and doesn't lose hope in any of His children. His words give only happiness. He wants us to claim our fortune. So, keep the aim to reach your perfect stage. There is nothing to worry about; Baba is *Karan Karavanhar* and is making me equal to Him. We are simply His instruments. Baba's teachings are like a medicine; and whoever takes that medicine, recovers completely.

There are many, who stay in the household. They are all detached and loving. We all are Baba's beloved children. He makes us sit in His lap and makes us the garland around His neck. We are very fortunate.

Whatever you should do, do it now. Who has seen tomorrow? My intellect should be so clean that I can catch

(Contd. .... on page no. 18)



# THE SPIRITUAL SIGNIFICANCE OF *SHIVA JAYANTI*



– B.K. Neena, East Delhi

From time immemorial, the sacred festival of *Shiva Jayanti* or *Shiva Ratri* is celebrated with religious fervour and gaiety. But, have you ever wondered why it is called *Shiva Ratri*? During the fag end of *Kaliyuga* when the dark night of ignorance rules all over the world, things are in a state of disorder. Sins and vices have reached their zenith, and the world is on the brink of destruction owing to various types of upheaval, turbulence, chaos and conflict. It is then that God Father Shiva descends on earth to reawaken all of us with His divine knowledge and to transform the vicious world into the virtuous world. This divine descent took place in 1936. It also marks the beginning of the Confluence period. As per the eternal law, human souls have to pass through four Ages – Golden Age, Silver Age, Copper Age, Iron Age – in this Eternal World Drama (EWD) in each *Kalpa*, a cycle of 5000 years. We hail this auspicious occasion as the awakening of a new era, the ushering of New Golden

Age, as God, through His divine knowledge, dispels the darkness of ignorance, enlightens the ignorant and impure human souls and thereby transforms the demoniac world into a deity world; hence, we, the spiritual children of God Father Shiva commemorate this festival as *Shiva Ratri*.

At such a time of sheer degeneration, degradation of morals and values, Incorporeal God Shiva leads the humanity back to divinity, peace, purity, prosperity and eternal happiness. The Brahma Kumaris celebrate it as *Trimurti Shiv Jayanti*, marking the most auspicious time when God Shiva revealed the esoteric knowledge about



Himself as the Creator of the Hindu Trinity – Brahma, Vishnu and Shankar. Unlike the human birth through mother's womb and human birthday, it is the divine birth-night of God Shiva, who takes divine birth by entering in the body-chariot of Dada Lekhraj; hence, it is called *Shiva Jayanti*. God uses the chariot (*Rath*) of Brahma to disseminate this supreme divine knowledge through his lotus mouth through which we become His adopted children as Brahma Kumaris and Brahma Kumaris.

The *Maha Shiva Ratri* marks the beginning of *Confluence* Age, which brings about a new change in our lives in the transitional and turning point of a time between the end of *Kaliyuga* and the inception of *Satyuga*. He transforms the degrade and impure (*Tamopradhan*) human beings into elevated and pure (*Sattopradhan*) souls through the power of easy *Rajayoga*, thereby making them the master of their physical sense organs and also of the subtle sense organs – mind, intellect and *sanskars*. This is the only way through which the world disorder could be brought back to a state of order, peace, purity and righteousness, thereby transforming it into a virtuous world, completely devoid of

vices, replete with love, health, wealth, happiness, eternal peace, purity prosperity and longevity.

*The Maha Shivratri* is the most auspicious festival of bestowing liberation (*Mukti*) to all and liberation-in-life or fruition (*Jeevan Mukti*) to those, who follow His Supreme Directions (*Shreemat*).

As the destroyer of all vices and weaknesses, God Shiva performs the highest roles of Supreme Father, Teacher and Preceptor secretly and practically through His divine descent in a human body. His elevated Directions/Instructions (*Shreemat*) for each one of us, are to practise and establish ourselves in a state of soul-consciousness, live a pure, austere life and be free from vices so that we become His worthy children – worthy of clinching the double crowned sovereignty for 21 births during of 2,500 years in the forthcoming Golden Age and Silver Age. It is a golden chance to celebrate *Maha Shiva Ratri* in its true spiritual meaning and significance so as to become future deities of the divine Kingdom of God Shiva (*Shivalaya*), thereby ushering in the Golden Age!

The main pillars of Godly teachings are: (i) Spiritual Wisdom (*Gyan*) (ii). Meditation

(*Sahaj Rajayoga*) (iii). Inculcation of divine virtues (*Dharna*) (iv) Service (*Seva*) of sharing of Godly blessings, knowledge, pure feelings and good wishes through our mind, speech and actions while interacting with others.

To become an embodiment of knowledge means whatever actions you perform should be filled with light and might; these actions have to be righteous and elevated. To become an embodiment of yoga means to be a master of the self - conqueror of the physical organs as well as the sense organs. To become an embodiment of service means sharing of knowledge, qualities, values, virtues and powers through your mind, words, actions with all including your own near and dear relatives.

The differences between the celebrations of *Shiv Ratri* by the followers of Brahma Kumaris Organizations (BKO) and other devotees are as follows:

(i). The devotees believe in the saying: The soul becomes Supreme Soul (*Atma so Parmaatma*). They also say, “God is Omnipresent. They are unaware of the fact that God is only One, who is an Incorporeal point-of-light, and this fact is universally accepted by the devotees of all faiths. Anybody

having a physical or subtle body cannot be called God. The Hindu mythological personalities like Shree Ram, Shree Krishna, etc. are all deities. Similarly, Christ, Buddha, Ibrahim and Guru Nanak were all pure souls, but not the Supreme Soul. They were religious founders/leaders. Those who perform good and virtuous actions are called charitable souls or *Punya atma* and those who perform bad actions are called sinful souls (*Papatma*). But, according to BKs, the followers of BKO, the Supreme Soul (*Paramatma*) is the only One.

(ii). Devotees keep fast for a day whereas the BKs, who have understood the spiritual significance of the festival as well as recognized God in His true perspectives, endeavour to keep fast for observing purity and austerity; piety in thoughts, words and deeds throughout their lifetime.

(iii). The devotees offer bitter leaves known as three-pronged leaves on the Shiva Linga (*Bel Patra*), ‘*Ak ke phool*’, banana, berries, milk – these five offerings they make while worshipping. On the other hand, the followers of Brahma Kumaris Organization vow to sacrifice the vices of lust, anger, attachment, greed and ego. In other words, these five offerings

by devotees are nothing but symbolic of five vices of human beings.

(iv). People, in general, do not discriminate between the Incorporeal Shiva and the subtle-bodied Shankar. However, the former One is the Creator while the latter one is the creation. The three divine tasks of Generation (creation of new world incognito through Prajapita *Brahma*), Operation (preserving/sustaining of the same through *Vishnu*) and Destruction (through *Shankar*)

are being carried out by God Shiva Himself now.

If one understands the deep secrets about God, *Karma* philosophy, World Cycle and, above all, the value of the most auspicious present time of *Sangam Yuga*, one will be easily inspired to claim the divine inheritance of liberation-in-life for 21 births in the future Golden and Silver Ages. I conclude herewith by appending one of my poems on *Shiva Jayanti* to further elucidate the spiritual significance of this auspicious festival:

### SHIVA BABA – AN ALTRUISTIC BENEFACTOR

At this Confluence Age, O! Shiva Baba!  
 You descend through the human medium of Brahma  
 And Enlighten us all with Spiritual Knowledge  
 and *Rajayoga* for ushering in the Golden Age - *Satyuga*.  
 On the altar of Thy *Rudra Yagya*  
 Our Vices we sacrifice.  
 In return, Thou bless us with Liberation-in-Life!;  
 Thou safeguard us all from the impact of Satan (*Maya*);  
 Thereby keeping vices and sins at bay;  
 Thy teachings I adore, as full of nectar are they!  
 O! Shiva Baba, You bless and uplift the languishing poor  
 With golden imperishable Divine Treasures,  
 And Proclaim them as the true rulers!  
 O! Supreme Father of all fathers  
 Thou never crave for the Golden Sovereignty;  
 How great are You, the Altruistic Benefactor of Humanity!  
 We commemorate Your 82nd *Jayanti*  
 With divine respect, austerity and purity;  
 Thus, sending vibrations of goodwill and pure feelings;  
 Keeping thee beside us while doing all tasks and dealings;  
 Intensifying our spiritual efforts and tasks;  
 And ridding the self of vanity and masks! ❖

### NEED NOTHING

Everyone thinks they need to get something. But, the truth is we don't need anything. We already have what we need. Trouble arises when we think we have to keep what we receive. It's this sense of keeping that sustains our neediness. But, whatever comes to us is not for keeping, it is for giving. And when you give, you get. Deep down our being, we all know this eternal truth. It's one of those cast iron laws of the universe. But, we are conditioned to think the opposite. No wonder, there is a poverty of faith: not religious faith but the faith that the universe will bring us whatever we need, at the right moment in the right way. So, start today giving time, energy, assistance, care, co-operation. On how many levels, do you see the opportunity to give? It's good to be a 'just do it' person. Even better to be a 'just give it' person. And the paradox will make itself known – when you give you will realise you already have everything you need.



(...Contd. from January, 2018 issue)



Prajapita Brahma

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



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

**E**quipped with the qualities of both head and heart, Prajapita Brahma was doubly crowned with the crowns of the wealth of knowledge and purity of heart to the extent of cent percent maturity and perfection. The transparency of his subtle stage was so remarkable and impacting that the souls, who approach him, get instantly elevated to their subtle soul-conscious stages being automatically transported from their body-consciousness stage and the material world. He was a unique person of magnetic personality, grand spiritual vision, charming visage and charismatic leadership qualities. He left indelible marks of his personality on the human souls, who follow on his footprints to imitate and inculcate those qualities in their manners and behaviours while interacting with others in practical life. This article highlights some of his other noble qualities, which are as follows:

### **Discovery of New Horizons of Thought and Truth**

Prajapita Brahma has not only

left indelible imprint on culture and civilization but has given new direction to them because the revelations he got had greater impact on wider areas of life of both the common and learned people. Their influence have gone far beyond the field of scholarship and deeply touched the different spectrums of human life and the whole gamut of truth and human



thought as well as disciplines. Whatever he explained then have now been widely received and appreciated by eminent people of various disciplines like physics, astronomy, geology, history, philosophy, aesthetics, psychiatry, psychology, medicines, neurology, law and justice, sociology, anthropology, etc. He practised first whatever he

preached, for he never remained in an ivory tower like other thinkers, philosophers and theoreticians. He was very practical and dynamic and gave religion and spiritualism a new freshness and vigour, dynamism and pragmatism. In this context, B. K. Jagdish stated, “Anyone who studies impartially God-revelations made through Brahma Baba will reach the conclusion that his work led him to many new discoveries – discoveries of new continents of thought. Baba’s voyages into meditation and his sojourn in spiritual thought have given man the knowledge of many new islands of truth”. His life provides the proof that ideas do travel from the meditation hall of a Rajayogi to the far and wide world around.

### **Universal Consciousness**

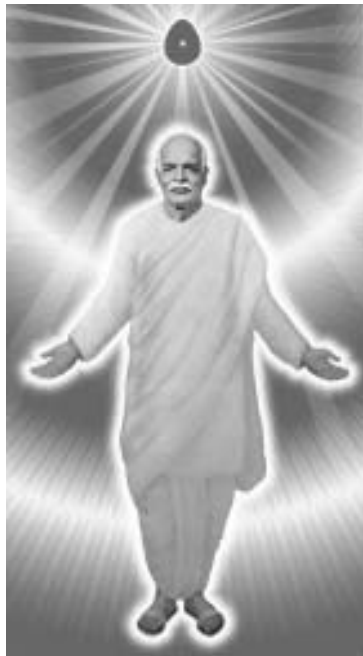
Brahma Baba was the possessor of a unique and universal consciousness. This made him see and consider the world as One World Family (*Vasudhaivam Kutumbakam*). With the same universal vision, he saw all equally irrespective of their multifarious outward differences of castes, colours, creeds, languages, religions, nationalities, sexes, places of birth, cultures, etc. because in his heart of heart he thought that each and every soul belong to the same Universal Father and the same metaphysical spiritual Sweet Home, Soul World. No

sense of divisive local, regional, national attitude entered or affected his cosmopolitan mind. The integrated concept of oneness of the universe enabled him to practically translate the spirit of One World and International Understanding in his own manners and behaviors. The combined souls of Brahma Baba and the Supreme Soul in his body working unanimously for the transformation of the souls and the world is still incognito to many, yet the effect and result of such combined work is quite a spectacular mark of manifestation of the universal consciousness at work. This fact is clearly perceptible in the tremendous growth of the Brahma Kumaris family in every part of the world, creating a practical sense of unity and integrity in all, who come in contact with any member of this family.

### Complete Renunciation

A perfect embodiment of renunciation, he surrendered without hesitation everything of his personal belongings instantly at God's command to serve the world with body, mind, spirit and wealth. The unprecedented renunciation of his self for the greater benefit of others and the world at large has been a great and extraordinary work of spiritual regeneration, rejuvenation and rehabilitation

according to the Supreme Directions of the Incorporeal Supreme Soul, the Supreme Father. Renunciation of one soul like him created a unique example for many others to follow him in the same spirit. His spirit enlightened so many dimmed spirits and elevated



them to their original deity status, highlighting their many other virtues with this virtue of renunciation. He devoted his full time, even sacrificed his rest and happiness for the betterment and welfare of others because he knew very well that the ignorant, unhappy and sorrowful souls badly need his special service at this time. It is only he who has to come to their rescue and respond to their desperate SOS

(Save Our Souls) calls at the fag-end of the Eternal World Drama (EWD) when all have to return to the Soul World. Who else will reignite their dimmed souls and accompany them in their back journey to home unless he sacrificed his all in time of their need? This evocative question always haunted and prompted him to answer to the eventual calls of the World Benefactor, God and benevolent Time in the form of complete renunciation.

### A Unique Karmayogi

He made a perfect balance of service (*Seva*) and meditation (yoga) during the regular routine of his spiritual efforts. To many souls, be his spiritual off-springs, the twice-born mouth-born progenies - the Brahma Kumars and Brahma Kumaris - or any other souls who come to meet him, he appears to be quite merged in loving remembrance of God even while interacting with them. It is possible for him to do so because with regular and constant practice of deep meditation he achieved *Avyakt* stage, and this stage he could quite easily maintained while being engaged in spiritual intercourse with others in *Vyakt* atmosphere. He could also keep this stage intact even while doing some physical activities in Madhuban, and many were

eyewitnesses to this fact, for Brahma Baba appeared to them in complete transparent bodiless angelic stage. Thus, he was the perfect and unparalleled model of example of the unique *Karmayogi*, who has inspired and enlightened many souls to be moulded with that model, and the Brahma Kumaris Spiritual Educational Organization has been a tranquil, serene and solemn haven for such *karmayoagis* who, in turn, have



been the shining examples for a large number of inquisitive seekers of spiritual knowledge and Rajayoga after his divine ascension to the Subtle World.

### Selfless Service to Mankind

If anyone is presumed to have practically translated the dictum “Service to mankind is service to God” in the world, he is the one to do so in the true sense of the term. Though, in reality, the Incorporeal God Shiva is the only selfless server of the humankind, he copied Him and became the replica of selfless socio-spiritual service to the souls of the world as he

did this voluntarily without expecting anything in return from anyone. Even after making the will of everything he had to *Om Mandali* for the larger service of the humanity, he had not spent a single pie for satisfying any selfish motive of his own self or of any of his family members. He led a life of great simplicity, immaculate purity, utmost generosity of heart and loyalty to God’s task with a view to making holistic benevolence to the souls of the world. He took to unlimited hermitage (*sannyas*) and did the untiring spiritual service of the souls from a bamboo hut in Madhuban till he breathed his last. At the supreme command of the Supreme Soul, he maintained the state of soul-consciousness in every breath even while successfully discharging all the responsibilities of spiritual service, dealing with the various problems of the spiritual children, and thereby becoming the embodiment of selfless service.

### The Exemplary Example

It is rightly said, “God has made man in His own image.” He was the first Man, the Adam - *Adi Dev* - who did everything, from the most ordinary menial household work to the most sublime works like spiritual discourses and

practical meditation, in the first instance as an example for the children, for he knew very well this fact that there was none else other than him to do these for them. Only he himself was next to God, the Supreme Soul, and he had to become the ‘chosen one’ by God to become *the exemplary example* before others to be followed. Since for creating the new world of the Golden Age every Direction of the Incorporeal God was completely new to the humanity, he had to face the opposition from all fronts as he professed the new and practical observance of purity in household life. But, he succumbed to no opposition and antagonism of any sort as he knew very well that these would come in his most righteous path only to go at last, and that it was God’s Command and His ordinance for each and every soul to observe purity with the practice of Rajayoga in order to earn the most enviable passport for entering the *Satyuga*, the World of Heaven. Considering himself as the first and foremost instrument of God, he at best made himself the first and only example of purity and many other cardinal virtues and spiritual qualities at the age of sixty for others to follow and inculcate. In this way, to quote the words of

English poet John Milton in his epic poem *Paradise Lost*, Brahma Baba practically “justified the ways of God to men”, thereby making his life an open book for many to read and rejuvenate their lives on the basis of it. Thus, he also translated practically the saying – “Example is better than precept” – in all aspects of service.

### **Prajapita Brahma, the Great Great Grand Father of the Humanity**

After Incorporeal God Shiva’s descent in his body and renaming of him as Prajapita Brahma, he took for himself the onerous task of fostering the adopted children as the sole father of the humanity along with Jagadamba Saraswati, the World Mother, both lovingly called as Baba and Mamma. As he knew very well that God is playing His multifarious roles as Father, Mother, Teacher, Preceptor, Consort, Friend and Companion for the souls of the world, he undertook this spiritual task of caring them and sharing with them God’s knowledge and divine virtues with tremendous caution and responsibility. He carried on this task so accurately, punctiliously and lovingly that all the souls, who come in contact with him, felt the ethereal and blissful feelings of selfless love, mercy and

forgiveness in his person. He showered upon them his bounteous love, sympathy and compassion so overwhelmingly



that the loving words “*Mera Baba*” automatically come out of their hearts for him as they all got quite impressed with his amiable paternal cares, sweet and soothing behaviours. In his enactment of God’s various roles, he made himself equal to God (*Bap Saman*), thereby justifying his own role of Brahma as depicted in the Hindu Trinity – Brahma, Vishnu and Shankar. As a result of this spiritual fostering of souls as the father of the humanity in the transitional *Sangam Yuga*, he is also destined to foster the Deity World in Heaven as the Emperor of the Golden Age in the form of Vishnu, the symbol of the combined roles of Shree Lakshmi and Shree Narayana, with Mamma playing the role of his

consort as the Empress Lakshmi. His playing of the role of Brahma in *Sangam Yuga* and that of Vishnu in *Satyuga* is accurately portrayed as Brahma is shown and seen ensconced on the lotus, protruding out of the navel of Vishnu. This means that Prajapita Brahma, who fosters the souls as the creator and father of humanity in *Sangam Yuga* on behalf of God Father Shiva, will also play the role of Vishnu: Jagadamba Saraswati then playing the role of Empress Shree Lakshmi and Brahma then playing the role of Emperor Shree Narayan in the Golden Age. For this highly significant and universal role that he played in this world on behalf of the Incorporeal God Father in bestowing indiscriminatingly and ungrudgingly equal love and spiritual succour to souls of all cultures, communities, religions, languages, nations, creeds, faiths and beliefs, he was appropriately regarded as the father of the humanity (Prajapita) by all. In this role, he also became the unifying factor in spreading vibrations of the spirit of ‘unity in diversities’ in the world and, at the same time, in fastening them all in the loving and unitary bond of ‘One God, One World, and One Family’. (*To be contd...*)

# SECRET OF HAPPINESS

– Satya B. Saraswat, Sr. Scientist, Dehradun

Once a curious disciple asked Buddha, “I want happiness”. Buddha said, first remove ‘I’ that is ego; then remove “want” that is desire. See, now, you are left with only “happiness”.

That was a message of Buddha to all the people, who are, today, searching for peace and happiness in the outside world. We keep looking for happiness in family and friends, in jobs and promotions, or in money acquisition and security. All these are externally dependent, in which happiness is confused with stimulation, excitement, achievement, acquisition or relief. But, in reality, happiness is not concerned with any of them. The problem with this temporary excitement is that it is inherently fleeting, it never lasts because the objects of happiness don’t last. But, still most of us go through life looking for things to “make us happy”. And since our happy “fix” is never permanent, we keep looking for it. The real

happiness is not dependent on objects, but it is a state of mind cultivated through mental discipline.

Real happiness comes from having an unassailable connection with the inherent internal being, i.e., being aware of the real self. Practice of Rajyoga Meditation is a powerful way to awaken us to who we really are and to experience happiness as a state of spiritual consciousness that already exists within us. When we meditate, we go beyond the vicious cycle of waste thoughts, memories and emotions that tend to keep us stuck in our

ego’s story of who we are externally. As we meditate regularly, we let go of the conditioned external beliefs and accumulated physical and mental toxicity that cloud our perception of our original, essential, inherent, internal, inner spiritual nature.

We enter a new state of awareness and discover our own inner fountain of joy, a source of happiness that is not dependent on anyone or anything external, and most importantly we get a sense and taste of contentment. Spiritual happiness is a direct result of inculcation of spiritual knowledge, values, spirituality and regular practice of Rajayoga meditation. Without complete knowledge of the self, one cannot remain ever peaceful and truly happy. ❖

## MIND CONTROL

There are times when my mind faces inertia: it can either be that the fast speed of thoughts is tough to control, or there is a lack of enthusiasm to think new and different. An efficient driver has good control over both the accelerator and brake. Similarly, **my day runs smoothly when I can operate the mind and intellect to manoeuvre the flow of thoughts and generate productive thoughts as I wish.** The best way to enhance my mind is to take few minutes out at regular intervals to clean out unnecessary and waste thoughts, and focus my attention on the Supreme, the Ocean of Power and Divinity.

## TO REALLY SEE, YOU NEED A THIRD EYE!

– B.K. Rose Mary

The term ‘intelligence’ (derived from the Latin word *intelligere*) literally means reading between the lines. In other words, it is all about seeing behind the obvious events/happening/things and arriving at an intuitive discernment, or seeing with the third eye of knowledge. Seeing a gift you received is the ordinary seeing, but seeing also the love of the giver behind that gift is the real seeing. Seeing cards arranged as a pyramid is the ordinary seeing, but seeing the forces acting in various directions, nullifying each other and, thus, making the pyramid shape possible, is the real seeing. Seeing a seed is the ordinary seeing, but seeing within it the invisible program of origin, growth and development in which all the future generations remain inherent, is the real seeing.

Seeing only with physical eyes may also be boring. If a mason sees only construction materials and tools and works only for money, he may be mechanical in his work. But, if he sees the end-product in the screen of his

mind and works with this attitude: ‘I am partaking in the nation-building, or in the construction of a beautiful palace, etc;’ then, he will have the joy of work with each working day passing like a second. So is the case with our living on this planet earth. Very few people enjoy living here whereas the vast majority of them are not enjoying because they lack the real seeing; and, hence, almost living in darkness without even knowing the answer to the primary question: “Who am I?” and other vital question “What or who rules over the events and happenings?”

### Truth behind one’s body

The ordinary eyes see oneself just as a body, but this is not scientific. Francis Crick, co-discoverer of the double-helix DNA, declares that “it is not true that mere firing of neurons in the brain could indicate consciousness... Physics has yet to explain how consciousness could come about through firing of neuron in the brain.” Scientist Roger Penrose says, “Right now, science is too limited for (our

understanding) it.” Scientists know the particles of which things and objects are made up of, but the real nature of objects continues to evade them. The universe is composed of waves and it is a modification of its original substance that remains hidden behind the waves and modification. The sense organs that catch the waves and modifications are themselves modification of the substance or of its waves. Each one of them can catch only a single modification. Hence, no sense organ is capable of comprehending what lies behind *the waves or modifications*. Further, body is made of billions of cells. Just like an employer instructs his employees for performing various tasks, DNA instructs the cell. DNA is a multi-billion-lettered program telling the cell to act in a very detailed way exactly how the person’s body should develop. Behind this instruction program, a real seer would see an immaterial builder at work.

Interestingly, neuroscientists unwittingly add another dimension to the above conclusion because they say that human brain not only processes more than a million messages a second but also weighs the importance of all this data, filtering out the relatively unimportant. This screening

function is what allows us to focus and operate effectively in our world. Such a screening or discriminating function is characteristic of the soul, which is an immaterial reality behind the brain. That is why brain becomes a trash when the spark of life [(the source of which is soul (*atma*)] leaves the body. This means that the soul, an invisible actor, is more important than the body it uses. When the soul (*atma*) exits, the body



becomes inactive, and when the soul (*atma*) enters an unborn body in the womb, it becomes active which means that the soul (*atma*) can exist with or without body. This gives a short answer to the question “Who am I?” I am the soul (*atma*) that uses this body. That means body and its organs such as brain are like the hardware of a computer and the soul (*atma*) and its qualities are like the operating systems. This

explains why we see intelligence behind the brain, which expresses itself as the ability to reason, to produce feelings, to create motion pictures in dream, to plan, to take action, to relate to other people, to know whether somebody loves or not, to seek the Supreme Father, etc. This also explains why we have great thirsts, such as thirst for unconditional love and thirst for righteousness (which cannot be satisfied by any amount of wealth or fame). This gives an extended answer to the question “Who am I?” I am the active principle, invisible reality, the conscious and immaterial entity within this body; thus I am a spiritual being, which is the exact representation of the very Being of Supreme Soul, my Heavenly Father. I am existing, I have existed in a baby body, I have existed in a child body and in an adult body, and also in many bodies through many births. I came through my parents (not from them), and parents also came through their parents (not from them), which shows the numerous births the soul (*atma*) takes. The fact that the soul (*atma*) took a body once means that it can do so any number of times—infinite into the past and infinite into the future. In this real seeing, body and its relationships become less important, and what

used to agitate or excite us before, will no longer do so. With this real seeing and understanding, we feel so powerful and perfectly balanced in all situations because each one of us is now convinced that “I am a soul (*atma*), a child of the Almighty Supreme Soul.”

### Truth behind happenings

The ordinary eyes see an action or happening separately (often lamenting “why it happened to me”) whereas the authentic eyes see an action or happening as the part of a flow. Science states that nothing happens isolated, the fact of which Sir Isaac Newton detailed through the three laws of motion: nothing happens without something preceding to it. Then, there is String Theory, also called, Theory of Everything (ToE), which suggests that the fundamental “positive-energy unit” in our universe is not any “elementary particles” but vastly smaller “strings of energy” and, thus, gives a common explanation for the four main forces seen in Nature such as the electromagnetic force, the strong nuclear force, the weak nuclear force and the gravitation force. In other words, when you apply the laws, principles and relationships of physics to the four fundamental forces and all

the associated elementary particles, sit back and watch; then, you would see the universe unfold as it should – no different from what it is now. Scottish physicist Peter Higgs (Nobel Prize laureate for his work on the mass of subatomic particles) envisioned an energy field where particles interact with a key particle, called the Higgs boson. Richard Feynman (Nobel Prize winner for quantum electrodynamics) said, “Why nature is mathematical is a mystery...The fact that there are rules at all is a kind of miracle.” (*The Meaning of It All: Thoughts of a Citizen-Scientist* by Richard Feynman). Such teachings are now abundant. All these scientific visions of everything being run by precise laws and being connected are echoed in every *Kalpa* (cycle of 5000 years): “Everything is threaded on Me like stringed pearls.” (*Bhagavat Gita* 7:7). Shiva Baba further simplified this whole mechanism of *Cause and Effect* calling it as “His right hand” (*Murli* 12/9/2016) as though it is the key department with an ever-vigilant and unerring overseer. Accepting the truth that everything is linked and everything that happens is governed by laws, gives us inner peace and we begin to see any event in its totality – many

factors and forces are at work. The effect of this true vision is that we pleasantly agree that whatever happened should happen the way it did. Such a person would stop asking “why?”, but instead always say “Wow!” which is a sign that life has become a celebration.

Having eyes of a seer has eternal benefits in view of the fact that history repeats exactly in every *Kalpa*. People with ordinary eyes may think everything is routine – day and night, cycle of seasons, rain cycle, cycle of *yugas*. The same things go on repeating; and we eat the same food, meet the same people, etc. In this ordinary seeing, life may seem boring. But, the real seer would see also what happens behind the obvious as Heraclitus did: “No man ever steps in the same river twice, for it’s not the same river and he’s not the same man.” He knew that all things are in motion and nothing is at rest and everything is always changing in every respect. We may be eating the same food every day, yet the food we tasted today is not the yesterday’s food – they are different. People with whom we often interact are not the same today, because today their circumstances are different, their experiences are different, their attitudes are different. Even the very basic units of life

– cells – are not the same today. “Your body is constantly replacing old cells with new ones at the rate of millions per second. By the time you finish reading this sentence, 50 million of your cells will have died and been replaced by others.” (<http://www.sciencemuseum.org.uk/whoami/findoutmore/yourbody/whatdoyourcellsdo/howoftenareyourcellsreplaced>). God Shiva himself testifies to this fact saying, “Each person, each person’s role, each day, each happening is not the same as the other.” (*Murli* 22.09.2017)

In the eyes of a real seer, there is nothing to feel bored. Every moment is new. The real seer is motivated to sing in his heart that God is his real beauty, He is his true music and his life is the lyrics that bring praises to Him. This can happen to you if you practise meditation (*Rajayoga*). ❖

(.....Contd. from page no. 7)  
 | Baba’s touching and follow the |  
 | right path. Do whatever you |  
 | have to do right now. Only a |  
 | faithful intellect can be |  
 | victorious. |  
 | Diamond Hall is full; many |  
 | of Baba’s children have come |  
 | here. It is a very wonderful |  
 | scene. I feel fortunate to have |  
 | seen all of you here in this |  
 | gathering. ❖



## OUR CLOTHING MUST REFLECT OUR DIVINITY: HOW, WHAT AND WHO WE ARE

– B.K. David, Paignton, England

In our society, typically you can identify someone by the type of clothes he/she wears. A businessman will probably be wearing a suit. An athlete wears sporting clothes. A policeman wears a uniform. Similarly, a divine person is recognized by the outer and inner clothes (thoughts) he/she wears. Your clothes verily identify your attitudes and actions and show how, what and who you are.

Today, everyone has become a victim of wearing fashionable clothes that make them increasingly heavy and tired. Your outer and inner clothes (thoughts) make you all too easily tired and weak; so, you fall into bed most nights being quite exhausted and, then later, do not wish to get out of bed in the morning. Are you familiar to such feelings?

The armour they carry defeats them with its falseness and weight. These clothes that you always wear are not 100% cotton or nylon

but pieced together daily from your poor lifestyle that is made up from bad habits. Some clothes worn by people are of low quality fabric (constantly negative with poor attitude and thinking patterns). Bad clothing habits are a common fashion of today. You can see that everyone dresses the same (thinks and acts the same).

People send these clothes as beautifully packed gifts to others as well. But, unfortunately, these gifts come back to them. It's like a chain mail they unwittingly send to themselves and which gets delivered to them as the first thing every morning. On every doorstep can be found this parcel marked with a poisonous hazardous sticker (containing negative vibrations) waiting to be opened and worn. Everyone opens this box and keep deceiving themselves by not acknowledging the contents within it.

Can you see all the unhappy

people chained to bad habits? Negative thinking is difficult to shake off and this uniform makes them walk with a crutch or walking stick. These walking aids (vices) cause people to end up getting innumerable splinters and pains as they walk through life.

The world does not see this fashion as slavery but sees it as freedom. People fail to realise that they are bound to bad clothing habits (bondages of lust, anger, greed and wrong attitudes), and this creates a lifestyle of sin, which comes back to haunt people.

Fashionable clothes with a 'Lead' label have been in fashion for thousands of years. The fashionable clothes make you lose your real dignity and identity over the years as you wear them. They also shrink until you feel uncomfortable and insignificant as you know you've become part of a huge miserable crowd of which everyone is now a full member.

Handcuffs and lead shoes are what people unknowingly wear when they leave the house. They walk about in this heavy, all-consuming, tiring uniform day and night. Their

clothes have become omnipresent and yet remain the incognito fashion that causes them all their illnesses and sorrows. If you wish to be truly happy you need to take off those clothes (thoughts) and throw them away. It's no good thinking; you can clean them by putting them in the washing machine but the best way to happiness is to discard them and replace them with new clothes (thoughts of soul-consciousness).

Now, what shall I wear today? This *mantra* is spoken and chanted all over the world constantly and is sinking its people in its polluted sea and temple of life.

Unfortunately, many of us start a habit of this automated dressing up (habit of negative thinking) at a young age. Eventually, it can become excessive, wrapping its arms around us and weighing us down. Some days, you dress nicer than others; but, generally, your style (thinking pattern) remains the same. Enjoy your 'today's fashion' if you like and can but they will not give you the confidence, comfort and the character to live a worthwhile life.

This is the time when God helps you to take off the old

clothes (of vices and negativities) and gives you the clothing to become a divine and heavenly citizen. Clothe yourselves with thoughts of love, purity, compassion, kindness, humility, gentleness and patience. Our clothing – thoughts, attitudes and actions – must reflect our divinity and should make us out as God's spiritual children. You should ask yourself: Have I ended up like

the many, who worship false idols daily? Am I being swayed away by the religion of fashion without realising it? Or can people tell that you are a future citizen of heaven by the clothing you do and do not wear?

In fact, when you are honest with yourself and ask honest questions, you can be on the path of truth and happiness.

(To be Contd.....)

## THE PLEDGES

– Sis. B.K. Kala,  
Yelahanka, Bangalore

- Let me think twice to act always wisely;
- Let me ever fly to rise above the sky easily.
- Let me practise purity to attain divinity;
- Let me think nobly to attain the value of nobility;
- And live simply to attain the virtue of simplicity.
- Let me be careful to avoid being tearful;
- Let me remain simple to lead as a sample;
- Let me see each one as a soul but not his/her role;
- Let me travel each mile bearing a sweet smile;
- Let me keep only essential to build my potential.
- Let me be humble in talk for hassle free walk in life;
- Let me remember God to face the struggle and strife.
- Let me be generous to make everyone prosperous;
- Let me accept things and people without being serious.
- Let me operate at optimum to get always maximum;
- Let me live my life with good conduct and decorum.
- Let me be in self-respect to gain everyone's respect;
- Let me perfect my life at my level best in all its aspect.

# CONSCIOUSNESS OF BEING AN INSTRUMENT OF SERVICE



– B.K. Viral, Borivali (West), Mumbai

**A** true server means one, who never forgets the fact that Supreme God Father inspires the service to be done but He is the One, who is making one do everything. Where there is the consciousness of being an instrument of service, there will automatically be the consciousness of humility.

The key quality required in the field of service, is instrument-consciousness (*nimitbhaav*). Even God says many a time that the first inculcation (*dharna*) or qualification required in a server is the instrument-consciousness. Let us explore below what instrument-consciousness means, and how to inculcate it.

## What is Instrument-consciousness?

I am the instrument of service, God makes me do. The word ‘service’ applies to any act we do, including all normal works, caring for relations and all our other roles and responsibilities.

Suppose, one does a wonderful piece of work through his phone, and gets excellent results. Who will get the credit for this good work? The phone or the user?

Although the work wouldn’t have been possible without the phone but it is just the medium. Moreover, everyone has this instrument, but not everyone does such good work through it. Hence, credit always goes to the user, who uses his skills and talents to get the work done.

Similarly, in a puppet show, the puppet master gets the credits rather than the puppets because although it is the puppets that are visible, actually the puppet master controls everything. Similarly, in the field of spiritual service, God motivates us to do, we are just the instruments because:

- ▶ God is the Bestower of the specialities useful in service.
- ▶ He provides us the opportunity of doing service, i.e., the opportunity of applying our speciality in action.
- ▶ While doing service, He is the

One who guides us.

Hence, at all the stages of spiritual service, it is God, who is the facilitator; hence, He deserves credit for the eventual success in service. Indeed, He is the backbone of each form of spiritual service that we do:

- ▶ When we are performing any action, He is the inspirer.
  - ▶ When we are speaking or sharing words of wisdom, it is based on our inculcation of virtues, our spiritual experiences or churning of God’s knowledge.
  - ▶ It is the experience of numerous souls that sometimes they end up speaking some point they had never thought of, and it is exactly this point that touches many hearts and elevates them. This is one of the primary examples of how God is the actual facilitator or motivator.
  - ▶ When we are spreading pure vibrations, it is God, who gives us the power to create an elevated state of mind.
- He is the foundation of spiritual knowledge; hence, He deserves the credit for whatever services we do. So, in order to be an instrument of God, one needs to allow God’s qualities to flow through one’s life. It means to be always available and be responsible for God’s task to happen.

God also mentions that the world-transformation is His task. However, He gives the service opportunities to His children to help them build their own fortune; hence, it is all God's task, we are just very fortunate to get the opportunity of giving the support of our little finger.

If we really accept that indeed God is behind all our actions, we won't be attracted to subtle desires of getting name and fame, or any favours in recognition of our acts.

### **The Instrument Accepts All and the Results**

Suppose, there are 3-4 knives (instruments) in the kitchen for cutting vegetables. If we choose one particular knife, the other knives won't jump up and question: 'Why did you not use me?'

Similarly, instrument-conscious person does not hold on to the service, demanding that only he/she should be given the opportunity. He/she is happy to see God's work being done, whoever be the person doing it.

The instrument-conscious person also accepts the results. An instrumental server will consider the self as both child and master. Instrument-consciousness means to give suggestions and ideas to the higher concerned souls, and then to accept their decision in the

right spirit of a child, without expecting, resisting or blaming, etc.

### **Inculcating Instrument-Consciousness**

In order to inculcate this divine quality, we need to contemplate on the spiritual knowledge and create the following thoughts in meditation:

- ❖ Baba is the motivator of service, I am just the instrument.
- ❖ Baba has given me this speciality, this opportunity of service to me.
- ❖ It is Baba's service.
- ❖ It is Baba's task of world transformation.
- ❖ All the souls are Baba's children.
- ❖ I am becoming very light; I give all my burdens to Baba.
- ❖ My mind is silent, Baba may now use me as He wishes.
- ❖ Many, many thanks to Baba for making me an instrument of service.
- ❖ I am the most fortunate to be used by Baba in His service.
- ❖ Only Baba is mine, none else. I will serve on the basis of His *Shreemat* only.

### **Best Practices for Inculcation**

Most of us accept that we are just the instruments in service. However, the feeling of 'my and mine' creeps inside in a very subtle manner for which subtle

checking is required.

Hence, the inculcation of the following practices at each stage of service helps greatly to boost instrument-consciousness. Once, we consciously follow these practices for some time, they become a natural habit.

### **Before Doing Service:**

- ❖ An instrument soul is one, who is ever-ready for service, has the habit of always saying 'yes' and is ready for all types of service, i.e., he/she is all-rounder.
- ❖ Before starting an act of service, it is a very good practice to invoke God. This greatly increases the feeling that He is behind all that we do.

### **During Service:**

- ❖ While performing service, let us check whether we are feeling light or burdened. Whenever burden is felt, remind the self that God is responsible; He is the doer and become light.
- ❖ Check whether we are doing this service following the *Shreemat* or not.
- ❖ If, even subtly, we create a negative thought for the service, for the souls being served or for our service companions, it is not instrument-consciousness.
- ❖ God is unlimited and so is His service. Hence, the service

by an instrument soul should always be done with an unlimited attitude for the benefits of all; if there are limits, attachments, etc., it is not instrument-consciousness.

**After Service:**

- ❖ Thank God for always being there as a Companion.
- ❖ Check, if we are able to quickly detach ourselves from the service after it is finished; only then it is instrument-consciousness.
- ❖ If we keep waiting for appreciation, feedback, etc., it is not instrument-consciousness.
- ❖ When someone appreciates our service, check inside if we accept this, or thank God for helping us do this service. It is a very good practice to thank God every time someone appreciates us. This greatly enhances instrument consciousness.
- ❖ When a thought of getting something in return of the service arises, it means, subtly, we believe that we are the doers; hence, it is not instrument consciousness.
- ❖ If at any time, we create a thought or feeling of possessiveness, i.e. this is our service, our students, our achievements, our ideas or opinions, it is not instrument-consciousness.

❖ And most importantly, the more purity we inculcate, the more we stay in remembrance of God, the more effectively He can use us.

**Application of Knowledge in Service**

The above knowledge for inculcating instrument consciousness can be applied in spiritual service as well as in our lounkik work, while caring for relations etc.

This can be done by considering:

- ❖ Our home as God’s home or place of service
- ❖ Our family members/ colleagues as God’s children
- ❖ Our works/household activities as God’s service
- ❖ Our profession/career as a means to serve society

Hence, in this manner, instrument-consciousness easily transforms our routine worldly activities into elevated spiritual practices. Hence, we do the same tasks externally as before, but it is now filled with a lot of divinity, purity, love, happiness, peace, etc.

**Benefits of Instrument-Consciousness**

- ❖ Instrument-consciousness frees us from burden and makes us light; this lightness actually increases efficiency resulting in quality of service

outside.

- ❖ Even if any issues arise, I remain free from worry since it is His service and His responsibility.
- ❖ It makes our life very simple, since we simply follow His Supreme Directions and He takes care of everything else.
- ❖ It is very closely connected to the attitude of surrendering to God (*Samarpan Bhaav*), which has innumerable benefits.
- ❖ It leads to a sense of trusteeship, i.e., the awareness that this body, mind, wealth, relations etc., which I am managing are not mine, but belong to God only.
- ❖ It allows us to accomplish great tasks without feeling tired.
- ❖ It frees us from the results of actions; from fear of failure or actual failure since we know that He is the Doer and every scene is beneficial; and also frees us from ego.
- ❖ If we serve with true instrument consciousness, it builds up tremendous amount of fortune. Otherwise, the fortune gets used up here only, God says accepting name and fame is like eating up an unripe fruit.

- ❖ It is an easy method to combine service with remembrance, i.e., to become a *Karmayogi*
- ❖ Since we often appreciate God, we form a more loving and close relationship with our Spiritual Father.
- ❖ Service is the easiest method of receiving blessings from God.
- ❖ When the clutter of 'me and mine' is absent, it allows God to touch us easily, i.e., allows us to easily receive His touching. This acts as a magical and powerful catalyst in service.
- ❖ Since this is Baba's quality, it is one of the methods to follow the Father and become equal to Him.
- ❖ With instrument-consciousness, even when we give instructions, the resulting vibrations of purity and lightness make the service companions satisfied and willing to co-operate.
- ❖ When we consider ourselves as instruments of His service and are in His remembrance, the resulting vibrations charge the surrounding atmosphere. This benefits everyone around us.

### Conclusion

Indeed, if we become an instrument server, it means we end up excelling in all the four Godly subjects: We truly understand His knowledge (*Gyan*); our connection or relation (*Yoga*) with God becomes very powerful since we work in God-consciousness; we inculcate (*Dharna*), the most elevated virtue of soul consciousness, and this results in great service (*seva*) done through us. ❖

## Morning Musings & Night Notions

I enter the body of Brahma and adopt children through his mouth.

Thus, he is the father and mother of the humanity. – *God Shiva*

Our scientific power has outrun our spiritual power. We have guided missiles and misguided men.

– *Martin Luther King Jr.*

I used to believe that prayer changes things, but now I know that prayer changes us and we change things." – *Mother Teresa*

"Your beliefs don't make you a better person, your behaviour does." – *Sukhraj S. Dhillon*

"With God, there's always an appointed time for things, and when you put Him first, trust in His timing and keep the faith, miracles happen!"

– *Germany Kent*

"The more you know the Holy Spirit, the better you feel about your person." – *Anikor Daniel*

Curiosity is the doorway to our personal possibility!" – *H.L. Balcomb*

"Forgive others not for satisfaction but because one day you will need the forgiveness from your god!" – *Afshan Aslam*

# SPIRITUAL KNOWLEDGE & RAJAYOGA MEDITATION STRENGTHEN ONE'S CONSCIENCE

– B. K. Sujoy, Durgapur (W.B.)

**T**he conscience is the heart and soul of a person. It determines his/her character. If a man listens to the voice of his good conscience he would not need anyone else in his life, to judge and punish him. But, for this, one has to have a robust conscience. And one can strengthen one's conscience through spiritual knowledge and Rajayoga Meditation.

The word 'conscience' is defined differently by different philosophers, psychologists and moralists. But, a common denominator to all the definitions or explanations is that 'conscience' is that ethical core in a person, which constantly acts as a watchdog and continues to give a running commentary on the thoughts and behaviour of the person vis-à-vis other persons. The conscience plays the role of an actor, director, commentator, judge, reformer, etc., under different situations. Sometimes, it raises an inner whisper and, at other times, it speaks loudly or raises an alarm. It makes self-criticism,

sometimes condemning one as a sinner whereas, at other times, it approves or commends one's actions; thus, boosting his morale. It becomes stronger and stronger if it is listened to and is punctiliously obeyed. But, it may also become weaker and weaker if it is neglected or overlooked.

Today, our society is marching towards barbarity, worse than we could have even conceived a century ago. Man has become more vulgar and beastly than he ever was. Cruelty is writ large in his dealings with only rare exceptions. After falling from 'paradise' - as some religious scriptures narrate the story of man - he has fallen further into quagmire of vices. The worst thing is that man has lost his conscience, his moral voices, and the whisper of truth from within. If even at this stage, values are not restored to their place, then there will be the greatest ever disaster - a moral disaster - that will plunge mankind into a series of economic, political, social and civilizational crisis and, ultimately, all our wonderful progress will mix in the dust.

Our conscience originates in the soul, which expresses itself through the physical form. However, because of materialism, our consciousness or sense of self has become identified with matter. Under the influence of matter and sense perceptions, we have lost contact with the Divine as the foundation and reference point of our values. Our values, now, are corrupted by materialism.

The first step in re-establishing a spiritual foundation for our values is to shift our sense of identity from matter to spirit or soul-conscious awareness. The second step is to establish and maintain a strong connection with the Supreme Soul, who is the unchanging, immutable source of moral rectitude and truth.

Meditating on the Supreme Soul is a very effective way to develop conscience because God is the Source of all values, virtues, qualities and powers. Suppose, we spend half an hour thinking about God's love, what will happen to us? We will start to cultivate feelings of love towards others. It helps us to forget any hatred or dislike we might have felt for anyone, because we start feeling that their faults are not important for us to think at all. In this way, negative feelings depart from our mind and we start to live in an elevated state of pure conscience. ❖

## ***SHAKTI NIKETAN:*** **TRANSFORMING THE GIRLS** **INTO LIVING GODDESSES**

–B.K. Raj Narayan, Banaras, U.P

**Y**ou may have come in contact with and acquainted yourselves with many girls' hostels, but here it is a description of the most unique Girls' Hostel known as Shakti Niketan, which has achieved many accomplishments to its credit. It skilfully transforms and reforms the lives of many girls hailing from different corners of the globe and finally forms them into beautiful, exuberant, living goddesses, who become the embodiment of the divine values, virtues, qualities and powers.

In the holy land of Malwa plateau, there lies a prosperous city named Indore, which has a very famous sacred place called 'Om Shanti Bhawan' in New Palasia area. In its lap lies the famous and pious Girls Hostel 'Shakti Niketan'. This hostel has come into being in 1983 under the kind aegis of the departed Brahma Baba and firmed up its roots under

the expert surveillances of the beloved and reverend late Om Prakash Bhaiji and several other brothers and sisters.

Shakti Niketan is a Divine Girls' Hostel in which girls from any country, state, city or village can get admission. The girls from class six to graduation can take admission here. Enlisting a few of the following sterling features of this hostel makes it quite evident the fact of why it is considered to be a unique transforming hostel, which brings about unprecedented noble changes in the social, mental, moral, ethical and spiritual spheres of the girls' life and turns them as out divine deities every year.

### **The sterling features of the hostel:**

- (i) It is a perfect blend of worldly and spiritual education.
- ii) It completely inculcates in the girls the spiritual knowledge, values,

attitudes and also completely acquaints them with the divine activities and functionings of Madhuban – the international head quarter of Brahma Kumaris Organization at Mount Abu, Rajasthan.

- iii) Here, the girls learn to live a righteous life by following and assimilating the various points of divine teachings and portray an unprecedented example of ultimate value-and-spirituality-based pious living. This kind of holistic and divine upbringing is quite rare in any other hostel, which only the Shakti Niketan provides as a singular institution, which has proved itself for the girls as a home, hospital and educational institutional integrated into one.
- iv) The purity in its vegetarian food, which is prepared God's remembrance, the unique state of health and sanitation, the perfect cordial and spiritual ambience and the feelings of togetherness and mutual reciprocation among the inmates of the hostel are incomparable and excelling.
- v) Shakti Niketan strives at achieving overall



development of each and every girl, by honing their talents, skills, attitudes and polishing their manners and behaviours, attitudes and aptitudes and also organizing various social and cultural events in the forms of co-curricular activities.

vi) The industrious girls in Shakti Niketan hostel achieve 100% academic results in the examinations of their respective schools and colleges. These girl students also excel in competitions such as elocution, dance, drama, art and craft, and various other activities as well. They are also very exemplary and inspiring for

young people and impress all with their ease, simplicity, divinity, humility, regard and respect for elders, love and co-operation with their fellow mates grace, obedience to discipline rules and regulations and with the model of their modest behaviour.

vii) Shakti Niketan follows the routine of starting their day at 4 a.m. and its inmates maintain silence by being in loving remembrance of God till 8 a.m. Not only this, but every Monday is also observed as a day of silence.

One must visit Shakti Niketan and get the knowledge and experience of the various programmes and activities

conducted and, the values practised there. It is a unique own place to visit of see the activities performed practically and cherish the values associated with in one's own life. Baba's marvellous and valuable heritage for all of us.

**In order to get further information by correspondence or telephone, please contact the following address:**

– **Sister B.K. Karuna** –  
C/o Om Shanti Bhawan,  
Gyan Shikhar, Gate No. 2,  
33/4, **New Palasia,**  
**Indore – MP (452001)**  
**Mobile Nos.:** 94253-16843,  
94259-03328  
**PhoneNo.:** 0731-2531631  
**Email:** shaktiniketan@gmail.com

### Self-Transformation

Would you reprimand a young child for their mischievousness or mistakes? Though it's important to be firm in teaching discipline, a good parent or care-giver realises that the child is innocent of how it should behave. Therefore, the approach is patient and loving.

But what happens when we see adults making big-little errors? Our mature self makes us react, comment, argue and say "But they should know better..." It's true that adults have to be more responsible for their actions but that's not always the case. **It's in our best interest to accept that no matter how much we correct people they are likely to change at their own time.** At times, we all come under the influence of our *sanskars*, which compel us to act against better judgement. As we are in the same boat, **keeping faith and good wishes for others (and ourselves) is the best way to bring about better self-transformation.**

# GETTING HEALED OF OCD (OBSESSIVE-COMPULSIVE DISORDER) WITH SOUL- CONSCIOUSNESS



– Ekta Khakhar,  
Panchpakhadi, Thane West, Mumbai

The term OCD (Obsessive-Compulsive - Disorder) refers to a mental illness, which relates to, characterized by, or affected with recurring obsessions and compulsions especially as symptoms of a neurotic state. This illness involves repeating actions or thinking too much about certain things.

When we first become aware of a perceived unwanted thought/impulse that pops up in our field of consciousness (which most may dismiss as benign), possibly while going through a particularly stressful period, we feel threatened, scandalized or diminished by our own thought. Did I just think that? What does it mean about who I am? It doesn't fit in with our sense of self. So, we feel scared. It's like we have a self-image of being a responsible, good, God-fearing, loving person and that thought has dented or rather punctured that self-image, thereby caused significant mental pain or illness. Instinctively, we attempt to deny,

counter or suppress that thought, but when we do that, we have almost unwittingly taken the bait offered by OCD and landed ourselves into the arena of a fight that is doomed to fail, unless we at some stage bring in a deep level of awareness of who we truly are and accept that not all our thoughts and emotions may currently be in line with our true self – a realization that we are neither the egoist self-image of 'me the good girl' that we had before OCD struck nor the blasphemous, potentially dangerous person or a blemish on mankind that OCD tells us we are.

By suppressing, denying or disowning any part of ourselves, we get caught in a cycle of shame and guilt that only fattens and energizes the OCD monster. Our brains get wired to start flagging the negative, putting a spotlight on the intrusive. And since energy flows where attention goes, that means we only get more and more of what we so desperately want to avoid. It gets disorienting and

debilitating. It generally takes some time, sometimes years for us, to discover the name of this vicious cycle. 'This crazy thing that is happening to me has a name. It is called OCD (Obsessive-Compulsive Disorder). For some, it may spell relief to know that they are not the only ones on the planet to get intrusive thoughts and the books say that it is unlikely that we will act on those thoughts. Phew! A few moments of peace before a new battle begins. We are now not just fighting the unwanted thoughts but are resolved to fight the OCD. We gather the knowledge, do the exercises, join groups, work hard. In moments or days of clarity, we wonder what all that drama was all about. The irrationality of the OCD looks so apparent. We feel that we have woken up from a nightmare and decide to leave it behind us. But, OCD may not be done with us. It strikes again, managing to outwit us. We may have become wiser, but OCD knows our vulnerabilities only too well. We feel defeated and feel the need to work harder. We pull up our socks and decide to fight harder till OCD becomes our new story, our biggest identity. But, since our aim is to prove that we are 'good/ sane/ responsible/ safe', from a standpoint of feeling unworthy, small and 'bad', the

project goes on to infinity. No amount of proof will be enough, no amount of trying to be good, will let us off OCD's hook. The standards just get higher. After years of fighting, we may become desperate and hopeless and feel further and further away from the spontaneous, naturally and effortlessly kind person we were. We long to go back and wish to reclaim our lives. But, is there any light at the end of the tunnel? Any end to this draining battle?

Though my OCD often used spirituality (scrupulosity) to torture me, I seem to have come full circle and have found my redemption through diving deeper and understanding the true meaning of this very same spirituality in my life. As I truly understand and more importantly experience that I am not just my body, my role, my history or my thinking patterns, but I am a 'spiritual being', essentially pure and free and balanced, a *conscious shift* begins to happen in my consciousness and life.

At the Brahma Kumaris World Spiritual University (BKWSU), I learnt that having had a long journey on the planet for five thousand years, we have developed a kind of *spiritual amnesia*. We don't remember who we really are; and, hence,

all the pain. When we truly understand that there is the 'being' (our 'true self' with inherent beautiful qualities) and there is the 'false self' (our layers of unconscious thinking, *b o d y - c o n s c i o u s n e s s*, accumulated pain), we can stay rooted in soul-consciousness, become aware of our faulty thinking patterns and change them without feeling guilty or ashamed. But, when we feel that our thoughts and actions are our only identity, then we may not always like what we are looking at. And from a space of self-rejection, self-transformation can't happen. So, we keep running in circles. It is only when we stop cursing, complaining about, wishing away, attacking, denying or fearing the darkness, and bring in the light of true understanding, the need to fight dissolves. Paradoxically, we win by giving up the fight.

So, is this 'insight' a 'happily ever after insight'? Not at all. But, it is an insight that perhaps may remind me to offer lesser resistance to whatever comes up from within and without. An insight that may remind me that being in the space of 'allowing' and 'connecting with who I am beneath my story', even for a few moments each day, is more empowering than 'trying hard to fix myself' and 'fighting for

peace'.

So, while we definitely need some functional knowledge of how OCD works and what keeps it in place, we do need to do the recommended exercises, recognize our obsessions and compulsions and so on; and, perhaps, take the help of spiritual medication and practice of Rajayoga meditation that makes us soul-conscious with the realization that we are a spiritual being/entity – a conscient point-of-divine light. What really brings about healing is entering a space of soul-consciousness; a space of surrender and acceptance. It is the ego/OCD that demands certainty. In the space of soul-consciousness, there arises faith; faith that no matter what happens, as long as I stay cantered in soul-consciousness, it's all OK.

At the Brahma Kumaris centre I visit every day, I'm learning this basic lesson. Not only in theory but in practice. Reinforced every single day bit by bit, with practice and perseverance, the spiritual 'information' we get starts becoming our personal wisdom. We develop the spiritual muscle needed to take responsibility for ourselves, to face ourselves, to accept and gently guide our minds into more productive

channels. This time, I start feeling or getting healed from a standpoint of knowing and realizing that I am already good, all the qualities I so desire are already in me, which are just needing the nurturance of attention and practice. Initially, the teachings triggered intense anxiety in me, blasphemous thoughts attacked me when I went to the centre and made it too difficult for me to stay. I feel broken down; but, then, relented only to feel a pull and return again and again, with increasing conviction that this is my path to liberation. If I can endure the discomfort that OCD causes me, stay put, very soon, the pain gives way to a deep peace. God may not be looking at me as OCD causes me to imagine. My OCD mind can be looked at as a sensitive teenager, who just

needs validation,\* acceptance, a sense of direction and unrelenting faith that she has it in her to grow up to be a beautiful, authentic and virtuous woman. And this path is not just for saints, elevated beings, rebels or escapist. Rather, it is for every ordinary person, who dreams of bringing out the extraordinary in himself/herself. It is also for me: a person naïve enough to fall into this vicious circle but brave enough to finally face my fears.

Will I ever succeed, make it, be free of OCD, asks the ego/OCD? Will OCD not knock\*\* me down again? I don't know. And that's fine. But, when I spend more and more

moments, operating from soul-consciousness in the Now, a little voice from within me says, "I'm definitely sculpting a beautiful future."

**Notes:**

\*Validating yourself, when you have OCD, does not mean attaching special significance to or analysing OCD thoughts or accepting them as true. In fact, OCD thoughts are ego-dystonic and are as far from the truth as they can get. We need to dig deeper to find what our root fears, beliefs and judgements are and start validating and healing those.

\*\*It has been several months. OCD knocks on my door every day. I'm just getting better at recognizing the pesky salesman that OCD is, wanting to sell me alluring but useless wares. I am not letting him in, not even arguing over the intercom but just focusing my attention on more constructive and spiritual pursuits. ❖

**CO-OPERATION**

Co-operation is, perhaps, one of the least recognised but most valuable of human virtues. So, for a person, to be co-operative means to have a quiet and keen eye for what is needed to bring success, and to supply it at the right time, in the right place and then to be off. But, if someone, who co-operates, offers his/her services and then splashes his/her name on the achievement, it is not said to be truly co-operative. It requires invisibility and precision to do and then to go without waiting for results. It also takes a discerning eye to see exactly what is needed, to be removed sufficiently from one's own approach to appreciation for and achievement of a task but just to contribute one's one ingredient for the completion of the whole task or work. Sometimes, co-operation may even be an idea, cleverness, a quality or just lending a helping a hand, or a support.

# ENJOY SPIRITUAL LIFE BASED ON POSITIVE THOUGHTS & DIVINE VISIONS

—B.K. Kishan Dutt, Shantivan

**M**an is a social animal. He is here to experience life to the fullest, which is possible by having cordial relations. However, today, relationships are no longer as deep and meaningful as they used to be earlier. There is so much friction and conflict in relationships. People are critical of each other and one another, and they express their negative traits like anger, ego, jealousy, possessiveness and insecurity while coming in interaction through the relationships.

Our thoughts, personality traits, attitudes, and self-esteem determine the nature of our relationships. While planting a vegetable garden, we use new soil that has nutrients in it so that the plants grow fast. Likewise, our thoughts, personality traits, attitudes, values, and self-esteem comprise the nutrient-rich soil required for our human relations to grow. Our thoughts determine our attitudes and visions, i.e., how

we see the world - either positively with full of hope or negatively with full of despair. With a negative attitude, it is very difficult to relate to others, because they may not want to be around us or like deliberately to avoid us. In contrast having a positive mindset can give us the confidence to nurture relationships, thereby resulting in developing positive human relations as well. To make our human relations grow and develop, we need to look at our underlying thought processes, personality characteristics, attitudes and values that help or hinder our ability and skill to relate to others.

The biggest disappointments in our lives are often the results of misplaced expectations. This is especially true when it comes to our personal relationships and interactions with others. When we look at our day-to-day happenings, we are, usually, prone to see some undesirable traits or things in

others. Suppose, someone has not done things the way we want them to be, then we quickly become disappointed and react with a sort of inappropriate statement: 'This fellow is not sincere. He is not honest in his work. He is not fare to us. He is not doing the desirable as it should be, etc.,' thereby forgetting the truth that most people have their own thoughts and opinions, whereas we are expecting them to consistently agree with ours, which is quite unrealistic.

Why do we unduly expect more from others? Actually, as a result of not being aware of spiritual knowledge; we try to seek undue expectations from people and situations. Therefore, it is vital to apply the spiritual knowledge in every aspect of our interaction with others. To make our relationships stronger, we need to base them on the correct foundation of understanding of our own self and others, everlasting peace, love and joy; and this means to lead a life in which there are no undue expectations from others no criticism of others and also no intention to control others like wishing or expecting them to follow or act according to our own

thoughts and opinions..

When we stop expecting people to be in a certain way of our expectation or choice, we can truly begin to appreciate them and their thoughts and opinions. The first step towards that is to stop trying to change them and begin to accept them as they are by accepting “the otherness of others”. When we try to change people, they often remain the same, but when we don’t try to change them – when we support them and allow them the freedom to be as they are – they gradually change in the most beautiful and possible way. Because, what really changes is the way you perceive and see them.

We need to pay close attention to people and respect them for who they are but not for what we want them to be. In contrast, often, we become critical or judgmental, thereby quickly giving them labels such as stupid, nerd, insincere, ugly, etc. In fact, we really don’t know most people half as well as we believe we do; and truly knowing them is a big part of what makes them wonderful and appreciable. Every human being is

remarkable and beautiful; it just takes a patient set of eyes to see him/her. The more we intend to understand people, the more we are able to look beyond their outer appearance and see the *inner* beauty of who they truly are in their spiritual and original essence.

The crux of spiritual wisdom is that we all are essentially and originally souls. As we reaffirm our original spiritual identity, we remember that the other person is our soul-brother and we are the spiritual children of the same spiritual one God Father, and we share a common divine and eternal bond with Him. This knowledge, understanding realisation brings to us the long sought peace, love and joy. The more our *sanskaras* are full of these three qualities, the more our thoughts, words, attitudes

and actions will be full of these qualities. As a result, our relationships will also show a clear reflection of these qualities. In this way, we are able to go beyond the filters of negativity and weaknesses of different sorts; and, thus, everyone seems to us as pure, beautiful and divine like us we perceive and see them with the inner *third eye* of spiritual knowledge.

We meet so many people every day. Let us look at them as our soul-brothers residing at the centre of their foreheads – the sparkling stars of spiritual energy, full of pure and divine qualities. In this way, they will return positively and similarly what we share with them through our positive thoughts and divine visions. So, let us think positive and think good, spread the energy of positivity to others all the time and enjoy what we call a *spiritual life* based on positive thoughts and divine vision. ❖

#### LIVING IN PEACE

In order to live in peace, try not to depend on anyone and at the same time try to help others not to depend on you. Rather help them to become independent, free and responsible for their own lives. In the same way, ensure that you do not cause anyone sorrow and also do not allow others to be a source of hurt for you.

(....Contd. from page no. 3)  
 supernatural birth of God, the knowledge which God Shiva Himself has revealed to us, he can surely rise from a debased sinner into a highly purified man. He can change himself from an estranged and orphaned soul into a God-embraced and God-blessed one, from a powerless human being into a doubly-crowned deity of heaven.

**Why is Shiva's Divine Birth Associated with 'Ratri'?**

The most Beloved God Shiva, the Supreme Father, has now explained that the term 'night' is, in fact, a symbol of ignorance, drowsiness, *tamoguna*, lassitude, lasciviousness or indulgence in vices. In this sense, *Dwapar Yuga* and *Kaliyuga*, i.e., the second half-period of the World History-Cycle denotes the 'Night of the World', because that is the period characterised by ignorance, irreligiousness, sinfulness and lewdness. At the end of *Kaliyuga* (Iron Age) when even the *Sadhus* (Holy men) put up only an outward show and are devoid of purity within, when even the *Gurus* (preceptors) are mere impostors and the *Sanyasis* (renunciates) do not renounce their vices and the *Acharyas* have lost all high standards of *Achar* (Character), i.e., when even those, who are expected to be the source of

ethical and moral inspiration, are utterly degenerated, God Father Shiva, the most illustrious Preceptor descends into this world. In other words, when unrighteousness and impurity in personal, social and international conduct reach their zenith and Bharat, which was once the edifice of Purity, becomes a veritable house of sin, hidden or open, it is then that the advent of God Shiva, the Bestower of Purity and Remover of Impurity, takes place in this world. Therefore, instead of celebrating a 'birthday' (as it is called in the case of others), we celebrate the 'Birth Night' of God Shiva.

**The Extraordinary Way of Birth of God Shiva, the Unborn**

The Most Venerated Supreme Soul Shiva does not take birth as other beings do from the wombs of their respective mothers, because He is Himself the Supra-Cosmic, Father-Mother of all mankind and, being above *Karma* and the bondage caused by it, He is also free from the kind of birth the human beings are subject to. Unlike other souls, He does not take a body that be 'His own', because one's 'own body' is had on the basis of one's past actions and resolves (*Samskaras*). God Shiva does not perform any such actions and has no such bondages and resolves as other beings have.

What He does is that He descends from the Supreme Abode and uses the medium of a mediocre man, who has an aged body of 'his own', which he has acquired as a result of his past actions and resolves. God Shiva takes the body of that man 'on loan' so to say, because He requires a mouth-organ for unfolding the knowledge and spiritual yoga unto mankind. This body serves as the corporeal medium or a vehicle for Shiva, the Supreme Soul. God Father Shiva only speaks through the oral organ of this man to divulge the truth and to enlighten the path of mankind. For this purpose, He descends from His Supreme Abode for short periods, as and when He so wills and then, having given the teachings, returns to His Abode. This extraordinary way of embodying Himself into a man's aged body or this entry into another's body, is called the Divine Birth or Supernatural Incarnation of God Shiva and is peculiar to Him only.

When the Knowledgeful God Shiva reveals the Knowledge, which had hitherto gone into oblivion, through the mouth of this man, he (the latter) also listens to it and assimilates it, even as many others do, and in this way, the souls transform themselves into righteous and pious ones. The Most Exalted God Father Shiva gives this man

a new name because having renounced his previous ways, this man is now changed and, as we say, is a 'possessed man'. This man is now given the name 'Prajapita Brahma' by God Shiva. In other religions, he comes to be known as Adam or Adhem, the progenitor of holy mankind. Those who listen to the sermons of God, the Supreme Father, as uttered through the mouth of Prajapita Brahma, are known as Brahmins or the 'oral progeny of Brahma' or the 'mouth-children of Adam' or 'Brahma Kumaris and Brahma Kumars' and this knowledge, which God gives, is known as the 'original Gita-Gyan'.

#### **The Disappearance of Ignorance and Vices after the Advent of God Shiva**

In this connection, it should be known that when God Shiva, the Sun of Godly Knowledge, enlightens mankind through His Knowledge, this Knowledge makes a lasting and great impact on the world, as a result of which *Tamoguna*, Inertia and *Kaliyuga* are ended, thereby giving place to *Satoguna*, Virtue and *Satyuga*. This Supernatural incarnation of God, which takes place only once in a *Kalpa* (World-Cycle) is an epoch-making event, because it transforms the whole world from the den of devils to the abode of deities and uplifts a man to the status of the deity Shree

Narayana and a woman to the status of the deity Shree Lakshmi, which are the highest status a human soul can achieve.

#### **The Present Reincarnation of God Father Shiva**

What a strange situation it is that while, on the one hand, the devotees of Shiva prostrate themselves before the image of Shiva, worship Him and invoke Him in the customary way, on the other hand, God-Father Shiva has reincarnated at the present time, which is the fag-end of *Kaliyuga* and is transforming the vicious beings into the viceless ones or the *Shudras* (impious people) into holy ones, by imparting Godly Knowledge and teaching easy Rajayoga.

#### **Shiva's Divine Birth is Worth Multi-Million Gems**

What has been said above explains that the Divine Birth of the Most Beloved and the Most Venerable God Father Shiva (*Jehovah*) is worth a million diamonds, because man attains the God Fatherly inheritance of Liberation and Fruition only when God Shiva descends into this world and

takes Supernatural Birth. Any other religious leader, founder, preceptor or preacher, i.e., any human being whosoever, cannot bestow heavenly inheritance on mankind, because all human beings are 'brothers' among themselves, whereas inheritance is obtained from one's father. Moreover, all human beings without any exception are caught up in the Wheel of Birth, Death and Rebirth, whereas God alone is always free from this. Therefore, the Divine Birth-Night of God Father Shiva is unique, marvellous and unparalleled and no other birthday or *Jayanti* bears any comparison to it. That is why, God, the Sermonizer of *The Gita*, has said, "My birth and My acts are extra-ordinary and divine and anyone; who acquires the esoteric knowledge of these, gets liberated from the whirl of pain that this world is."

#### **Shiv Jayanti is The Gita Jayanti**

We have said above that the original and real Gita Knowledge is being given by the Knowledgeful God Father Shiva through the mouth of Prajapita Brahma. Keeping this in mind, one can appreciate the valuable truth that *Gita Jayanti* is, in fact, *Shiva Jayanti* or vice versa. ❖

Edited and published by B.K. Atam Prakash for Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu and printed at: **Om Shanti Printing Press, Gyanamrit Bhawan, Shantivan - 307 510, Abu Road (Rajasthan).**

**Chief Editor:** B.K. Nirwair, Pandav Bhawan, Mount Abu.

**Associate Editors:** Dr. B.K. Ranjit Fuliya, Delhi and Dr. B.K. Yudhishtir, Shantivan.

**Phone:** (0091) 02974-228125 **E-mail:** worldrenewal@bkivv.org, omshantipress@bkivv.org