



# The World Renewal

Vol. 45, Number 1, July, 2014.  
Price Rs. 8.50, Yearly Subscription Rs. 100/-

Absorbed in Bliss

RNI No.19818/1970, Postal Regd. No. RJ/SRO/9560/2012-2014, Posting at Shantivan-3075 (Abu Road). Licensed to post without prepayment No. RJ/WR/WPP/001/2013-2014. Published 7th of each Month & Posted on 9 to 10 of each month. Price 1 copy Rs. 8.50, Issue: July, 2014



**Gyan Sarovar :**  
Mr. Rajiv Ranjan Naag, Member of Press Commission and Editor of India TV (News Channel) Rajyogini Dadi Ratan Mohini, B.K. Karuna, B.K. Mruthyunjaya, B.K. Om Prakash, B.K. Sis. Sheilu, B.K. Shantika and others inaugurating the Media Conference.

**Mumbai (Gamdevi) :**  
The Golden Jubilee Celebration of 'Gamdevi' B.K. Centre being inaugurated by Mr. Venugopal N. Dhoot, Chairman and M.D., Videocon Industries Ltd.; Mr. Y.P. Trivedi, former M.P. and Sr. Advocate, Supreme Court; Ms. Sushil Shah, Chairperson, Commission for Women (Mah.); Rajyogini Dadi Ratan Mohini, B.K. Ramesh Shah, B.K. Sis. Santosh and others.



**New Delhi :**  
B.K. Mruthyunjaya presenting Godly gift to Mr. Sadanand Gowda, Union Minister for Railways. Justice V. Eshwaraiiah and B.K. Sis. Shivika are also seen.

**Gyan Sarovar:**  
B.K. Sis. Dr. Nirmala, Ms. Sonal Singh, a famous dancer and an awardee of Padma Vibhushan ; B.K. Sis. Chakradhari, Ms. Paramjit Kaur, Chairperson, Women Commission, Punjab, inaugurating an All India Conference organized by Women's wing.



**Divine Message of  
REVEREND DADI JANKI JI  
On the Auspicious Occasion of  
44 Years of Successful Publication of  
'THE WORLD RENEWAL'**



**I**t is a matter of immense pleasure that the monthly English magazine '**The World Renewal**' has entered into 45th year of its successful publication, rendering divine service to mankind as a means of spiritual and social rejuvenation through its spiritually enriched articles,

poems, and inspirational as well as life-transforming experiences shared by Brahma Kumaris and Brahma Kumars, since 1970. The magazine has contributed a lot to the mental and intellectual growth of aspirants, by disseminating true knowledge imparted by **Incorporeal God Shiva** through the human medium of **Prajapita Brahma**.

We heartily congratulate our esteemed readers, contributors, B.K divine family and spiritual seekers worldwide, on this auspicious occasion. Let us further resolve to continue serving mankind with a renewed zeal, treading the divine path guided by God Shiva. Let each and every soul benefit by the divine versions and receive God's blessings. May **The World Renewal** spread the message of divine descent at a fast pace and become instrumental in divinizing the world!

**With Heartiest Greetings and Best Wishes  
On Godly Service  
CHIEF OF BRAHMA KUMARIS  
B.K. JANKI**

## **CONTENTS**

- ▶ Divine Message of Reverend Dadi Janki Ji..... 3
- ▶ Winning the Goal of Genuine Peace & Happiness (Editorial)..... 4
- ▶ The true Gopi of Babadada – Didi Manmohini..... 7
- ▶ It's Time To Return Home!10
- ▶ Journals and Journalism .... 13
- ▶ Only God knows the Truth 14
- ▶ Time for Receiving God's Powers for Great Transformation ..... 15
- ▶ My Experiments with Truth ..... 17
- ▶ Why I chose Peace in my life? ..... 20
- ▶ The Divine Teaching that matches the Majesty of God ..... 22
- ▶ Karma ..... 25
- ▶ Anger Management and Prevention ..... 28
- ▶ Ayurveda – The Science of life ..... 31
- ▶ All Glory goes to Him..... 33

### **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 further information regarding subscription,  
**Please Contact:**

**Mobile:09414006904, (02974)-228125**

Editorial:

# WINNING THE GOAL OF GENUINE PEACE & HAPPINESS



Every human being aspires for a happy, serene, beautiful and successful life. Irrespective of socio-economic background or upbringing or value systems, we strive to attain that which is good and productive for ourselves and our loved ones. Over time and with experience, one learns that all that is really worthwhile requires effort, attention and investment of time and energy. **Nothing that is truly unique can be attained by fluke**, and thankfully so, since we tend to value everything that we ourselves have worked towards.

For many today, 'happiness', 'peace' and 'security' are deceptive illusions but we fail to understand why has it become so. For generations and lifetimes, we have unconsciously associated these glorious achievements in life with

external factors – family ties, approval of others, conducive working/family situations, physical beauty and assets and so on. It's astounding that we began to believe that these temporary and limited characteristics could possibly provide us secure and fulfilling lives! **The number of unthinkable sorrows in the world is increasing daily, so how long can we refuse to acknowledge that our own perceptions, attitude and lack of responsibility have led to our downfall...**

Whether we lead professional, family or spiritual lives, every human being faces so many challenges, ups and downs, but by following spiritual guidance i.e. guidance from the Divine (God), things most definitely can get resolved amicably and life can truly be termed 'beautiful'. **Spiritual**

**lifestyle when adhered to positively and with an open mind, can help solve many problems of society.** The yearning of human souls for inner peace and happiness is universal and stems from deep memories of having lived with dignity, love and peace in whole once upon a time... It is time to reinvent our thinking and approach to life so that we can transform society. This can only be done through mutual understanding, respect and love for each other, and of course a little bit of sacrifice of limited self-interests.

At the present time of Settlement of Karma, or in other words, the exchange of positive and negative spiritual energy between human souls, or humans and the five elements, **it is very important to stabilize our emotions, enhance our decision-making power, and channel only positive energy through our thoughts, words, attitude and actions.** The four main subjects of the path of Rajyoga Meditation help us to achieve this accurately:

- ▶ 1) **Wisdom or Gyan**
- ▶ 2) **Meditation or Sahaj**



*Rajyoga*

▶ **3) Inculcation of Divine Virtues**

▶ **4) Sharing of Godly blessings and wisdom or Service**

When practised rightly, sincerely and completely, the above four pillars determine wonderful, carefree, peaceful and happy lives. This, in fact, is the inheritance we receive from the Supreme Parent, not just for this birth but ensuing lifetimes. Rather than assume that peace and happiness are the final attainments of life, the more we live with spiritual awareness, the more we experience these qualities as part of our normal personality traits. **Humans are not physical beings with spiritual attributes, but we are spiritual beings that express ourselves through the physical chariot.**

**The regular practice of performing actions in the consciousness of being divine points of energy, 'souls', atma empowers me to display only my eternal qualities of love, wisdom, peace, bliss, purity towards**

**the Self, the Divine, and others.** The reason for disappointments/frustrations in relationships and professional aspirations is the lack of this '*karma yogi-consciousness*'.

*"While you are performing actions, it doesn't remain in your awareness in an emerged way that "I am a soul". Everyone knows this, "but what type of soul am I?"* **I, the soul, am Karavanhar and these physical organs are karanhar.** While performing actions, be an embodiment of the awareness of the self-respect of karavanhar. Even if you have to get something done through your physical organs, remember *"I am karavanhar, I am a master"*. If you are set on that seat, then all of your physical organs will remain in order.

*"The soul is the king and these physical organs are the companions. So, the soul, the king who is Karavanhar, should check karanhar, the physical organs. While performing actions, become the master of the self and don't let go*

*of the seat of self-sovereignty."* (Avyakt BD, January 2010)

*"You are not those who just have yoga, but you are those who have a yogi life. A life is not just for two to four hours; a life is for all time. So, while walking and moving around and performing actions, you are constant yogis who have a yogi life. The aim of your life is to be constant yogis."* (Avyakt BD, January 2010)

*"There are many authorities, but the greatest authority is the authority of experience and God, the Almighty Authority has given you the experience of self-respect. There is a difference between hearing and thinking about it, and in being an embodiment of the experience: whatever you think, whatever self-respect you want to stabilise yourself in, become stable in being the embodiment of that experience. No one can shake that experience because it is self-respect (Swa-maan). When you are an embodiment of self-*



respect and are stable in the experience of self-respect, there cannot be any body-consciousness there. For instance, when there is darkness, if you switch on the light, the darkness automatically disappears; you don't have to make any effort to remove the darkness or to chase it away. Similarly, when seated on the seat of self-respect, the switch of experience is on, so no type of body-consciousness can exist there.' (Avyakt BD, January 2010)

A truly blessed soul is one who is able to create will-power and a beautiful inner stage, before them providing a good atmosphere for others to accomplish the same too. Let us be kind to others and support them on their journey of life with love and regard:

***"Where there is knowledge and the stage of yoga, the inculcation of virtues takes place automatically; spiritual service will take place at every moment automatically. According to the time you may serve***

*through your mind, through words, through actions, through love in your relationships. For instance, if another soul is a little sad, a little dull in his or her effort and is under the influence of a sanskar, if you give zeal and enthusiasm, co-operation or love to the soul, that is the charity of service, you will accumulate in your account. It is an act of charity to uplift someone who has fallen.*

*"Do not push those who have fallen further down, uplift them! Give them your co-operation. The sanskar of anyone's weakness should not reduce the good wishes in your mind. That one's sanskar is slack, but it is powerful enough to reduce your good wishes. It is necessary to have such good wishes among yourselves. God knows that there is a conflict of natures, but the conflict of natures should not finish the love, it should not finish the relationship or make any task unsuccessful. This is God's family. If there is no love in the family, it is*

*not a family. Only when you become free from obstacles, you will become experienced and make others experienced with your authority of experience."* (Avyakt BD, January 2010)

We as spiritual beings have a beautiful opportunity at present of living with peace and happiness, and reviving the same in others' lives. May we dedicate regular time to making this elevated vision a reality!

*"At this time in the world, there is sorrow at every moment, whereas you have happiness at every moment. The greatest act of charity is to give unhappy souls happiness. People of the world spend so much time and money for happiness whereas you have easily found the treasure of imperishable happiness. Now, simply continue to share what you have received and thereby increase it."* (Sakar Murli, 2 July 2014).

Om Shanti

**EDITORIAL TEAM**

# THE TRUE GOPI OF BAPDADA – DIDI MANMOHINI



– B.K. Raju, Pandav Bhawan, Mount Abu



**B.K. Raju**

[Didi Manmohini got surrendered to the Godly Yagya along with her mother and sisters. She became instrumental in opening centres in Allahabad and Delhi and also served at Kamla Nagar, Delhi for many years. After Mateshwari Jagdamba Saraswati left her mortal coil in 1965, Didi Manmohini and Dadi Prakashmani looked after the administration of this spiritual organisation. Brahma Kumar Bro. Raju of Murli Dept., Madhuban, shares his wonderful experiences with this Prime Jewel. – Editor]

**D**idi Manmohini and Dadi Prakashmani took care of the administration of this *yagya* excellently and with perfect coordination. They sustained the divine family with great love and care. I came to Madhuban in 1971 and was very fortunate to remain with Didi Manmohini. After Brahma Baba became *Avyakt*, either Didi or Dadi used to reply each and every letter received from the devotees. This service was performed after *Murli* class, till 10 a.m., as a daily routine. As soon as I came to Madhuban, I learnt Hindi typing and reading Sindhi as well. Thus, I got the opportunity to work with Didi as



**Didi Manmohini**

I was deputed to write letters based on the Godly directions given by Didi and Dadi. Didi had a great love for Baba's *Murli* (Godly versions). When Dadi ji used to speak *Murli* in the class, Didi, even while listening to it, would make some good questions and call me and say, "Please type these questions and

send this treasure of Knowledge to those spiritual aspirants also whose letters are being replied." Thus, on one side of inland letter, there used to be the questions and answers of *Murli* and on the other side, the response to their letters.

### **Personal attention towards each and every one**

Didi Manmohini gave us powerful sustenance of divine affection; she used to have Brahma *Bhojan* with us, would have chit-chat of Godly Knowledge and Meditation with us and if we performed any service of the *Yagya*, she would also give us special treat. Hailing from a small village, I was a young boy of about 16, and was not highly educated; but Didi showered the divine affection of a spiritual mother. In case the surrendered brothers and sisters would get late to the class or didn't reach at all, then, after the class she would call us and say lovingly, "Today, I didn't see you in the morning *Murli* class; where were you?" Thus,

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she would draw personal attention to our self progress and, strengthen the foundation of three most important subjects of this Godly Knowledge, viz. Knowledge-Meditation-Inculcation.

### **Attention on Smaller Things**

Didi would draw our attention to every small Godly code of conduct. Those days, the *Yagya* was going through the beggary part; therefore, she would emphasize the importance of price of each and every item of the *Yagya*. She would teach us how to mark our names on our handkerchief lest it should get lost. Besides, she would also teach us how to keep the rooms clean, how to set the clothes, how to stitch the old and torn clothes and wear them. Even in food not a single grain should be wasted. Thus, she would draw attention of one and all to each and every small thing.

### **Oneness and Economy**

Didi always remained a true *Gopika* and belonged to one Shiv Baba. She always taught us to belong to one Shiv Baba only. She didn't like our ordinary way of talking, behaving and laughing. If someone became extrovert and would start laughing or spoke loudly or would do eavesdropping, Didi would draw his/her attention to

it. She would always speak about Godly code of conduct and say, "Always see each other with pure vision of soul-brother or brother-sister." If she saw even a fraction of impurity in someone or if someone complained against someone else, she would call the other brother or sister and draw special attention of the latter. Sometimes, she would call the complainant also and would settle the matter and there then. Thus, she would never allow the atmosphere to be polluted in a negative and wasteful manner. Didi ji would say in simple words, "When you have detached yourself from the old world, renounced the bodily relations, then, why do you look back? If you want to move back, you can do so, but it is Godly code of conduct of the *Yagya* – 'Complete Purity'; one has to abide by the code of conduct in thought, word and deed and belong to One (Shiv Baba) and follow economy."

### **Less Expenditure, Great Service**

Didi was an incarnation of economy. She would always say, "Each and every penny of the *Yagya* is worth pound; therefore, do not fritter money on frivolous things; you have to spend less and do great service. Everything must be of good quality, but the

expenditure should be less." During the days of winter, once Didi called me and asked, "Do you have warm clothes?" As I had come to Abu during summer, so, I didn't have warm clothes. Didi said, "You are not aware of the cold of Abu; it is very cold here", and thus, gave me a sweater of black colour. Seeing the cloth of this colour, I was feeling little bit uncomfortable. Seeing this, she said, "Wear it inside the *Kurta*; you won't feel cold. What if it is of black colour; it is very warm." Similarly, if someone brought something from his or her *laukik* house, Didi would say, "Deposit it in the *Yagya*; otherwise, you would be disturbed with the memories of your family members. You have to wear only what you get and eat only what you get from the *Yagya*; then, you would be able to remember Shiv Baba only."

### **Number One Student**

Didi would give much attention to yoga and studies. She would always say, "If you study well, you will become a *Nawab*." She used to be the first one to arrive at 4 a.m. in *Amritvela* and would conduct the yoga. She would meditate with such a concentration that she wouldn't even blink her eyes. Many would see the divine visions of BapDada and Golden Aged world through her. In her



eyes, one could see the glimpse of the pearls of Baba's love. While going to the class, she would never forget to keep pen and diary with her. She would tell one and all, "Student life is the best life; we all are students, we should never consider ourselves as teachers. If you have to become the teacher, then, first become teacher of the self; teach yourself. Learn to talk to yourself." At night, she would be the first to sit in the class and would ask all to share Godly service news if any from India and abroad. I got the golden opportunity to note down *Sakar Murli* (*Gyan Murli*, i.e. Godly versions spoken by Incorporeal God Shiva through the medium of Brahma Baba up to 18th Jan. 1969), the blessing of Avyakt BapDada, based on Avyakt Murli (Godly versions spoken by Incorporeal God Shiva and Complete angelic Brahma Baba after 18th Jan. 1969). Didi would ask me to conduct the class and she would listen to Baba's elevated versions, sitting in front of me. 'I'm senior,' such an ego could never even touch her.

#### **Humour along with Friendliness**

Didi was very humorous; she would play with all of us BK brothers and sisters and make some program for divine amusement. Being friendly,

sometimes she would play some games of leisure and entertainment such as musical chair, while sometimes she would play badminton with us. She would also have Brahma *Bhojan* with everyone at History Hall and after the meals; she would give the plate of fruits to all. Then, she would share and listen to knowledgeable poetry, jokes etc. While doing this, she would pay special attention to know how far there had been spirituality in one's vision and attitude.

#### **Fearless and Unshakeable**

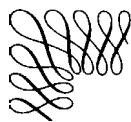
Didi was truthful and clean and thus, remained fearless. The Yagya had to face many a paper, i.e., adverse situations but Didi remained easy besides being unshakeable. We never noticed Didi's zeal and enthusiasm receding. Didi always said, "The boat of truth will move and shake, but it cannot sink." Even if any issue/obstacle came in the *Yagya*, Didi would advise us, "Remember Shiv Baba, do yoga continuously;

through yoga, all the obstacles will be finished automatically, for this is the only medicine for all the diseases.

#### **Detached Observer and Disinterested Stage**

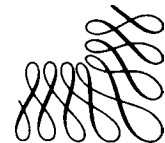
Before being *Avyakt*, Didi became detached observer even while taking care of the affairs of the *Yagya*. She stopped listening to the proposals of the extension of the affairs of the *Yagya*. She would repeatedly remind us: "Now we have to go back Home; give up these matters, we have to become perfect and complete like Father Brahma."

Didi went to Mumbai for her medical check-up where the doctors performed a small surgery. In the same hospital, Didi remained in coma and left her mortal coil on 28th July, 1983 and ascended to perform further incognito Godly service assigned by BapDada. Our most sincere and grateful tribute to Didi's loving sustenance would be if we follow her ideal footsteps in letter and spirit.



**"Neither a wise man nor does a brave man lie down on the tracks of history to wait for the train of the future to run over him."**

**– Dwight D. Eisenhower,**  
(34th President of the United States.)



# ***IT'S TIME TO RETURN HOME!***

**–B.K. Ranjit Fuliya, Associate Editor**

{Prajapita Brahma, the founder of the Brahma Kumaris organisation, was a great protagonist of Woman-Empowerment. He had great regard for women and kept them at the forefront in all matters related to the administration of the organization. After Jagadamba Saraswati left her mortal coil, Didi Manmohini successfully administered this world-wide organisation, along with Dadi Prakashmani and took it to new heights. Associate Editor B.K. Ranjit Fuliya shares with esteemed readers the specialties of Didi Manmohini, whose Remembrance Day falls on 28th July. – **Editor** }

**T**he original name of Didi Manmohini was Gopi and she belonged to a well-known family of Hyderabad, Sind. She was married into a reputed family. Dada Lekh Raj, the founder of the Brahma Kumaris Organisation was a very famous jeweller of those days and Didi Manmohini's parents had very good relations with Dada. The newly-established spiritual organisation was called Om Mandali, which, with the passage of time, developed into an international organisation, presently known as Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya. Didi was Dada's relative and her family had great regard for



**Didi Manmohini**

Dada for his virtues such as righteousness, charity, compassion and generosity. He was also famous for his devotion and people in general admired him for his noble conduct.

Though Didi Manmohini was rich and spend most of her time in *Satsang* and charity. She had immense faith in Hindu scriptures – Gita and Bhagwat which she read as her daily



**B.K. Ranjit Fuliya**

routine. She felt that she herself was a 'gopi', as mentioned in the scriptures.

Didi Manmohini's mother, who was later known as Queen Mother in the *yagya*, attended Dada's *Satsang*, for the first time after divine descent of Incorporeal God Shiva into his body. Dada was sitting there in a very small room, conducting *Satsang*, holding Gita in his hand. Attracted by some strong divine pull, she sat near Dada. As he gazed at her, she realised a *chakra* of light on Dada's forehead. She continued to look at Dada like that. Lastly, as Dada sounded the word 'Om', she completely felt herself detached from the body and experienced super-sensuous joy. She had, in fact, seen Shri Krishna in Dada and had faith that he was Shri Krishna.

The next day, when she went to Dada's *Satsang*, he drew the pictures of Subtle World, corporeal world and incorporeal world with pencil and explained the same to her. While listening

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to the knowledge, Dada appeared as Shri Krishna to her. In the meantime, Incorporeal God Shiva revealed that He had entered Dada's body and was disseminating the esoteric knowledge to re-establish heaven or virtuous world on this very earth. Now Dada Lekhraj was renamed Brahma Baba by Incorporeal God Shiva.

#### **Obstacles could not deter her**

Didi Manmohini had been married at a very young age. Her husband was a businessman, and he would frequently go abroad for business purpose. Those days, it was a talk of the town in Hyderabad that through '*Om dhwani*' or the sound of Om, all disciples attending the *Satsang* would go in a state of trance. Hearing this news, many people began to attend *satsang*. One day, Didi's mother also came to attend the *satsang*, got inspired by it and sent a car to Didi so that she could also attend the *satsang* and meet Dada. When Didi came, Dada's first teaching was to live a life of purity, i.e., celibacy. Didi immediately decided to lead a celibate life. Because of this decision, there started a quarrel between Didi and her husband. On one or two occasions, her husband even beat her.

#### **Woman – Harbinger of a new World Order**

Om Mandali had established in 1937. Just imagine the status of women those days, i.e., about 77 years ago! Women were considered weak and helpless by the society; they faced all sorts of opposition. Didi Manmohini also faced stiff opposition from her relatives and had to struggle a lot while pursuing the Godly path. She underwent a lot of harassment because of her determination to lead a pure life. She was even confined in several bondages, but because of her firm will, strong determination and sincere spiritual efforts, she overcame all the impediments. Didi didn't retract from her resolve to lead a pure life. Brahma Baba then formed a trust consisting of women and girls. He bequeathed all his movable and immovable property to the trust of which Didi Manmohini was one of founding members. She was then appointed as a special consultant of *yagya* mother Jagdamba Saraswati.

#### **A True Lover of Baba's Murli**

Didi was extremely fond of Baba's *murli*. She would get lost in Godly love while listening to Godly versions. Whatever Baba said to His children, she would instantly inculcate in her life. Meeting Didi Manmohini in

Madhuban always used to be a special experience for the spiritual family. Since Didi took keen interest in the spiritual progress of all the B.K. brothers and sisters, she would invariably meet them while bidding goodbye. She used to enquire about their spiritual efforts at personal level and suggested ways and means to remove the impediments and enhance their stage of soul-consciousness.

#### **A Good Administrator**

Didi Manmohini had a number of qualities like great power of discrimination, tireless work, administrative capability etc. Her politeness, affectionate personality, and soul-conscious state endeared her to one and all. When Prajapita Brahma Baba ascended to subtle region, after attaining perfection in his spiritual efforts, on 18th January, 1969, Didi Manmohini and Dadi Prakashmani were appointed to look after the administration of Brahmakumaris organisation, jointly. The administration of the huge organisation required great coordination and cooperation which was visible to one and all in their administrative decisions and actions. While Dadi Prakashmani used to appear a symbol of love, Didi Manmohini was considered an embodiment of the rule of law. The organisation was growing at a

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fast pace and there were many ticklish and complex issues of the *yagya* which were taken care of by Didi Manmohini. But Didi was a practical person; highly experienced in understanding people's problems and providing them sure and certain solutions. She would instantly create a rapport with whomsoever she met. Her personal touch really inspired many souls.

#### **An Embodiment of Love and Care**

Didi sustained the divine family with great love and care. She would discuss the Godly Knowledge and Meditation for the benefit of all. Though she showered her motherly love on all, she was also particular that Godly *maryada* or code of conduct is followed by all, in letter and spirit. She would draw personal attention of divine brothers and sisters towards self progress and inspired them to strengthen the foundation of Godly Knowledge and yoga. She also laid special emphasis on inculcation of values in practical life.

#### **Unity and Purity**

As Didi had true love for One God and was an impartial person, she taught all to be free from the bondages of attachments. She was royal and courteous while interacting or dealing with others. She immediately used to invite the

attention of the aspirants if she received some complaint. She would always remind them about Godly code of conduct. She would handle aspirants' grievances efficiently, call the complainant and dispose of their grievances amicably, then and there. Thus, she would always try to keep the atmosphere light, pure and positive. She always highlighted the importance of Godly code of conduct and inspired all to adhere to it, strictly. Her royalty and simplicity ensured Unity and Purity in the organization.

#### **Be Frugal; Make the Best use of Resources**

Those days the Brahma Kumaris organisation was not well off, financially. Therefore, Didi would emphasize the importance of being frugal and economical. She would often inspire all to make proper use of money and never to waste it. She wanted that the service that was rendered should be royal but not very costly. Not a single grain of food was allowed to be wasted and she would draw attention of one and all to very minute aspects also.

#### **Her Affection won Many Hearts**

I visited Madhuban during summer season of the year 1981. While I was taking leave for returning, Didi gave me a bag

having the picture of Shri Krishna printed on it. "Ranjit, you take this bag as a divine gift with you and use it for carrying lunch to office. You should also keep Baba's Murli (divine versions) in it which you should read in the noon. And of course the picture of Shri Krishna will always remind you of your aim and object, i.e., to become a virtuous deity like Shri Krishna", said Didi while presenting godly gift to me. I was really overwhelmed by her hearty wishes, and such a divine care and concern.

#### **It's Time to Return Home**

Didi Manmohini always used to remind all: "It's time to return home" and "Nothing is mine, everything is Baba's." By Home, she meant the real and original home of all souls, i.e., Incorporeal World, *Param Dham* or Soul-World. She went to Mumbai for her health check-up in July 1983 where she was diagnosed with a tumor which was not malignant but benign. Doctors advised her to be operated upon. Even while going to operation theatre, she was cheerful and happy. Even nurses of the hospital would admire her and said, "Your Didi is a very nice person". Whenever they came to her, she would greet them with a smile. She always showered spiritual love received

(Contd. on page No. 34)

¶ From the mighty pen of Sanjay ¶

## JOURNALS AND JOURNALISM

Let us take any morning Newspaper and have a look at its columns. Most of the news is about the events of perverse human dealings. There are reports of dowry, suicides, crimes against women, oppression of minorities or backwards, accidents, floods and fires, scandals, political defections, corruption, dacoities, hostility between religious communities and warfare between countries. This unusual trend has come to stay in the field of journalism so much that it has become a common saying that ‘bad news is good news.’ Again, presentation of news in a tart, saucy and sensational fashion is another common feature. In reality, it is tantamount to making people addicted to sensational, hot, nerve-rattling and blood-curdling news as one gets addicted to over-spicy curries and excessively hot tea or strong and lip-burning coffee. The result is that when there is no news of a big scandal, a horrible murder, a terrific railway accident or a major racket or a

calamity in a newspaper, its readers say: “there is no news today; today’s paper is tasteless.” How such a policy of purveying excitement and sensation on the part of newspapers might affect the minds of the readers can very well be imagined.

In journalism today, it is declared with great pride that the press is ‘the watchdog of democracy’. Thus, strict and fearless criticism is considered to be one of the main duties of the Media. The idea behind it is that the public may be aware of the misdeeds of the leaders and that anyone who is planning to indulge in crime or in disruptive activities, would bear in mind that he will be exposed as others have been and would be hauled up because of his illegal acts.

But what is the net visible result of such exposures and such kind of news? We find that the readers get increasingly aware of the

various forms of crime, cruelty and corruption unconsciously and even let their deforming influence be stamped on their own mind. Reading such news day after day, the average reader gets discouraged to see that justice, goodwill and honesty are conspicuous by their absence and feels persuaded to adopt the ways of the world around.

Let us all realise that the root cause of all kinds of misery and crime lies mainly in unethical thoughts, words and acts of man. Incidents like robberies, dacoities, embezzlement, adulteration or manufacture of new destructive weapons by some countries – all these spring from what may well be called ‘impurity of thought’ or, in other words, from violence, hate, greed etc., in the minds of men. These evils can be reduced or even uprooted by tackling the root-cause itself, i.e., pollution of thought, or in other words, by inculcating in people what goes today by the name of moral values, humanism. The news, articles and features should be such that they help to solve problems of the individual and the society through purity in thought, word and deed and this can be done if they somewhat focus on spirituality by bringing God and soul also in the world of news and views since the world has now

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

## ONLY GOD KNOWS THE TRUTH



It is said, God is truth, which means only God knows the truth, nobody else. Poor people do not know the truth. Do they? That is why they say the world continues to move on and on in this manner [through the vices). If the world were to move only in this manner, then show how it works. Why is the world so disquiet and unhappy today? If the world has to move on in this way, then why do you cry and shout that there is disquiet, unhappiness, irreligiousness? And why do you continue to cry? Look, there is the cry of distress. It is also mentioned in the Gita what our Bharat is today.

God says: 'I know the reason why the world became so disquiet and unhappy, and you do not know.' So, we are receiving light through God as to how we humans can make our world happy. No human has this knowledge. Only the Bestower of Knowledge has this knowledge. He is also called knowledge-full, *Janijananhar*, the Ocean of Knowledge. Only



Mateshwari ji

God has the accurate knowledge of the complete state of human beings. Now we must have this knowledge, to regain our past state. This is known as knowing the truth, through which we really become the truth. Our practical life becomes elevated in this way. Unless our life becomes elevated, we have not understood the truth at all. To understand the reality of life, and to follow the true path, is truth.

### **GODLY KNOWLEDGE IS THE THIRD EYE**

Like everyone else in the world, even I used to believe everything I heard as truth: that the world could not continue

without the vices, etc. In many scriptures, such things are written even about the worship-worthy deities. This is why many people are confused. For example, it is written that during Rama's period, there was a battle between Ram and Ravan. Same has been mentioned in case of Krishna. In the Golden Age, they have shown battles between deities and demons. In all the periods, war has been mentioned. So people think that all these – lust, anger, quarrelling, fighting – exist from the early period of deities. But it is not like that. This also must be understood.

They praise the Kingdom of Ram, saying that the king and the subjects as well, were wealthy, everyone was prosperous, and so it is sung 'Let the Lord live long, in favour of religion ...'. But if there was so much harmony and religiousness, how could there be a battle between Ram and Ravan? We now have to understand the meaning of these aspects.

There was no battle between Ram and Ravan in the Silver Age. We need to understand what Ram and Ravan are: Ravan is not a person with 10 heads; in fact there wasn't any king like Ravan. The meaning of 10 heads is the five vices of

(Contd. on page No. 34)

# TIME FOR RECEIVING GOD'S POWERS FOR GREAT TRANSFORMATION

– B.K. Surendran, Bangalore.

**A**mong all the relationships, the closest one is between Man and God. The innumerable temples, churches, mosques and other prayer and worship places amply prove this very fact. God is the one personality who is being pursued, searched and researched endlessly by the largest mass of the people in the world. He is believed to be the ultimate source of solace and protection for the poor and the rich, the educated and the unlettered, the scholar and the general folks, the so-called mighty and the weak, nay, men and women from all walks of life.

We all know that good governance is the need of the hour. For good governance, there should be good people who are peaceful, loving, truthful, non-violent, righteous, compassionate, mentally and intellectually strong. However, ironically, goodness is lacking in one and all these days. We all know that before the

democracies emerged in almost all countries of the world, kings were the rulers. That system collapsed on its own weight because of misuse and abuse of power. The world is now flooded with ordinary folks. Humanity is at crossroads. Everybody wants a great transformation to take place in the world. But, human beings do not have that strength and acumen to provide a powerful leadership role for a great transformation. Therefore, everybody turns to God who is the last resort. He is remembered as the “Malik” – the owner of the world. He is also remembered as Father and Mother of all. Divine dispensation is the need of the hour.

As revealed in Shrimad Bhagavad Gita, ‘I am incorporeal self-effulgent light; I descend to the world in the body of an ordinary person to teach the souls Godly Knowledge and Rajyoga meditation when there is utter irreligiousness and

unrighteousness’. As per His promise, He says “whatever transformation needs to be done in the world takes place in a natural way. First of all, I transform the life of the soul in whose body I descend and then through him I teach other souls and empower them to transform their lives. I transform the world through Prajapita Brahma”.

## God descends

If God has to explain all this, it cannot be explained in a proxy manner or through an oracle or other unnatural way. It has to be done in a natural way. If His message is to be understood by the common people, He should come down to the level of human beings. He uses the mouth organ of Prajapita Brahma to convey His divine knowledge. He reveals Himself, His role and acts. He descends only once in a *kalpa* in this fashion. Until then nobody knows about Him. Since nobody knows about God, all people have been worshipping Him in their own chosen images, faiths and beliefs. They have been worshipping everybody and everything except God. Even then, when they earnestly pray to Him in distress and crises, they get little bit of solace and peace for the time being. He clarifies that if people go in search of Him, He would not be

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found. He descends in this corporeal world and reveals Himself at the appropriate time i.e. in *Sangamyug – Confluence Age*, at the end of *Kaliyug* and beginning of *Satyuga*, and for the specific purpose of purging the souls of the sins, to transform the souls and the world. In the history of the world, nobody, may he be a *Rishi, Muni*, a prophet, a great soul, has ever asked people to remember him, except telling that everybody should remember God. But, here God authoritatively asks each and everyone to remember Him and Him alone in soul-consciousness. He also makes another surprising announcement that He has come to take the souls back home -- *Paramdham*, as the present act of drama is going to conclude and a new world order of peace and plenty is being created. When He descends, He Himself teaches the human souls as to how one can mentally connect with Him. One can connect with God through love-full remembrance in soul-consciousness. The moment one becomes soul-conscious, one is automatically and naturally connected with God mentally, intellectually and heartily.

### **God's powers**

We all know that great

revolutions and establishment of religions have taken place with the power of thoughts of human souls. But, the Supreme Soul's thoughts are great sermons. When that knowledge flows through the minds of the human souls, their thoughts are purified. God's messages, their delivery styles, their tenor, their beauty, their poetic presentation and their depth are outstandingly unique which cannot be compared with any human being. Those souls who imbibe His knowledge are able to emerge their greatness and inner beauty. This is happening right now. We are now face to face with the Supreme, conversing with Him, experiencing His powers and receiving His blessings. This may sound peculiar and unheard of. But this is a fact stranger than fiction.

### **▶ 1. Power of Knowledge:**

God is ocean of knowledge. He reveals the true knowledge of Himself, the souls and the roles in the drama of life. Therefore, the Godly knowledge is source of great infinite power. The knowledge revealed by the Supreme empowers the souls to discriminate between right and wrong and enable them to lead a virtuous life. They are able to exercise wisdom and will power, create pleasant and happy moods and moorings. They are

empowered with the knowledge as to how to control and manage their thoughts, understand the self in the right perspective and recognize God who is the real Father.

### **▶ 2. Power of Remembrance:**

God bestows spiritual powers on souls – His children– through a simple technique. One can draw the power of peace, happiness, bliss, love, purity and the ultimate spiritual powers from Him through His loving remembrance in soul-consciousness. This is called *Rajyoga* meditation. The result is that such souls receive power to conquer vices. They become mentally stable, intellectually sharp and their desires and attachments are sublimated. Their life is stable and balanced. Those who constantly remember Him become self sovereigns.

### **▶ 3. Power of blessing:**

People in general say that they have the blessings of God. Whatever they possess is the result of God's blessings. Blessings are the real spiritual power which can be bestowed by God only. God's blessings uplift us to the highest level of existence. The knowledge that is revealed by the Lord is a great blessing. He shows the way to peace, happiness, better

*(Contd. on page No. 34)*



# MY EXPERIMENTS WITH TRUTH

– B.K. Anand Mohan Hans,  
Paschim Vihar, New Delhi

**H**ave we ever considered what experiments are for? Evidently to arrive at the truth in a jumble of several possibilities. In fact, till our last breath we spend time in searching for the truth or what we really want or expect from life. It is a story of opportunities, availed of and chances missed, of adjustments made and positions compromised, and of failures faced and successes celebrated.

My story is not different as it ran on the same pattern. I had a normal childhood, like that of a member of any middle class family. Being from a family of illiterate farmers living in villages, my outlook on life from very childhood was as vast as the fields I was brought up amongst. My father, who was made of rather different mettle from others of his kin, went for higher studies after passing his matriculation and studied law at Government Law College, Lahore (at present in Pakistan). As he was a broad-minded person, I also grew up with

respect and regard for all sects and religions.

I was a student of tenth class when the country was partitioned and we were driven out of our homes and hearths literally without any bag or baggage. I passed my matriculation in 1948; my troubles started soon thereafter. My life took a turn for the worse after I joined college and started living in the hostel, away from home. I was just 15 years of age and quite a greenhorn and a dreamy adolescent; I took to ways which were certainly far from conducive to hard work and serious studies. The years I spent in college thus were all gone waste with the result that I could not make any mark during that period except that I was able to obtain a B.A. degree and then a certificate in teaching.

I managed to get the job of a teacher in a higher secondary school in Delhi but soon realised that I was not at all cut out for that work. As the parents now lay great stress on giving good

education to their children, teaching has become a respectable and lucrative job these days. But in those days as it was given a low priority, teaching was a meagrely-paid job; low in the graph of social esteem. Besides, all my friends who had landed themselves in government jobs made mockery of me by calling me “Master Ji”. Since I was a refugee from Pakistan, I enjoyed age concession, so I availed myself of the last chance of appearing in government competitive examinations. I took two competitive examinations; one I passed but could not make it in the interview, and the second I passed and was selected because it had no interview part.

But misfortunes, like good friends, did not desert me. Though the feeling that I had cleared two All India Competitive Tests one after the other within a span of two or three months gave some boost to my confidence and self-esteem, I could not overcome the remorse I felt over wasting the formative years of my life achieving nothing as compared to some of my friends. This remorse was all the time nibbling at my heart depriving me of any happiness which my inner-self was yearning for.

The young boys and girls of the pre-independence India did



not know much about career building unlike the youth of today. As the life we lived then was very easy and plain, we never thought of beyond getting married one day and raising a family like everybody else was doing.

Competitive examinations, interviews, general knowledge books and magazines, and student counselling were terms unheard of in those days. They became known only within a period of ten years or so after independence, and that was the time I grew up from boyhood to adolescence and then to adulthood.

Such depressing thoughts bothered me all the time and consequently, it took me time to pick up the work in my new job. The truth is that I did not at all like the government work as it gave little or no opportunity for self-expression and creative activity. It was so boring and mechanical that at one point of time I felt like leaving everything behind me to some remote corner of the world far removed from any human civilisation. Sometimes I felt like crying my heart out till there were no tears left in my eyes.

But, thank God, they were only momentary feelings. I was to continue with my new job since before joining it, I had got

married and, therefore, had to earn a livelihood for myself, my wife and our first child who was on the way. Willy-nilly, I continued with my job. But all the factors, past and existing at that time, had their toll which I had to pay in the form of chronic depression and tension.

One fine morning instead of reaching my office, I found myself in a park all by myself. Thereafter, I did not go to office for one month applying for leave on weekly basis. But how long could this continue? One day, I received a notice from my office to join duty within a week or report myself to the hospital for check-up by a medical board. I got panicky and even thought of giving up my job or ending my life. These alternatives being out of question, I turned seriously and earnestly towards God for succour. I believed in God but that far He had done nothing to ameliorate the mental agony I was silently going through. I would sit for hours together in a gurdwara, holding one of the legs of the wooden stand on which they keep the Holy Granth and pleading: if you were at all there, to come to my help or otherwise, I said to myself, I would consider all this *bhakti* as a farce.

In the meantime, I had started consulting a doctor in the

government hospital since I had to keep pretence of being not well to be able to get a medical certificate for reason of my absence from work if not for any medical treatment. On my second visit to him, the doctor prescribed me some medicine to calm my nerves and gave me another medical certificate extending my leave for seven days. It was on my fourth visit to him, a day after my soliloquy in the gurdwara that the doctor prescribed me sleeping pills, obviously to numb my senses.

I told him, "Doctor Sahib, perhaps you think my body is ill. No, it is not my body; it is my soul which needs the treatment." As if the doctor was waiting for this cue from me, he at once said, "So you need treatment of your soul! O.K, then, be ready at six in the evening today. I will come and take you to the hospital where they treat souls." Perhaps God had listened to my monologue on that day in the gurdwara. The doctor who offered to take me to the hospital for souls was a Brahma Kumar.

I still remember vividly the day, the time and the moment when accompanied with my wife, I entered a Brahma Kumaris Centre for the first time. It was a Thursday; the date was September 11, 1981; the

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time, in the evening at 6:30 p.m. It was there that we came to know of the term “Brahma Bhojan” for the first time. The teacher-in-charge of the Centre asked us if we would care to join them in partaking Brahma Bhojan. It was more out of sheer curiosity to find out what Brahma Bhojan was all about, rather than any desire to eat, that prompted us to say “yes” to the invitation.

The Brahma Bhojan turned out to be a simple everyday meal, not the multi-course meal as it is commonly known, but what a taste! Even now, after 32-odd years, the very thought of it titillates my taste buds making my mouth water. It was much later after listening to a few Murlis that I came to know of the real significance of Brahma Bhojan which had already worked its magic on me the very first day. I would say that it was the Brahma Bhojan which was instrumental in cementing my spiritual relationship with God and the Brahmin family.

Since then, I have not looked back at my past. I was a new person. My friends and colleagues were surprised to see a sudden and drastic change in me. Gone were the days of battling with my own self and with my work. I cannot forget till my death three happiest occasions of my life. The first was the moment when in the period immediately after partition our train from Pakistan steamed into Amritsar Railway station bringing us alive from the jaws of death. The second was when I retired from the government service. And the third was the day when I first stepped into a Brahma Kumaris centre. The memory of the first two occasions might have dimmed with the passage of time but that of the third has grown stronger each day.

I am no longer experimenting with Truth; I am experiencing it, relishing it. ●

## ETERNAL LAWS

**Whatever is new, must become old. Everything passes through this process.**

I look back into time. In a second or less, my thoughts take me to a place far away both in time and space; for a moment, I relive the scenes of the past, and then I come back to the present, with a smile on my face. The smile quickly changes, and I sigh when I realise how different the present is. “What has happened? Why couldn’t it be like that still?”

There is a simple law which states, “Whatever is new, must become old”. It is always good to know the laws. I may not think that they make much sense, I may even disagree with them; but some laws just cannot be changed, so I learn to live with them and follow them. There is no point in asking questions as to why, how, when, where and what.

It doesn’t matter. The point is that I should understand the laws of living and take benefit from them. Here are three such laws that won’t change and are worth remembering:

1. Whatever I sow, I will reap.
2. Whatever is new will become old.
3. Whatever I don’t use, I lose.

– From the Book ‘Just A Moment’

## WHY I CHOSE PEACE IN MY LIFE?

– BK Binny, Pokhara, Gandaki, Nepal



I vividly remember that when I was a six year old child, I used to have a triggering thought in my mind: Why do human beings exist on earth? I hail from a religious family and although my parents were neutral about spiritual matters, my grandparents used to tell me numerous mythical stories about God, goddesses and deities etc. I had a deep faith in some divine power and specially Shiva. Once I felt that some power came on me and all my wishes used to be fulfilled; I feel that later the power vanished as ego entered in me. It sounds funny but it was true. I was dedicated to my studies at school under the supervision of my mother who is head teacher of a government school. My mother never let me mix with friends and play on the ground as far as I remember. Her first focus was always on my school study and she focused on the value of time.

When I was a sixth-grade student, I happened to visit the Brahma Kumaris. The first day

was an ‘Aha’ moment for me. I felt so much peace there. I was really influenced by the logic explained in the pictures exhibited there. I analyzed what I had heard through my grandparents. What satisfied me the most was the concept that ‘there is only one God and He has to be universally accepted, whereas deities are many’. I understood how many incidents mentioned in Hindu philosophy were symbolic of something which really happened once in this universe; deities were normal human beings like us on earth but they were full of divine virtues and completely innocent, free from vices like lust, anger, greed, attachment and ego.

I learnt meditation which was a wonderful experience. Though I could not spare much time for visiting the centre frequently, yet there was a deep faith that it is God, the fountain of peace and love whom I have found on the basis of my experience and feelings. By the time I passed my 10+2 science (PCL level)

exam, there was such a deep love and respect for spirituality. I decided to lead a pure life. I had firm faith that present time is the most auspicious Confluence Age; a time for upward shift of human consciousness, where a new dawn is coming and the Iron-Aged old world is on the verge of collapse.

Quite a sense of disinterest was developing in my mind for my further study. But my parents suggested that I should continue studies. On the basis of my marks and available seats in the college, I got admitted to the architecture course. There, I stayed in a hostel for about five years. Life brought me lots of tests besides the college exams. I had already adopted ontological (*sattvic*) food since my childhood. I used to find myself different from my friends. What entertained me was *Murli* and silence in meditation whereas my friends got amused by watching movies, doing shopping etc. There was no doubt, a slight



influence on me, as five years was not a short period. Architecture was really a tough subject. Life was completely hectic—going to bed at 3 a.m. and waking up at 5 a.m. or 9 a.m. sometimes was a normal thing. But I never missed reading Godly versions or Murli and developed a lot of love for spirituality and God during those five years.

Once I couldn't get permission to leave hostel on the occasion of *Baba Milan*. The whole day I was so curious what would Baba tell me in the Murli. I saw a dream which was symbolically exactly the same which came on the fresh *Avyakt Murli* from my inbox the next morning. I still wonder How Baba took my hand and fulfilled all my wishes! This was clear to me that my life was being guided by some divine power. Seeing my disinterest in worldly affairs, quite adverse to the nature of a young girl, my parents thought that I must be going through depression.

I joined one job but soon I developed disinterest in it. I also joined a college as a lecturer on contract basis but there was only one feeling that I was losing the precious moments of my life. I can't spend my whole day and my valuable life in such mundane way because this is the time of

Confluence and I have to play a different role for betterment of the world. I wanted to be a role-model for the youth and lead many souls who were searching for the truth. In the meantime, there were many proposals for marriage but this was the time where *Murli* guided me. My father was counselling me on this topic and in the very next-day *Murli*, Baba mentioned "Child, come to me; you will have to face a lot of tests for this decision but I am with you, I will never leave your hand." I used to feel as if God was telling it to me.

Thus, I finally decided to choose the path of peace in my life. Then, in November 2012, came the day of *Baba Milan*! I determined in my mind to work for the Godly cause. After making this decision, I gave all the responsibilities to my sweet God.

The next day I went to the main Godly Centre with bag and baggage. I knew no one there except one senior sister Parineeta. She allowed me to stay in the Centre. In the evening, there was a welcoming ceremony for me and my name was changed to 'Vijaya'. I was smiling inside and talking to Baba. I felt that Baba had also said, 'Your name is victory; you will certainly be victorious in everything'.

Even in the world, a successful businessman doesn't waste his manpower. Baba has given me lots of opportunities for Godly service. I have provided my professional services for construction of some buildings and some are under construction. The best thing is that I am learning a lot on managing relations, changing my *sanskars*, and also getting practical experience.

I am grateful to my parents for being always so supportive. I have learnt a lot from my father. Though he is not much inclined towards spirituality, he is a storehouse of many virtues. I feel so rich now internally when I wake up and sit for morning meditation every day. I have found a Treasure-house where I can take as much as I wish. Sweet Baba seems to be with me always. There is nothing which remains to obtain now; nothing seems lacking. Life is full of so many surprises and so many opportunities. This joy is super-sensuous where there are no fluctuations. I have learnt to be happy in all situations and circumstances. I have the Father of all souls, the supreme power in my life and it feels so good to be a part of God's plan.

***This is why I chose peace in my life.***

# THE DIVINE TEACHING THAT MATCHES THE MAJESTY OF GOD

—BK Joseph, Laggere, Bangalore

If a person cries out: “I do not have a tongue, I do not have a tongue ....” the listeners will definitely raise their eye-brows wondering what this person is saying—how can he speak without a tongue? You may say nobody would cry out like that.

Yet we have been hearing similar things throughout history:

- ▶ Some say “life arose from nothing and returns to nothing.”
- ▶ Some say “life arose from an omnipresent divinity and returns to it.”
- ▶ Others say “humans came from God and will go to Heaven or Hell for permanent residing.”

These sayings too make our eyebrows rise, because we know that there is some problem with all of them. First one makes people responsible to nobody. The second one may mislead people to think that the same divine force activates people to be good or sadistic. And the last one projects God as an irrational Being who sends people (with no appeal being allowed) to

Heaven or Hell for eternally residing on the basis of lives they lived for a few years on this earth.

These beliefs often make people presumptuous taking liberty whenever they like. Presumptuousness makes lust, anger and greed the real rulers of the world, which transform the earth into a literal hell—something that are picturised in *Mahabharata* Epic.

*Mahabharata* is actually a prophecy in Epic form. Because the number of soldiers, types of weapons purportedly used in *Mahabharata* War point to our time, the fag end of Iron Age.

In the epic, the wealthy tried to disrobe a woman (Draupadi) in public—something that is happening today in a global proportion (The wealthy Advertising and Entertainment industries use woman’s nakedness as a marketing strategy). The resultant lustful environment causes over 50 million abortions (according to WHO) and population explosion

which in turn cause many other serious problems. No wonder the world has now entered into the peak of ‘irreligiousness and unrighteousness’ which call for God’s intervention in history as foretold in Gita. (Gita 4:7)

Yet there is a positive prophecy also in *Mahabharata* Epic. Before the *Mahabharata* War, God of Heaven, repeats the *Gita* to white-clad Arjuna, the representative of white-clad Pandavas who symbolize people of purity living as contemporaries of the symbolic Kauravas and Yadavas of the present Iron Age. *Brahma Kumaris* (who are known for their purity worldwide) have been receiving the Knowledge of real *Gita* from God. Here is the gist:

- ▶ All souls (among whom one is the Supreme Soul, Shiva) are eternal.

- ▶ Matter (which is made of energy) only changes form and is, too, eternal.

- ▶ All souls are with the Father for some time in perfection; then they come number-wise to the physical world taking birth as humans. They pass through DAY (of 2500 years Golden Age and Silver Age) and NIGHT (of 2500 years of Copper Age and Iron Age), and all of them go back at the end of the Iron Age, and the cycle (of 5000 years called a *Kalpa*) repeats like Day



and Night forever. (Compare Gita 13:19; 4:1-7; 9:7) Further, they are taught: “Never see others’ mistakes, never repeat the same mistake, learn the lessons from them, be stabilized in your original, divine nature, always reflect your Heavenly Father’s qualities, and thus give others a vision of God through you.” (*Murli* 21.01.1969; 17.04.1969; 28.11.1969; 26.05.1969)

When we hear the above, we know that this matches the majesty of God who teaches it, and is in harmony with our experience. For example: History repeats itself. Everything we know—micro to macro—is known for its repetition. Electron in an atom revolves. Earth revolves resulting in cycle of day and night. Seasons repeat in cycle. Trees come manifested from their respective seeds and get confined into their seeds only to repeat the cycle eternally. We have growing bodies in the beginning, which are then transformed into grown up bodies and finally collapsing bodies, then we take new bodies and the cycle goes on. (Gita 2:22, 28)

When God says *Kalpa* repeats itself every 5000 years, we know it HAS TO BE so.

The knowledge about this simply benefits those who really understand it. They know that there is no day without night, and there is no lotus without mud; hence they do not say day is good and night is bad and nor do they say lotus is good and mud is bad. They simply view as one thing leading to another in total dispassion. They do not overly rejoice over the favourable nor grieve over the unfavourable. They are even-minded towards all pairs of opposites. They know both have their purposes. Interestingly, this attitude is called one’s “*sanatana dharma* (eternal duty)” (Gita 12:17-20) and “supreme devotion to God.” (Gita 18:54) Conversely, its opposite is called “sin.” (Gita 2:38)

They do not even complain about living with difficult people, rather they simply view them as a blessing, for they view them “as contrast in front of them that help them to determine not to be like them.” (*Murli* 13.03.1971) They know that we are all souls, divine beings in these physical costumes called bodies; hence no one can make others feel really honoured or insulted. They transform even supposed insult into a blessing. If the employer calls me “an idiot,” I reason like this: “I know what I am, and his

labelling would not make me an idiot. On the other hand, if my foolish acts had cost him something, I will determine not to repeat it and to be more careful in the future, which will naturally make me his favoured person!”

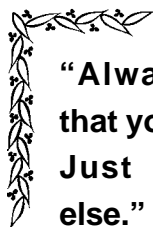
When they live in an imperfect world, they actually appreciate the true meaning of perfection, they seek the super-sensuous joy that comes from being with God, our Heavenly Father, through the special meditation called *Rajyoga*. They know that the cycle of perfection and imperfection has their role. It is like drinking a sweet fruit juice through many sips with gaps in between. In this mode, you enjoy the sweetness till the end. On the contrary, if you drink it in just one shot, you will feel the sweetness coming down steadily. This is true of our life and even world history—it is a cycle where perfection and imperfection alternate like day and night.

We are not like ants that run over a big picture, seeing only dots, not the whole picture. But we are like a person who looks from an ideal distance and enjoys the beauty of picture. Our overall view helps us to use even adversities to our benefit and help us to better appreciate

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perfection and work for it. We stand beautifully above the muddy water, not dirtied by the mud from which we grow. We are white, fragrant and beautiful. Our determination to grow out of the muddy pond helps even onlookers. They may also feel inspired to be determined to grow out of the muddy surroundings of defilements and sufferings of life.

Thus, we do not allow the circumstances to rule over us; rather we continue to display our real nature in all circumstances – favourable or unfavourable. What is our nature? Everything has its nature. Nature of fire is to give light and heat. Similarly, humans have a fundamental nature: we appreciate being loved and abhor its opposite. This is true of all other basic qualities such as power, purity, joy, peace, true knowledge and bliss. Manifesting those qualities in our lives is our nature. Those who practise Rajyoga meditation, these qualities come naturally, like laughter comes when we hear a joke. Stabilising in this nature identifies one as the real child of our Heavenly Father, Shiva, who is the real source of these qualities. ●



**“Always remember  
that you’re unique.  
Just like everyone  
else.”**

**– Anonymous**



## CAN LOVE AND FREEDOM CO-EXIST (EXIST TOGETHER)?

Is it possible to love each other and be free at the same time? Yes. To reach this state in a relationship, great wisdom is required. Most people love one another and tie one another down. Thus, they lose their freedom. When freedom is lost, happiness goes away, and true wellbeing gives way to unhappiness. Often we look, above all, for love – a love we believe will change our life. We see it as the recognition of our inner value by another person. However, we trip over ourselves in looking for this love. Necessity is what motivates us and we try to satisfy it with an object or person who matches up to perfection. We have an immense emotional need for love, and the fear of remaining in a state of unsatisfied wanting. In our search to fill our need, we are prepared to deceive ourselves with unsuitable partners. Many people allow the love of another person to define their personality to such a point that, if they are rejected, they lose any sense of who they are and of the purpose they have in life. Often the relationship is coloured, through one of the partners or both, by fear.

To free ourselves of the tendency to depend, we should have a strong heart, without any selfishness; a heart that has nothing to hide and that, as a result, is free and without fear; a heart that does not hold on to closed beliefs, to old negative experiences; a heart that has good feelings and is free of bitterness; a heart filled with the true values of peace, love, freedom and solidarity – which as a result is stronger and fuller.

**– Brahma Kumaris**



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# KARMA

(What goes up, must come down....including you)

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– B.K. David, Paignton, England

God's hand might be invisible to everyone on the planet but it can be felt in your heart if your heart is pure enough and tuned into spirituality and you make the right kind of effort at the right time. You need a very open, full and broad heart if you wish God to take your hand and go with you for a walk, hand-in-hand.

**We live in a poor world wherein people wish to become richer on the outside at the expense of richness inside**

A lot of people make the wrong effort in life and seldom the right effort, and so, of course, create a life of wrong-doing with little righteousness in it. It is with little wonder that with one prominent negative force so evident in their lives and the one force and quality almost void, you can see why people walk around in life confused and feeling dejected. And yet, many in life are too busy looking around searching for happiness, thinking that they will find it somewhere somehow. This search they subconsciously feel

will replace the comfort and importance to be found only in God and in taking His hand. God likes stable and caring hands that are both gentle and giving.

Man is very much the head and in charge of all religions that have become miserly in thought and action. More importance is now placed on pomp, splendour and ceremony than on giving to the poor and trying to forge a link with God and become a better, richer person on the inside. Religion seems to have fallen into the worldly trap of wanting to become a richer person on the outside at the expense of the quality, potential and richness of the person on the inside.

**True Religion teaches us to Grow and become Generous**

Religion and spirituality are all about growing and becoming better, more generous, with expanding, ever increasing hearts. Each day our religion should give us the nourishment and sustenance to grow greater and greater hearts that can give peace and happiness to anyone

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and everyone that we meet any time of day and on any day. We are all guilty of being able to give love to those that are near and dear to us, yet this is not true spirituality or the essence of all religions which want us to give equally to all those who are God's children and without exclusion. God has no favourites as He sees everyone as His child. The differences that come about in life we create ourselves in our recognition of Him and our efforts to meet Him and in becoming a better person to do His work. God does not create favourites in life though through nature, we 'can become' a favourite in His eyes due to our love and efforts. **In nature, some trees grow taller and have more beauty due to their innate power and desire to grow. Some flowers have more fragrance than others as this is their nature but unlike a flower, you can now change for the better and increase your divine nature.**

Most people have a 'traffic light' heart that changes every minute of the day: one minute they are loving and happy whilst talking with someone they like, and the next minute they are sulking, no longer giving and loving, warm and friendly as someone they do not really like dictates they must talk and interact with them. Their giving

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open hands of the minute before, have now become clenched and far removed from the giving and loving person of 'just before' a moment.

### **What does God expect from us?**

God wants us to grow as tall as He is and this requires much spiritual growth food and much forgiving and maturity to everyone. After all, is it not easy to be able to give to one's friends? It is to our enemies that we must give the most and which requires great effort.

God wants us to make great effort each day and not mere effort. Basic, moody effort and giving is commonplace which anyone can do. The quality of giving lies in giving to those you do not want to give to or you know they do not deserve it. There is no real quality in being able to give to friends or to whom you want when you want. God would call that the effort of the 'baby and the rattle' where he can pick it up and put it down whenever he feels tired and irritable. That is the effort based on ease, comfort and mood.

**God wishes us to be giants that walk round with giant hearts—constant and not like the English weather that can change each day, each hour or each minute.** To have a constant heart requires one to

have the awareness that we all have the same blood, the same roots and Father and that now some of His children have become poor and that it is your job to enrich and make them wealthy and prosperous once again. A giant's heart is always on the traffic light green of 'Go' and should never change to the red of 'Stop'. Many people think they are very big and important in life yet how can they be big when they have such a small-heart that struggles to give?

### **Giving Heart is a Giant's Heart**

A giant's heart is so big that it can love everyone. A giant's heart has such a powerful heartbeat that cannot help but want so to give. A giant's heartbeat becomes so strong because he knows he must start by loving himself, his spiritual self, which gives him his power. A giant becomes so tall and loving because he loves truth, and **to love truth is to love God**. Giants love truth and the knowledge that surrounds and answers the mysteries of creation. This knowledge and self-awareness are the foundation of self-love and world love and which enable a giant to become even more of a giant each day. There is no law saying how big you spiritually can grow and how loving and peaceful you

can become.

### **Shun Selfishness, Enhance your Value**

Without real love in one's life, one cannot have anything of value; the essence and meaning of life is lacking. To give love is to have value and to be worthy of receiving love, one must have earned and deserved it; so again, you must have real value inside of you. Yet it appears many walk about and develop the habit of having no value in their lives. Selfishness is the cause which slowly decreases a person's value to themselves, to those around them and within the world generally. Selfishness is the root cause of many problems in people's lives. By sharing with others, not only will their sweetness increase, but their happiness, self-worth, inner and outer strength, popularity and understanding of life will also get a boost.

### **What's the Price of Materialism?**

Materialism may look inviting from the outside but it does come with a very high price tag which everyone who gets seduced by it and takes it home will have to pay dearly for. The shop price is cheap compared to the mental price one has to pay later. We have to pay when we walk into the cinema, when we leave the supermarket and petrol station,

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and there is a price to pay in the same way when we chase after materialism. You need not even buy anything as even the chase comes with a hefty price. And the excuse that the sword of desire poked you in the back and made you do, it does not hold water.

There will be many sharks waiting underneath this plank as materialism is one of their favourite meals. Many will fall off this plank as materialism makes you very heavy and will send you into an uncontrollable spin. If unlucky, this spin can last a lifetime and where you get to at the end of all this, spinning will be nowhere.

### ***Karma* delivers Chocolates and Flowers**

*Karma* can be the best thing in the world or the worst thing; all according to what sort of *karma* is knocking at the door of your life waiting to step inside. *Karma* can bring you chocolates and flowers or deliver you stomach-ache, backache or a heart attack seemingly without reason or justice. One thing you can be sure of, and that is *karma* knocks at everyone's door every minute of the day and can walk in at any time, such is its authority. *Karma* can knock with love or menace and that will have

been decided by yourself in your past. If you've thought good thoughts and done good deeds and spoken with honesty in the past, it would be reasonable to expect *karma* to come and knock in love and be wearing the shoes of peace and have a very nice gift for you. The opposite also works when our past can be found to have been trod without wisdom, love, peace and without open and generous hearts to those we have met.

### **Our Lives are shaped by *Karma's* Permission**

Your good *karma* makes you calmer, whilst your bad *karma* can cripple or make you ill. Should you doubt this invisible philosophy and its automatic workings of *karma* and its power and intelligence, you just need look about you at the endless people leading imperfect or near perfect lives. You are seeing not only people and their situations, but the unseen mind and hands of *karma* that shaped and allowed them to create such lives for themselves. It is by *karma's* permission that anything good or bad steps foot into our lives. It is through the Office of *Karma* that every reward is officially stamped and approved and sent out in the post recorded delivery for you to open. This is why at any given

time, life can make you smile or cry, break down or leap for joy as you open your delivered mail addressed to you from *karma*. Yet this parcel may also contain a bomb that takes your leg off or causes you a severe headache or breakdown due to its toxic gas inside that you filled the parcel with, in the past in ignorance and that you had forgotten about.

There are letters of love and parcels decorated with smiles or tied with a bow of barbed wire. There are never any mistakes in this office as it's the office of 'cause and effect' of the unseen nature of thoughts and actions. This office deals exclusively with both the black and white sides of your thoughts and actions and the goodness and badness contained within them and the consciousness they were performed in. *Karma* often waits and holds on to your mail and does not send it out immediately for reasons known only to it.

### **Love Truth, be Happy and at Peace with Yourself and Life**

This is the secret world and workings of the law of *karma* which, if you can act upon it and turn it to your advantage each day, will be able to turn anything upside down in your life to the

*(Contd. on page No. 30)*

(Contd. from June issue)

# ANGER MANAGEMENT AND PREVENTION

– B.K. Shankarananda

**H**uman mind is just like an ocean, waves after waves of thoughts are coming restlessly. As we dive deep inside an ocean, we see and feel stillness and silence and discover valuable treasures there, likewise within deep inside the mind dwells the divine virtues of the soul (viz. Purity, Peace, Power, Love, Wisdom, Bliss, Happiness.). Rajyoga is that technique of self realization which helps one to understand the true self and helps in bringing to surface the hidden virtues of the soul at the time of crisis.

This, as a result, replaces the vicious emotion of anger with the pure feelings of 'forgiveness and forget' and generates the fresh feelings of building bridges and not walls.

## Anger Management through spirituality

▶ **Step One** – Never struggle with your anger. Don't fight it, or resist it, in any way. That only either strengthens it, or suppresses it until another day.

So face it and accept its presence.

▶ **Step Two** – As soon as possible, simply observe it. In the act of observation, all emotion must die. Why? Because you are standing back from it within your consciousness in order to observe it. And as you stand back within your consciousness, you are withdrawing your life giving energy from it.

▶ **Step Three** – Through the practice of meditation, return to your centre, that means, the centre of your consciousness, the centre of yourself. At the centre you will find inner peace, and that peace is your power. At the centre of yourself, you will find your love, and that love, when you give it to yourself and others, is the healing balm of forgiveness.

Regarding Meditation what the scientists say.... Scientists used to believe connections among brain cells were fixed early in life and did not change in adulthood, but studies using

brain imaging have shown that mental training through meditation can change brain circuits. It can also improve higher mental activity by increasing coordination between different brain areas. Meditation can be an active rather a mere passive process. Meditation can free us from negative tendencies, letting us see both our true inner nature and the reality of the world around us.

## Practise the following techniques to help yourself become free of anger:

▶ 1. Eighty percent of the content of your conversations is focused on the past. The past is like a filing cabinet. When you go to the office, do you spend the day in the filing cabinet? When you are angry, stop for a while; think and analyse the cause of your anger. Give some time to reflect on the matter. Consciously shift your focus to the future in everything you think and say, not a future filled with desires and expectations, but one in which you simply see everything as going well. "Anger always comes from frustrated expectations." Life is an ongoing process, why to stop at sometime holding grudges for someone?

▶ 2. Self Counselling – Stop hurting yourself, for that is what you do when you get upset or



angry about anything. Talk to yourself and take yourself out of the habit of emotional self-harm. What would that conversation with the self sound like?

At least twice in a day, withdraw yourself from your daily routine and visualize the following positive thoughts: ---  
- I am a concentrated spark of life energy, located between the eyebrows..... Gradually I fly towards my sweet silent home..... Here I feel myself being drawn towards the Supreme Soul, a star-like entity with unlimited power..... Like a laser beam, powerful rays of peace from the Ocean of Peace fall on me, which make me calm, cantered and composed..... As I release all negative emotions of anger from my system, I feel more and more relaxed..... I acquire an attitude of acceptance towards everyone and everything around me..... In the canopy (shelter) of the Ocean of Love, I forgive myself and others completely and release all resentments (negative emotions towards others) now.....I am overflowing with peace and love and shall create harmony in all my relationships..... I am receiving the spiritual power from the World Almighty Authority to remain in charge of my

energies..... Nothing can disturb my peace now.....

Spiritual knowledge of Rajyoga is the knowledge of truth, through which we get to know the secret of World Drama. This world is a big stage and we are the actors, playing our respective roles. Some play the role of heroes whereas some act like villain. Every soul is uniquely playing his/her role and cannot be replaced. When we watch a drama or a film, we see actors playing villain roles. But we don't hold any grudge for them in our heart, as we know that he or she is just an actor acting for some time. Originally, each and every soul is the embodiment of divinity i.e. righteousness. This holds the same with the world Drama. Scientific Study regarding anger has proved that when we get angry, we waste several joules of energy, which, if not wasted, can be utilized as great life driving force. "Anger is a great force. If you control it, it can be transmitted into a power which can move the whole world"— William Shenstone, Scottish Writer.

Here below, I would like to add up a story about the impact of Anger:

"There once was a little boy who had a bad temper. His

father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence. The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learnt to control his anger, the number of nails hammered daily gradually dwindled down.

He discovered it was easier to hold his temper than to drive those nails into the fence. Finally, the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper.

The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there." A verbal wound is as bad as a physical one."

"When you are offended at any man's fault, turn to yourself

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and study your known failings. Then you will forget your anger” – Epictetus, Greek Philosopher.

Keeping ourselves cool in a moment of crisis can save our years of pain and anguish. A strategy to control our temper is what I call the “Three Gate Test.” The ancient sages would only speak if the words they were about to utter passed three gates. At the first gate, they asked themselves: “Are these words truthful?” If so, the words could then pass on to the second gate. At the second gate, the sages asked: “Are these words necessary?” If so, they would pass on to the third gate, where they would ask, “are these words kind?” If so, then only would the words leave their lips and be sent out into the world.

Before concluding, I would like to add that each one of us needs to ask himself, “What will my life stand for after I have died?” We need to think about the footprints we will leave and how future generations will know that we have lived. I’m not saying we all have to be Mahatma Gandhis or Mother Teresas. Those were the paths that were mapped out for those people – and that they chose to live. Hence, we all need to conduct our lives in a way that will allow us to transcend ourselves.

*(Concluded)*

*(Contd. from page No. 27)*

right way up and any darkness into light and anything negative into positive and any sorrow into happiness. For all these, you need wisdom, maturity, realisation, constant effort and awareness and a love for truth and feeling happy and at one with yourself and life.

## LOOK FOR THE VIRTUES IN-OTHERS

Today, I am going to experiment and make a genuine effort to see at least one virtue in every person with whom I come into contact. I know that no one is perfect, so why dwell on anyone’s defects? If I actively search for goodness in others, it can be found. There is not a single human being in existence, who does not possess at least one virtue. I will at least see that and look at each person with that particular virtue in mind. This has a great effect.

If I am thinking about someone’s weakness or defect, I may become uneasy and irritated. I feel annoyed and wonder, “Why does this person have to be this way?” and “Why does this person do such-and-such a thing all the time?” On the other hand, if I am thinking about someone’s good qualities, I begin to feel lightness and easiness within my mind. Then I am influenced by the sweetness of that person. The world is a variety show, and the role of each one is different.

**“A house divided against itself cannot stand.”**



**– Abraham Lincoln**

# AYURVEDA – THE SCIENCE OF LIFE

– Dr. Rakesh Sharma, Jodhpur

**Ayurveda is a system of medicine which is based on the inherent principles of nature. It aims at maintaining the health of a human being by keeping his body, mind and spirit in perfect harmony with nature.**

The word ‘Ayurveda’ has been derived from Sanskrit. It contains two words–‘Ayu’ which means ‘life’ and ‘Veda’ which means knowledge or science. Therefore, *Ayurveda* means knowledge of life or science of life. It is the oldest recognized system of health in the world existing from Vedic era.

**The following are the aims of Ayurveda:**

*Swasthasya Rakshanam*  
(Protection of Health),  
*Aaturasya*

*Vikarpramshamanam cha*  
(Elimination of disease from the body).

*Ayurveda* believes that every human being should be fit in all respects so that he can perform

his *Purusharth-chatushtaya* or four main duties (*Dharma, Arth, Kama* and *Moksha*) in perfect manner. For this purpose much has been said in the ancient texts of *Ayurveda*: what should be our daily routine in different seasons, what should be our ideal diet according to the season etc. What should one do throughout the day from the time one wakes up until one goes to sleep—all has been mentioned in the *Ayurveda* texts in detail. For example, one should get up early in the morning at *Brahma Muhurt*, i.e., around two hours earlier than sunrise and then first of all one should go for defecation. Further detailed information regarding daily routine segments, i.e., bath, brush, massage, exercise and perfuming elements is available in *Ayurveda* Texts.

The information regarding principles of social hygiene is so scientific and impressive that if somebody follows it strictly, there are little chances of falling ill. In *Ayurveda*, all the

information regarding principles of social hygiene is mentioned in initial chapters. As we have mentioned earlier, *Ayurveda* believes *Swasthya Rakshanam* (Protection and Conservation of Health) as its first object. Despite following these principles, if somebody suffers from a disease, then *Ayurveda* has further mentioned the treatment procedures and protocol accordingly in texts.

## **Mind, Body and Senses**

We see many supernatural phenomena in our body. One of these is the mind, which not only controls our thought processes but also helps us to assist in carrying out day-to-day activities such as respiration, circulation, digestion and elimination. **The mind and the body work together, to regulate our physiology. For the mind in order to act appropriately to assist the physical body, we must use our senses as information gatherers.** We can consider mind as a computer and the senses as the data which gets entered into the computer. Smell and taste are two important senses that aid in the digestive process. When the mind registers that a particular food is entering the gastrointestinal tract, it directs the body to act accordingly by releasing various digestive enzymes. However, if we over-

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indulge the taste buds with too much of a certain taste, such as sweet, we may find that the ability of the mind to perceive the sweet taste is impaired; and thereby the body becomes challenged in its ability to process sweet foods. Maintaining the clarity of our senses is an essential part in allowing the mind and body to integrate their functions and help in keeping us healthy and happy individuals.

### **SOUL**

Ayurveda believes that human beings are comprised of a certain energetic essence that precludes the inhabitancy of our physical entity. It is named as soul. In fact, Ayurveda considers that we may indeed occupy many physical bodies throughout the course of time but our underlying self or soul remains unchanged.

**Ayurveda has its own beliefs and basic principles. These are the following:**

#### ***Panch Mahabhuta (Five Elements) Theory***

One of its most important basic principles is *Panch Mahabhutas* (Five elements). These five elements are Air (*Vayu*), Fire (*Agni*), Water (*Jala*), Earth (*Prithvi*) and Ether (*Akash*). *Ayurveda* considers that each human being is made up of these five

elements. But to be a live human being, soul (*Atma's*) attachment as an escort is necessary. If soul is detached from these five elements, then the human becomes a mortal.

#### ***Tridosha Theory***

Another most important Basic principle is *Tridosha* i.e. *Vata*, *Pitta* and *Kapha*. These are the three *doshas* which control all the physiological activities in the human beings. These are also formed by these five elements. These *Doshas* also are active only in living human beings. Rather we can say *doshas* are the basic element of human physiology. As soon as a human becomes mortal, these *doshas* also stop functioning.

*Vata* consists of *Vayu* and *Akash Mahabhutas*. All the movements viz. circulation of blood, nerve impulses, respiration, elimination of waste material etc. in the human beings are due to this *Mahabhuta*.

*Pitta* consists of *Agni* and *Jala Mahabhutas*. It controls the process of transformation of food into two parts as *Sara* (Nutrients) and *Kitta Bhaga* (faecal material) and the process of metabolism.

*Kapha* consists of *Jala* and *Prithvi Mahabhutas*. It is responsible for the strength, mucous formation, lubrication of

movable joints (synovial fluid) and protection of different organs, i.e., Lungs (Pleural fluid), Heart (Pericardial fluid), Central Nervous system (Cerebrospinal fluid) and many other viscerae in the body.

#### ***Shaman Treatment***

Each individual is a unique make of these three *doshas* and therefore, different treatment protocols that specifically address a person's health challenges are explained in *Ayurveda*. When any of the *doshas* (*Vata, Pitta or Kapha*) becomes aggravated, *Ayurveda* suggests specific lifestyle and nutritional guidelines to assist the individual in reducing that aggravated *dosha*. Certain herbal supplements are also prescribed to hurry up the healing process. This type of treatment is named as *Shaman* treatment.

#### ***Shodhan treatment or Panchkarma Theory***

If toxins in the body are abundant, then a purification process known as *Panchakarma* is recommended to eliminate these unwanted *doshas* (waste material and toxins). *Shodhan* Treatment (Purification therapy) is based upon five different *Karmas* (procedures). These are as following:

#### ***Vamana (Therapeutic***



*Vomiting or emesis)*  
*Virechana (Purgation)*  
*Basti (Enema)*  
*Nasya (Therapeutic expulsion*  
*of doshas through the nose)*  
*Rakta Mokshana*  
*(Therapeutic Bloodletting).*

All these procedures are performed upon the patients according to the nature and vitiation level of the *doshas*.

#### ***Ksharsutra Theory***

Ayurveda considers *Arsha* (Piles) and *Bhagandar* (Fistula) as diseases of great concern. In these diseases *Ksharsutra* Theory has become very popular. The patients undergoing Ayurvedic treatment have received charismatic results.

There is a lot more in Ayurveda but whatever has been mentioned above explains that Ayurveda is a very widely accepted system of medicine, which provides perfect and complication-free treatment with herbal therapeutics and dietary regimens.

“The successful leader must be willing to assume responsibility for the mistakes and the shortcomings of his followers.”  
– **Napoleon Hill**

## ALL GLORY GOES TO HIM

– **Varad Shenoy, Mumbai**

Eternal flame of God’s love  
In the inner self burns bright  
I surrender myself to Him  
The Most Luminous, Kindly Light

Love for the Almighty is the oil  
Which each moment inspires the soul  
To shine and nurture His qualities in me  
No other thought can bring such glee

I have no words to express  
What God has just granted me  
Accelerated my spiritual progress  
Divinising my spiritual milieu

Transformed my inner mechanism  
Evaporated all mental fears  
My eyes express this sometime  
Happiness does rain as tears

Overwhelmed with joy, I ponder silently  
What have I done for this Grace?  
Re-united with my spiritual brethren  
And of negativity there’s no trace

Wow! An ordinarily soul made special  
Intellect became knowledge-vessel  
Now I churn and joy fills to the brim  
Forever grateful am I, all glory goes to Him!



(Contd. from page No. 13)

become too much materialistic those who are for communal ideas, concerns and elevated and man has moved far away harmony, national integration deeds that know no superficial from his beloved Creator. It and non-violence, should justify differences of caste, colour and would, therefore, be better if to the exploited sections their country. ●

(Contd. from page No. 12)

from Baba on all souls. While in the hospital, she remained in *avyakt* stage most of the time and left her mortal coil on 28th July, 1983.

### World Transformation through Self-Transformation

As a tribute to Didi Manmohini, let us resolve to cut all mental bondages and have ourselves constantly united with the Lord, mentally, so that we may become completely pure and return Home. Those who pass with good marks can claim God Fatherly Birthright of Purity, Peace and Plenty and become an instrument of God for rejuvenation of the world which can be possible only through self-transformation.

(Contd. from page No. 14)

female and the five vices of male. This is the symbol of the impure household.

Look, all these things have symbolic meaning, which must be understood in right spirit. Ravan is the symbol of an impure person. When both male and female become impure, the world becomes unhappy, and that is known as the kingdom of Ravan; it means the kingdom of the vices. Ravan is the symbol of the vices and not a real life character. Can there be a human-being with ten heads?

(Contd. from Page No. 16)

relationship, the right way of doing things and help us enrich with spiritual experiences leading to total contentment in life.

The present time is the auspicious Confluence Age and God has descended now with a mission to transform the souls and this world. It is the right time to receive God's powers for easy self transformation and help in the great transformation of the world. It is now or never.

### REQUIREMENT :

- Urgently require a female warden (Brahmakumari), for Girls Hostel, Global Hospital School of Nursing, near Shivmani Home, Talhati, Abu Road.
- **Qualification:** Post Graduate.(Home Science)/B.Sc.(Home Science) from recognised university.
- **Age:** 35 to 45 Years
- **Experience:** up to 5 years teaching experience or experience at least one year as a warden. **Contact:** either by E-mail - ([ghsn.abu@gmail.com](mailto:ghsn.abu@gmail.com)) or **Phone:** 02974-228970, Mob. No. 08432403244.

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.  
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1. Meghalaya : B.K.Savitha,Mount Abu and B.K.Nilima, Shillong with the Governor of Meghalaya, Excellency Krishna Kant Paul, after giving Godly Message. 2. Hyderabad – B.K. Sis. Kuldeep receiving 'A Book of Records' certificate for organising biggest values fair from Justice Rammohan, Judge of Asia Book Records. 3. Shimla : Launching ceremony of de-addiction campaign, Mr. Raja Virbhadra Singh, Hon'ble Ch Minister of Himachal Pradesh, Dr. Banarasi sitting on the dais. 4. Bhubaneswar – B.K. Sister Leena, Bro. B. Bijaya greeting Mr. Naveen Patnaik, the newly elected Chief Minister of Odisha on his becoming C.M. fourth consecutive time. 5. Toronto (Canada) – B.K. Sis. Sadhana flanked by Mr. Tiger Jeet Singh, fame wrestler and Ms. Sukhjeet Kaur. 6. Bangkok (Thailand) – After the retreat, B.K. Ramlochan, B.K. Suryam and others in a group photo.

RNI No.19818/1970, Postal Regd. No. RJ/SRO/9560/2012-2014, Posting at Shantivan-3075 (Abu Road). Licensed to post without prepayment No. RJ/WR/WPP/001/2013-2014. Published 7th of each Month & Posted on 9 to 10 of each month. Price 1 copy Rs. 8.50, Issue: July, 2014



**Gyan Sarovar :**  
Mr. Rajiv Ranjan Naag, Member of Press Commission and Editor of India TV (News Channel) Rajyogini Dadi Ratan Mohini, B.K. Karuna, B.K. Mruthyunjaya, B.K. Om Prakash, B.K. Sis. Sheilu, B.K. Shanta and others inaugurating the Media Conference.

**Mumbai (Gamdevi) :**  
The Golden Jubilee Celebration of 'Gamdevi' B.K. Centre being inaugurated by Mr. Venugopal N. Dhoot, Chairman and M.D., Videocon Industries Ltd.; Mr. Y.P. Trivedi, former M.P. and Sr. Advocate, Supreme Court; Ms. Sushil Shah, Chairperson, Commission for Women (Mah.); Rajyogini Dadi Ratan Mohini, B.K. Ramesh Shah, B.K. Sis. Santosh and others.



**New Delhi :**  
B.K. Mruthyunjaya presenting Godly gift to Mr. Sadanand Gowda, Union Minister for Railways. Justice V. Eshwaraiiah and B.K. Sis. Shivika are also seen.

**Gyan Sarovar:**  
B.K. Sis. Dr. Nirmala, Ms. Sonal Singh, a famous dancer and an awardee of Padma Vibhushan ; B.K. Sis. Chakradhari, Ms. Paramjit Kaur, Chairperson, Women Commission, Punjab, inaugurating an All India Conference organized by Women's wing.

