



# The World Renewal

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Shantivan: On the auspicious occasion of 78th Trimurti Shiv Jayanti; Rajyogini Dadi Ratan Mohini, B.K. Brij Mohan, B.K. Ramesh, B.K. Nirwair, B.K. Sis. Mohini, Dadi Ishu and others after hoisting the Shiva's flag.



Kathmandu:  
Mr. Madhav Kumar Nepal,  
former PM of Nepal being  
presented Godly gift by  
B.K. Sin. Raj

Kohima:  
B.K. Rakesh and  
B.K. Sin. Roopa  
presenting Godly gift to  
H.E. Ashwani Kumar,  
Governor of  
Nagaland.

Itanagar:  
B.K. Sin. Rita, Mr. Ajay  
Singh Rana, Educationist,  
Justice Rakesh Bihari Ghose,  
B.K. Sin. Ashu and others  
present in the felicitation  
ceremony of Justice  
Chandrabhushan Vajpayee,  
Judge, Chhannagar High  
Court.

Vishakhapatnam:  
The program 'Future of  
Power' being inaugurated by  
Mr. Prabhu Kishore, C.M.D.  
of Varan Group, B.K. Sin.  
Kokkaly, Mr. T. Vijaya  
Lakshmi, State  
Co-Chairperson, Kisan Khet  
Mandale Congress, B.K.  
Nizar Rana, B.K. Sin. Santosh  
and others.





|| From the mighty pen of Sanjay ||



## THE SPIRITUAL SIGNIFICANCE OF HOLI



The festival of Holi is one of the major festivals of India. This festival covers in it many spiritual mysteries, but these days many people set aside morality and spirituality while celebrating it. They resort to such a manner that encourages eve-teasing and disorder because of which both in India and abroad, many civilized people have started even hating it. We must know the real and spiritual significance of Holi and celebrate it in a dignified manner, so that it may give a new direction to mankind.

### The method of Celebrating Holi

The festival of Holi which follows the festival of Shiv Jayanti, falls on the full moon night of the Phagun month of Hindu calendar year. The people celebrate it in four ways: 1. They colour each other, i.e., inspire one and all to synchronize their *sanskars* and nature. 2. They burn the bonfire of Holika, which symbolises the burning of their vices and negative tendencies, habits and attitudes. 3. On this day, they meet and greet each other in ecstatic manner which inspire us to make the feeling of jealousy and enmity vanish from within, from its root, 4. Many people depict Shri Krishna swinging in the swing, which symbolically teaches that like Shri Krishna, we should also keep swinging in the swing of super-sensuous joy. Now, let us concentrate on the date and above-mentioned rituals of this festival.

In India, the month of Phagun ends on the full moon night. The burning of bonfire of Holika in the full moon night of Phagun month stands for burning of mistakes and bad thoughts of the past year in the fire and a firm resolve to remain happy and joyous from the first month of the forthcoming year, and follow purity/celebrity because everything gets purified when it is immersed into the fire.

In addition to this, celebrating this festival at the end of every year hints at the fact that this festival was celebrated at the fag-end of the Kalpa, in Kaliyuga, after which Golden-Aged World of Peace and Happiness ensued and the sorrows, disease, disquiet and poverty also came to an end. **But we**

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**must ponder here:** Has the burning of wood or dung in the bonfire of Holika finished everyone's miseries and pains and will it finish them ever? It is clear that it is not the fire of dung etc. but the fire of Godly remembrance in which our bad resolves, thoughts and words will be finished and through which we will be able to attain complete peace and prosperity in the new world or Paradise. Thus, this festival inspires us to connect our mind and intellect with the Supreme Soul God Shiva who is called the Ocean of Purity, Peace, and Prosperity. That is why Holi follows Shivratri (Shiv Jayanti), which symbolizes the very fact that God Shiva descends on this earth at the end of the world cycle and then only the human souls who connect their mind and intellect with Him, receive complete Peace, Prosperity and Purity.

#### **The meaning of Holika**

On the occasion of Holika, people roast the fur of wheat and barley. In the spiritual parlance, penance has been likened to Knowledge (Gyan) and Meditation (Yoga) – as a roasted seed cannot produce new fruit, similarly, any deed

performed in knowledgeable state cannot take the form of misdeed/wrong deed. Hence, Holika also symbolizes that Supreme Soul God Shiva gives the most benevolent advice for emancipation of all souls of the world, at the end of Kaliyuga. That advice is to roast the seed of Karma in the fire of Knowledge and Remembrance. All of us must follow this advice and we shouldn't consider Holi merely as the burning of some woods and dung, but a reminder to burn the old and polluted resolves in the fire of yoga and perform *karmas* in the state of soul-consciousness (*yog-yukt*).

In other words, Holi connotes: **1. Past is past**, i.e., one shouldn't be worried about what has already happened, but should pay attention on future, by doing everything in the divine remembrance of God, i.e., *yogyukt*. **2. 'Ho-li' means what has already happened**, in Hindi. I, the soul, have now surrendered myself to God Shiva; therefore, from now onward I will perform all my deeds as per God's directions or advice. **3. Holi** is pronounced similar to the word Holy in English, which means to be pure; therefore, the

Karmas performed by us should not be influenced by any vice. Thus, the festival of Holi inspires us in many ways.

#### **Colours on Holi**

Knowledge also symbolizes colour. A knowledgeable person colours those who are in his company, i.e., he gives the spiritual knowledge to other souls and tells them the method of forging their mental and intellectual link with God and receiving powers from Him.

Human beings can't be blissful unless they colour themselves as well as others with the colour of Knowledge. It is only through one's blissful communion with God that we can experience divine delights. How can a human soul experience communion with God? Nowadays, ignorant or vicious human beings, influenced by Sex-Lust, Anger, Greed, Attachment and Ego, become a cause of misery and misfortune for others. One can experience the delightful communion only when the Ocean of Knowledge cleanses the soul, i.e., burns the vices—negativity or polluted traits of the soul—in the fire of Knowledge and Godly Remembrance. This is the true Holi. ●

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# GREAT

# TRANSFORMATION



The Avyakt Murli of 27th February 2014 offered a few significant, subtle Godly signals. The following elevated versions are worth noting: **“Keep expanding on spiritual services as much as possible because anything can happen suddenly. Therefore, keep increasing the levels of service as your own sovereignty has to be established. In the perfect and complete kingdom, you will enjoy your own sovereignty”**. To be worthy of being rulers of the Golden-Aged sovereignty, the power of 100% positive thoughts is the criteria. There is an old saying, *“A person who has conquered his mind can conquer the world”*. And it is also a common understanding that our mind is like a flying horse, and keeps flying from one thing to another in the matter of a fraction of a second. To control one’s mind there is need for very subtle, concentrated effort during meditation.

The experiences of those practising Rajyoga Meditation happen to be culminating towards that cherished goal with regular practice and dedicated motivation. We aim

to live up to the expectations of the Supreme Father taking courage from the fact that the Divine wouldn’t ask us to do something if it was not possible!

When we recall our age-old places of worship and deeply loved deities, we praise Shri Lakshmi and Shri Narayan (Shri Radhe and Shri Krishna in childhood respectively) as rulers of the world in Golden Age or *Satyuga*, but let’s truly think about how they attained this supreme status.

The answer lies in another saying, *“Nar Aisi Karni Kare Jo Shri Narayan Pad Prapt Kare”* meaning the souls of Shri Lakshmi and Shri Narayan must have practised that art of living practical Rajyogi lives at the end of the Iron Age (*Kaliyug*). But interestingly, this very fact would be forgotten by Shri Lakshmi and Shri Narayan due to certain factors or reasons in the World Drama. It is only now that we are made cognizant of the essential facts of this age of Transformation.

Present day politics and chaotic scenes in different parts of the globe including relentless

civil wars compel political thinkers to think seriously about the future of the world. The rising tensions are compelling the super powers to continue refining and piling up their nuclear weapons; this has led to a very delicate and dangerous situation in many parts of the world. The top political leaders remain busy throughout their tenure in avoiding and defusing conflagrations which could easily lead to global catastrophes. How long can they delay what seems inevitable by awarding Noble Peace Prizes to those who manage the ‘Activating Button’? With the multiplicity of social ills, ever-increasing price rises of essential goods, love or rather lust for political power by hook or crook, the circumstances are becoming like nerve gases ready to kill anywhere and at anytime. These times are a mirror-image of the Mahabharat epic. Though it is very frightening but the inevitable has to occur as it did 5000 years ago. Unknown to many, this will be the greatest transformation for the better. It is high time to awaken spiritually and re-connect with the Supreme Being to be victorious like the five Pandavs, whose minds and intellects were guided by the Supreme Wisdom of the Shrimat Bhagwad Gita as is being retold directly by God, the Supreme Being.

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## DIVINE BLESSINGS ON MAHASHIVRATRI

Nearly 20,000 BK sisters and brothers had gathered in Shantivan for Mahashivratri celebrations. As usual, every year the number of aspirants surpasses all estimates. These sisters and brothers, who have awakened spiritually and wish to receive the Supreme Divine Being's blessings directly through the trance-medium, Dadi Hirday Mohini, belong to the BK Spiritual Family. They belong to all known religious backgrounds and had previously imbibed a variety of religious practices during their lives spent in search. They, like other devotees, must have explored dozens of paths until they were initiated and enlightened on the path of Rajyoga Meditation. Most devotees and seekers endure such hardships to find God and the Truth of Life: sometimes the pathways to reach places of worship get destroyed in natural calamities, and pilgrims too get washed away in flash floods. Many people start losing faith in these places of worship due to the loss of lives of their near and dear ones.

However, the sincere search of souls, who go on to become BKs, for God and divinity in life became the basis for finding and being found by the Supreme Father, God Shiva Himself.

Their search has ended; they don't need to stumble or wander any more by going to Kumbh Melas or pilgrimages. This year, 27<sup>th</sup> and 28<sup>th</sup> February were both considered to be auspicious by the Pundits for Shiva Puja Archana. As we all know, temples of Shiva, the Incorporeal, are spread all over the globe and devotees make their offerings of worship with a lot of love, deep faith and devotion. However most of them are still ignorant about God Shiva, as per His promise, having incarnated in Bharat 78 years ago. His Re-Incarnation marks the advent of Prajapita Brahma as His corporeal Medium to impart the truth about His own identity as well as the exact knowledge of *Tridev or Trimurti*: Brahma, Vishnu and Shankar – the Angelic Trinity.

Through the corporeal medium of Prajapita Brahma, He bestows the highest knowledge or wisdom about the eternal relationship of human souls with Himself (God). He also imparts the exact knowledge of the Eternal World Drama of over seven billion human souls (*Jeevatmas*) playing their respective roles of maximum 84 lives spread over a period of 5000 years. What a wonder that this eternal world drama keeps repeating cycle

after cycle like any successful drama of 2-3 hours! According to the Cycle of Time, when we human souls search for our most beloved and wisest being, Supreme Father God Shiva, He fulfills His promise of granting us liberation from the ill-effects of Maya (5 Vices) and guides us back to the Soul World, and then onward to the Golden Age.

We, Brahma Kumaris and Brahma Kumars, feel so proud and fortunate to have been blessed with the third eye of divine insight for recognizing and reclaiming our God-Fatherly birthright to *Mukti* and *Jeevan-Mukti*. What a wonderful gift we receive from Shiva on Maha Shivratri!

On 27th February 2014 evening, those of us who celebrated Maha Shivratri received powerful vision through the trance-medium, and were able to recharge our soul-batteries to the full resulting in the experience of angelic, super-sensuous consciousness before listening to the Godly versions (Avyakt Murli). The feeling during the Murli was truly elevating as everyone was enveloped in Avyakt BapDada's subtle lap of love. Though BapDada's emphasis was repeatedly on the importance of exercising control over thought power, we felt so, so light

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throughout the Murli. Each BK around the globe must have felt so fortunate! The raising of the Flag, lighting of candles, cutting the cake in the company of the Divine, took us into joyous feelings of deep inner satisfaction, and gratitude for the valuable BK divine life wherein we could enjoy God's company in reality for hours on Maha Shivratri!

This has left very powerful impressions on everyone's psyche and inspired us to take the Godly message to every nook and corner of the globe, so that none of our beloved sisters and brothers is deprived of Godly wisdom before the curtain is drawn. Let the world know that God's directions are so clear, valuable, timely and essential. Let everyone sing in unison: '*Hamara Baba aa gaya...Our Father has Incarnated*'.

**We Take This Opportunity To Share The Essence Of The Invaluable Elevated Versions Dated 27 February 2014 For Your Information And Benefit:**

"Today, on the incarnation of Shiva, on Shiva Jayanti, congratulations, congratulations, congratulations to all the beloved children! On this day, BapDada saw that, from the morning onwards, there was lots and lots of happiness in

everyone's heart for the memorial of the incarnation of God. This is because together with the incarnation of the Father, you children have also taken divine birth.

"All of you have such happiness in your intellects about the incarnation of Shiva. The Father is also very, very happy for the divine birth of the children. Wah long-lost and now-found, sweetest children! Wah! This is because along with the Father, it is also the *alokik*, divine and worthy-of-worship birth of you children.

"At this confluence age, you have also incarnated along with the Father, that is, by taking a spiritual birth you have become instruments for the task of world benefit. Together with the Father, you children are also companions in every task. All of you have the zeal and enthusiasm that this world definitely has to be transformed.

"So, do you see in your heart the *sanskars* of being constantly free from obstacles from now? Even before the obstacle comes, do I experience the stage of being free from obstacles? You have *attention*, but the meaning of *attention* is '*no tension*'. You pay good attention to this aspect because it is only now when you instrument children become experienced in the stage that is free from obstacles that the

*vibrations* of your being free from obstacles will reach the effort-making children.

"There is a need to pay *attention* to your thoughts. So, *check*: Did I remain free from obstacles in every thought? Not even to have any waste thoughts. Am I paying this much *attention* to my thought power?

"No matter how much Maya there is of the atmosphere, the influence of the atmosphere should not be an obstacle to the pure thoughts in your mind: let there be success in this. Do I always have the Father merged in my heart? Words and deeds are gross things, but even your thoughts should not be wasteful. Although there are words and actions, when the power of your thoughts becomes *powerful*, there will be a difference in your words and deeds.

"Unnecessary *waste thoughts* also take up your *time*. You have to save that time. Is it possible? You have a lot of zeal and enthusiasm and so, well done for that! Now, put that zeal and enthusiasm into your deeds. By having the Father's company, all waste will *automatically* finish.

"There are special congratulations for this day and there is also love from the heart."

— Om Shanti —

— **B.K. Nirwair**



# QUESTIONS and ANSWERS



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



**Q. God opens our intellect through knowledge. What is the method to keep one's intellect pure and clean?**

If you have true love for God, your mind will never go anywhere else. Mamma's mind never wandered anywhere. She focused on the One; Manmanabhav (Realising self as soul and remembering one God). We saw Brahma Baba in the form of penance (*tapasya*) as Shankar and we want to be the same. It has always been my aim to attain 100% in all of the four subjects viz., Knowledge, Yoga, Inculcation of divine Virtues and Spiritual service of mankind. By maintaining a balance of all the four subjects, we can become self-sovereign. I have to make my stage stable – all the four legs of a table should be stable and equal.

At the Confluence Age, our self-respect plays a very important role. The power of one's yoga, when it is connected with Baba, makes Godly Service happen. This is how service has taken place

throughout the world. With Him there is no feeling of being isolated or lonely. He is the Truth. I have to keep myself connected to Him and everything then becomes right. By keeping the self focused on God and acting upon His advice, the intellect will become clean and pure.

**Q. How will people realize that we are unique in the world? How are the sisters here different from women in the world?**

Many people are inspired by the divine knowledge. In the world women want money, position and recognition but we are different. We are Brahma Kumars and Brahma Kumaris. People are recognizing the work we are doing. If there is no cleanliness, the truth will not be visible. If we are civilized and simple, people notice that. People see that we don't waste anything.

Depression will never come if we have good company and keep attention on study. We must also perform spiritual service. We have to give to

others what we have received.

**Q. How can we remain ever happy?**

The first requirement for being ever happy is to keep good company. Don't harbour negative feelings for anyone. Keep the Comforter of Hearts, i.e. *Dilaram* Baba in your heart. When can we win God's heart? First, we should be accurate in our life. We need to maintain purity of our inner self. Mundane, ordinary and egotistical thoughts decrease our purity. Some have ego of their spiritual efforts or of their physical attributes, talents, skills etc. In such a mental stage, one's mind stays away from truth. When truth is there, the soul gets patience. Through patience, humility comes. Humility is very important. When there is humility, there is sweetness. If patience is missing, what will happen to your purity, to your sweetness?

I wish all souls to have the feeling of belonging, but not of attachment. The feeling of belonging keeps one safe. It



increases spirituality.... One doesn't need to make anything an excuse to go off in doubt. Each one has amazing specialties. We should not waste time in talking about people. We need to use our thoughts or energy in a worthwhile way and in that way it gets accumulated.

Souls should now receive light from far and they should become my companions in the divine task. If we are completely faithful and trustworthy, Baba gives the highest return. I now just have to be a renunciate; be simple and a sample. Brahma Baba's penance (tapasya) was the foundation of Foreign Service. When I am free from worry, only then Baba can get His work done through me.

***Q. How can I overcome body-consciousness and inspire others also to do so?***

We are inculcating the knowledge of the Supreme Soul. One who has yoga over a long time will reach Baba at the end... When one maintains a good yoga stage – a clear connection with Baba, then it is not a big deal for him to experience a bodiless stage. Let us discard all waste thoughts and remain busy in serving mankind. Our stage of Godly remembrance provides immense inspiration to others and helps them to experience soul-consciousness—beyond all mundane attachments. ●

## SELF CONFIDENCE AND SUCCESS

– BK Ganesh, NOIDA

**P**raveen and Suresh are close friends. As Praveen has returned from an outstation visit, they plan to meet in a nearby park at 5 p.m.

When they meet, they have the following conversation:

**Suresh:** "I just joined driving class today. I started the engine and you know I was so scared. I felt nervous".

**Praveen(listening patiently):** "next?"

**Suresh:** "What I believe is that a lot of confidence is required to drive on the roads, which I feel to be lacking in me. I am just thinking whether to discontinue driving class."

**Praveen:** "Listen friend, don't be disheartened so easily. Just get on. Continue for just three days more".

**Suresh:** "Do you think all had a lot of confidence while they started driving?"

**Praveen:** "Probably not".

**Suresh (persuading further):** "Then how did they learn the driving?"

**Praveen:** "They might have had some amount of confidence initially and probably as they practised, they developed more confidence."

**Suresh:** "Does it mean that it is okay to start only if we have

some self-confidence and then during practice, more confidence can be built."

**Praveen:** "Yes, you have got the point, but there is a word of caution by wise people".

**Suresh (with keen interest):** "what is that?"

**Praveen:** "It will increase one's self-confidence, which is good. But, beyond certain point, it may harm."

**Suresh:** "Does it also mean that there is the optimum level of confidence?"

**Praveen (smilingly):** "Yes, lack of confidence creates harmful effects like depression, loneliness, anxiety, etc. whereas over-confidence creates arrogance, anger, feeling of supremacy, etc. But it is better to play in the bandwidth of confidence, which will ensure success. And interestingly, everyone has a different bandwidth".

**Suresh:** I understand it now. Neither under-confidence nor over-confidence is good. Optimum confidence ensures success, which is also termed as self-confidence.

**Praveen:** "Yes, dear friend, now go ahead. My best wishes for success in your endeavours".

# HOLI –

## *STORY OF GOD’S TRUE CHILDREN*

– B.K. Khem Jokhoo, Trinidad

**T**here was once a powerful king named Hiranyakashipu, who did a lot of penance and meditation and lived a very pious and virtuous life. God was very pleased with him for setting such a good example for others to follow. God offered to grant the king whatever blessings, wishes or boons he desired. **The king requested for a boon that “he should die neither during the day nor night, neither inside nor outside a house, he should be killed neither by any human being nor be destroyed by any beast, nor be annihilated by metallic or wooden weapons”.** The boon was granted to him for his exemplary glorification of and faith in God.

### **Absolute Power Corrupts Absolutely**

After the boon was granted to him, the king was so confident of the security of sovereignty that his love for worship decreased, while his greed for power increased which changed his

humility into arrogance. The king thought that since the boon had made him invincible and invulnerable, he could rule forever and assume the role of God. The king, overcome by the lust for absolute power, decreed that everyone in the kingdom should praise and worship him as God. The subjects fearfully obeyed the king’s orders. The king had the thought that after a few generations, most people would forget about the existence of true God. His clever plans came to pass and eventually he himself forgot God and did, howsoever immoral, what pleased him.

### **Prahlad—witness to a miracle**

The king had a son named Prahlad. Prahlad was passing through the city one day and saw a potter praying to Vishnu whom the potter referred to as God. The potter had inadvertently lit the furnace to bake his pots when he realized that a litter

of kittens was in one of the pots. He felt that it was too late to save the kittens. In tearful prayer, he was crying out to Lord Vishnu to save the kittens as he believed only Lord had the power to perform such an act of charity or miracle. When Prahlad heard this, he said to the potter, “but you should pray to my father, the king, who is God”.

### **Prahlad’s Realization of God**

The potter then suggested to Prahlad that he would worship the king if he, the king, can save the kittens. Prahlad was taken aback and became confused as to whether the king was really God. The statement of the potter worried him all night and Prahlad returned to the potter’s home to satisfy his curiosity early next morning. When the furnace was eventually opened, the potter as well as Prahlad found that the fire had not reached that particular part of the furnace and the kittens were alive and safe. Prahlad was amazed to observe this miracle and he immediately had the realization that his father was not God, but an imposter and fake. Prahlad then openly defied his father’s decree to be

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worshipped as God.

**Prahlad, a Child of God,  
shows his divinity**

Prahlad began worshipping God Vishnu to the great annoyance of his father. The king realized that his son's determination could undermine and erode his absolute power. The king ordered capital punishment for his son as a deterrent to the people to see what could happen if they did not worship him. The king tried to get his son Prahlad killed by throwing him down from a hill, but as providence would intervene, Prahlad was saved. Prahlad was then made to sit into a fire but instead, the King's sister Holika was burnt to ashes. Next he was put before a lion, but the lion bowed playfully and played with Prahlad and would not harm him.

**Greed for Power kills a  
Father's Conscience**

Finally, the king thought that his instructions to kill Prahlad were not carried out by his officers because they all loved him. So he decided to kill Prahlad himself to demonstrate to the entire kingdom what could befall them if they blindly followed Prahlad. The king had a huge

city gate constructed with iron spikes at the top. Huge hollow iron pillars were heated to glowing red hot temperatures. The king instructed Prahlad to embrace the fiery pillars if he had so much faith that Lord Vishnu would save him. Prahlad was determined and really had the faith that God would intervene and save him from this cruelty. His father, the king, bellowed in arrogance and dared Prahlad to embrace the red-hot pillars.

**Prahalad's Unshakable  
Faith in God**

Prahlad with firm belief in God, thought that this was his moment of faith and that God would intervene. Prahlad saw an ant moving on the pillar and thought; if an ant could move on the hot pillar, so could he. He embraced the hot pillar and the pillar cracked open to reveal a living creature of half man and half lion. The creature had the head and feet of a lion and the body of a man. The king was overpowered as the creature clawed into the king's body killing the king by hurling him into the air where he fell on the spikes of the huge Iron Gate.

**Flaws in the Boon**

**The big question is: how could God kill the king, whom He Himself had given an invincible boon? God never reneges on his blessings or boons. The answer to this is in the revelation of God as one who is beyond birth and death and this is the sovereign secret of the Gita and in particular c4v1-9.**

**Revelations of the Boon**

Let us now examine the boon of the king and how he was killed. **The king asked for a boon that "he should never be killed either during the day or night, or by anyone born of woman, or by an animal or beast, or by metallic or wooden weapons as well as inside or outside a house.**

**1st Boon – Neither in the  
Day nor during the Night**

The period between the Iron-Age and Golden Age is called the **Auspicious Confluence Age** referred to in the Gita as **Purushottam Sangam Yug**, when God descends, as stated in Gita c4v7. The Golden Age and the Silver Age are called the 'day of Brahma'. The Copper Age and the Iron Age are called the 'night of Brahma'. This period of 100 years between the Iron Age and the Golden Age, is called the



Confluence Age. This period of **‘dawn or era of transformation’** is **considered neither day nor night**. This is when God Shiva descends to destroy the darkness of ignorance or the evils of the world at *Sangam Yug* or the Confluence Age. This descent of God Shiva is called “Shivratri”—*ratri* signifying the Dark Age or the period of **unrighteousness**, **irreligiousness** or **lawlessness**. When God descends, He protects the virtuous souls who become the instruments of God. Such instruments of God are symbolized by Prahlad. **‘The boon of neither day nor night’** points to the **‘dawn’** or the **‘era of transformation’**.

#### **2nd Boon – Not by anyone born of human-beings**

The Gita c4vs7-8 says that when there is **unrighteousness**, **irreligiousness** and **lawlessness** in the world, God would descend to protect the virtuous, destroy the evil and to re-establish *dharma*. God himself says that He is *‘abhogta’*.

#### **God is immune to Birth and Death**

The Gita is very explicit that God is not subject to the

cycle of birth and rebirth. God is *‘abhogta’* means that He is above the bondage of karma, nature and matter. Therefore, if God is *‘abhogta’*, He surely does not have a mother or father. In the Gita c9v11, God tells Arjuna, **“Fools, not knowing my supreme nature, think low of Me, the Lord of creation who has put on the human body. That is, they take me, who has appeared in human garb through my Yogamaya (divine potency) for the deliverance of the world, to be an ordinary mortal”**.

God continues to advise in the Gita c10 v3, **“He who knows me in reality as without birth and without beginning, and as the supreme Lord of the universe, he, un-deluded among men, is purged of all the sins”**. The Gita continues to point out to the devotees that God is never in human form, quote the Gita c7v24, **“Not knowing My unsurpassable and un-decaying supreme nature, the unintelligent think Me, the Supreme Spirit beyond the reach of mind and senses, the embodiment of Truth, Knowledge and Bliss, to have assumed a visible human form”**.

C7V25 continues to expound on God’s form: **“Veiled by My**

**Yogamaya, I am not manifest to all. Hence these ignorant folk do not recognize Me as the unborn and imperishable Supreme Spirit, that is, take Me to be subject to birth and death”**. Therefore, all the epithets in the Gita that refer to Krishna are but the divine attributes of God Shiva who is the only One who can liberate mankind when trapped in the chains of Ravana.

#### **3rd Boon–Not by Animal or by Beast**

The creature was described as “half man and half lion” and was named “Narsingh”. The creature cannot fit in the category of either man or that of animal or beast. Narsingh, when spiritually interpreted means “the lion of mankind” which is a title symbolic of God alone.

#### **4th Boon–Not inside or outside the House**

The Iron Gate was constructed so that it might separate the inside from the outside of the palace. The king died on the spikes that pierced his body and holding in place on top of the gate. It was neither inside nor outside. Symbolically, this also describes the Confluence Age or the

“dawn” of transformation.

### **5th Boon – Neither by metallic nor by Wooden Weapons**

The claws of the creature are not considered as metallic or wooden. The claws here represent the weapon of ‘*gyan* and *yoga*’, the teachings of the Gita. Recall how Rama killed Ravan with the ‘*Brahma Astra*’ when all other weapons simply made Ravan unconscious and could not destroy him. The ‘*Brahma Astra*’ is not a bow and arrow, but it is symbolic of the weapon of Gyan and Yoga. Recall the ‘*Sanjeevani Booti*,’ the herb, that Hanuman brought from the mountain to cure Lakshman. This herb is but the ‘herb of knowledge’ which can conquer the forces of anger, greed, ego, lust and attachment represented by Ravan. This is why the Gita is considered the ‘Mother of all Scriptures’.

### **Prahlad means ‘Child of God’**

The secret of this story is that the name ‘**Prahlad**’ is the shortened version of ‘*Prabhu Ki Aulad*’ that means ‘**the child of God**’. The kittens in the oven represent God’s faithful and virtuous children who will be protected from the raging fire of the oven, symbolic of the ‘evil heat’, caused by the vices of anger, greed, ego, lust and attachment, the characteristics of king Hiranyakashipu.

The story of Prahlad is symbolic of the Iron Age when the greedy and evil rulers high-jack the world and its resources. They create chaos in religion, language, law, power and people, destroying evidence of the truth, and create mass confusion. This is why the scriptures say that in the end, false prophets would be honoured. It is only God who can save this world and this is the significance of Holi and Shivratri. The brofire of Holika is symbolic of the burning of the old, vicious things of this corrupt and promiscuous world. **Only God can fit the description of the One who possesses the divine power to destroy the vicious and malicious boon.**

## **HOLI OF VIRTUES**

– B.K. Yogesh,  
BK Colony, Shantivan

Colours of Holi so mesmerizing,  
Finishing enmity and revitalizing  
Binding all in the bondage of unity,  
Bathing the world in joy and beauty

Violet, Indigo, Blue and Green,  
Make life purposeful and clean.  
Yellow, orange and red complete  
rainbow,

Inspire us: Be happy, spread joy now.

Knowledge, Peace, Love and Purity,  
Make us healthy, wealthy sans disparity.

Happiness, bliss, peace and  
equanimity,  
Fill the soul with virtues and divinity

In the bonfire of intense Godly  
remembrance,  
Burn all impurities, spread sublime  
fragrance.

The soul will emerge as real diamond,  
Its shine will brighten the entire world.

Apply the *gula* of good wishes in tons,  
Dance to the melody of Godly versions.  
‘Be Yogi and Holy’ its true significance,  
Play Holi of Virtues for divine existence.

## CHRISTIANS CAN BE PROUD OF BRAHMA KUMARIS!

– B.K. Joseph, Bangalore.

Being a voracious reader of the Bible, I was fascinated by the electrifying personality of Jesus Christ. Yet I often wondered whether such an elevated personality was really possible? Can we find today a community of people as a whole practising what Jesus taught with his life?

Let us do an interesting exercise. We will make a chart of major things Jesus said and did, and replace his name with the pronoun he, and ask the world: “Whose characteristics are they?”

### Here is the chart:

► He led a life of remembrance of God. “Very early in the morning, while it was still dark,” He used to go to a lonely place so as to talk to his heavenly Father, as if engaging in a nectar-time (*Amritavela*) meditation daily. (Mark 1:35; John 8:1, 2). Then again during the day,

evening, and sometimes even in night, he took time to talk to his Heavenly Father.—Luke 5:16; 6:12; Mathew 14:23.

- His life itself was a meditation, as if always doing, in principle, an open-eyed meditation, as he kept his ‘eyes single.’ (Mathew 6:22) He had the real eyes that saw the eternal behind the ephemeral, or the SOURCE behind the resources. (Luke 11:27, 28; 18:18-19)
- He practised celibacy; because he viewed all women as his own sisters. (Mathew 23:9) Hence, He never looked at a woman lustfully. (Mathew 5:28)
- He had a great mind (*Brahma*, in Sanskrit) treating God as his Father and others as his brothers and sisters. (Mathew 23:9) Because of this, he was never influenced by his

fleshly family members and relatives. (Mathew 12:46-50) He was like a bride towards God who is also called ‘husband’ (Isaiah 54:5) and doing God’s will was like intoxication to him. (John 4:34; 6:38)

- He declared goodness or beneficence (*Shivam* in Sanskrit) as the primary and exclusive attribute of our heavenly Father; and He is the source of all good gifts. (Mark 10:18; Mathew 7:11)
- He knew he was a soul, had existed before in Heaven, and would return to heaven after earthly life. (John 5:24; 6:38, 62; 8:42; 13:1; 17:5) He taught that our Heavenly Father is “spirit,” or incorporeal. Thus he implied all His children are also spiritual beings acting in physical bodies; hence are the exact representation of His very being. (John 4:24; 6:63 Compare Ecclesiastes 12:7 and Mark 12:26-27) He also taught we can choose to be peaceful and pure souls, and become the children of God. (Mathew 5:3, 8,9) Hence he could ask us: “Be perfect, therefore, as your heavenly Father is perfect.”





- (Mathew 5:48)
- ▶ Every soul carries within it a *sanskar* (unique personality traits) of one's own making and acts accordingly. (Mathew 12:35)
  - ▶ He believed every action (even an unproductive word one utters) has equal and opposite reaction. (Mathew 12:36; 23:12; Luke 6:38)
  - ▶ He taught that many will not change their *sanskar*, hence will repeat their acts in their next birth too.—Luke 16:31 Compare Mathew 11:14; 12:32.
  - ▶ He declared vices such as lust, anger, greed, attachment, pride ... as originating from body-consciousness, and showed perfect control over them.—Mark 7:21-23; compare Galatians 5:19-21; John 16:33; 1 John 2:15-17.
  - ▶ Purpose of life is to become like our Heavenly Father, manifesting His qualities in day-to-day life. What is required is only a change in attitude. (Mathew 5:44-48; Genesis 11:6) This is possible because, Spirit is more powerful than the body.—John 6:63
  - ▶ This Dark Age will be replaced by Golden Age. (Mathew 12:32; Mathew 19:28) Only those who are leading a Golden Aged life now will inherit Golden Age. (Mathew 13:24-30) As the time passes by, Golden Age will steadily decline in quality and old habits will resurface (Mathew 13:33, 52) and cycle will repeat. (Ecclesiastes 1:9, 10; 3:15)
  - ▶ He knew the world will come to its destruction with the stock-piles of deadly arms man has manufactured. (Mathew 24:21; 26:52)
  - ▶ He taught that people will be judged on the basis of whether they have loved Light that has come into the world or not. (John 3:19-21)
  - ▶ He stated that men and women are “images of God,” hence equal. He chose to reveal the most important spiritual truths to a woman who was from a “low” caste community called Samaritans. (John 4) He declared that projection of woman as inferior was the result of “hardheartedness” of some ancient men, which obviously has nothing to do with Scriptures. (Mathew 19:4-8) God is not partial to any nation or religion; but goes by fruitage one produces (Mathew 21:43)
  - ▶ When all the men whom Jesus personally trained deserted him, “many women” stood with him at the direst moments of his life, ministering to him. (Mathew 27:55) He praised women as having keener insight into future and spirituality than men (Mathew 26:10-13 Contrast John 6:60) and appointed women to impart vital spiritual truth to men. (John 20:16-18)
- In brief, he lived up to his name, Jesus, (transliteration of the Hebrew Jehoshua), which means “Jehovah is salvation.” Jehovah means “I am that I am.” (Exodus 3:14) Abraham very well knew the meaning of this name and had already put the essence of it in a simple title as “the eternal” (*Olam*, in Hebrew) in Genesis 21:33, which God Himself expanded later as: “I am the *Alpha* and the *Omega* ... who is, and who was, and who is to come, the Almighty.” (Revelation 1:8) What better word can convey God's name as the eternal (as opposed to the ephemeral—things that appear, remain for some time and disappear after

a while)? He is THE SOURCE behind all the resources; hence only HE can become our saviour, the supreme beneficent; and only He can become the valid object of our love. (James 1:17) Thus, Jesus' name was a roaring reminder to the world: "Remember God, because He only is your Saviour," which is in essence all the teachings of *Brahma Kumaris* put together. "Remember God and be pure" has been their most important mantra from their very inception!

Now ask the world, whom the above mentioned things identify. "That is what *Brahma Kumaris* do," people with keen insight will answer. Similarity between *Brahma Kumaris* and Jesus is not a coincidence. The basis of God's children is always the same, it never changes. (Mathew 5:44-48) Hence Christians can actually be proud of *Brahma Kumaris* who collectively prove Jesus is practical, and who remain pure and help the world as light-bearers in this "time of the end." – Compare Mathew 24:3; 25:1-13



**Happiness makes  
difficult things  
easy and heavy  
things light.**

## **CHILDHOOD – MOST BEAUTIFUL PHASE**

– **B.K. Sapna**, ORC (DELHI)

Childhood is so beautiful  
Innocent and wonderful  
It is free from worries  
Time to float like fairies

Like a saint  
So attractive and pure  
Childhood says  
I am so happy and secure

It sings melodiously  
All are mine and I'm for all  
So I like those days  
When I was small

It is so sweet  
As sweet as honey  
Childhood says  
I want your love, not money

God also says:  
"My sweet child  
Never forget those days  
And remain content always"

"Think always that  
I am a child of God  
With your gentleness  
Get beautiful award".

# WOMEN EMPOWERMENT

– Abha Mittal, NOIDA

When we talk of ‘women empowerment’, we generally tend to hit at the symptoms and ignore the real issue. ‘Empowerment’, as is generally seen, does not mean to give some ‘powers’ to women by some external agencies. We talk a lot about ‘women’s lib’ and movements carried out discussing about the issues that are in fact not the main issues. We talk about their ‘freedom’ without really understanding what ‘freedom’ means. If we want our women to be ‘free’ and ‘empowered’, they need not lay the blame with this agency or that for their poor lot. They have to make their own efforts to empower themselves if they really want to feel self-dependent, self-reliant and strong. If women lay the blame on others, it will only create a feeling of bitterness among them and even women will feel hollowness within themselves. ‘Empowerment’ should come out from within and not from without. No external agency

can make them feel empowered if they don’t work on themselves. If they start working slowly on empowering themselves, it will create a feeling of fulfilment among them. It will raise their self-confidence and self-esteem.

Although as an individual one woman alone cannot change the government, the society or the education system, she can still become an instrument for bringing about a change in the society in her small way. I know many of my sisters who despite all odds against them refused to succumb to the pain and suffering they were subjected to. They instantly were looked upon as a role model and changed the way we look at women. Women have to make their own efforts, if they want permanent relief from the atrocities they are subjected to; something which enables them to enjoy freedom, by cutting their chains. They will have to stop

blaming government, their parents, the society or siblings for their plight and work on a daily basis to awaken their own powers that are lying within themselves. Being ‘empowered’ is not about begging for their rights or the freedom to go out in ‘short skirts’ or be draped in ‘burqas’. It is about feeling free from inside. It is about the freedom to say a firm ‘no’ when they are asked to do something they would not like to do; it is about to live and move out gracefully, it is about the freedom not to allow to be seen or sold as commodity.

If women want to be as strong and as powerful as the deities we worship, they have to stop looking at external agencies for help. They have to help themselves. If women want to live a dignified life, they will have to devote a few moments of their life to strengthen their inner powers, however busy they might be in their lives. It is about priorities. Once they develop self-confidence, outside help will also come in. They will have to believe that they are not weak individuals but capable of doing whatever they decide to do. Such self-empowering process will not divide the



society into two belligerent halves, each fighting for his/her supremacy, but will create a society which teaches them to live with co-operation and respect.

Self-empowerment is not such a difficult task for women, if living a dignified life is a priority with them. Even small amount of time devoted constantly in the right direction can bring about 'great results' in the long run. If only a few women are able to nurture themselves and feel strong from inside, slowly they will work as torch-bearers to lead the way for other women also. Then women will not have to fight for their rights; they will come to them naturally. If our women are strong, the children they nurture will also be strong and we will be able to have a race that is strong not only physically and mentally but spiritually also.

The Brahma Kumaris organisation is the greatest proof of women-empowerment. Brahma Baba played a vital role in nurturing and harnessing women-power as a means of world transformation, through self-transformation. Such inspirational and motivational leadership is the need of the hour, if we want to have a better world where both men and women play a complimentary role aimed at mutual development.

## THE INVISIBLE ONE

– BK Shishu, Faridabad

The Power, whose name and form, no one knows  
Still pulling the Immortal Rose (Souls)  
Though the Seven lights bowed and danced over me  
His Heavy rings of Aura uncoiled me from the Vicious

Great Powers of falling wave, wind and wild fire  
With His soothing and harmonious choir  
Encircle me, I love and sing into Prosperity and Peace  
That my old vices of 63 births may cease

Unfold His flaming wings and cover all around  
The nets of His peaceful rays bow day and night  
Dim powers of drowsy thought  
Like the pale cup of the sea

When Winds have gathered  
Sun and Moon burned dim  
Above its cloudy rim,  
Let me reach the Highest Peak.  
But let the gentle SILENCE,  
Wrought with celestial music, flow  
Whither His (Bapdada's) footsteps go.

### DRAMA

On the stage of life, one needs to be both actor and audience. Detaching yourself from the roles you play will help you get in touch with the part of you that is not an act.

# PROCESS OF SPIRITUAL PROGRESS

– B. K. Vijay Bhasker, Bhubaneswar

In the process of spiritual progress, there are three stages which one has to pass through:–

- ▶ **Bhakti** (Devotion)
- ▶ **Gyan** (Wisdom/Knowledge)
- ▶ **Vairagya** (Detachment).

As revealed to us by Incorporeal God Shiva through Prajapita Brahma, the Time Cycle of one Kalpa (5000 yrs.), comprises four main ages i.e., *Satyuga*, *Tretayuga*, *Dwapara-yuga* and *Kaliyuga*. During the first two ages, called Golden Age and Silver Age respectively, all human beings are virtuous deities. There is only one religion, called 'Aadi Sanatan Devi Devta Dharma'. There is complete purity, peace and plenty. People do not have any desires or wants, because everything needed in their lives, is naturally available in abundance. Since there is no desire, there is no worry for anything. Desire in man is the seed of all vices. Desire is the root cause of the loss of divine virtues in man and subsequently for the downfall of the human society.

As the people in the first two

ages live their lives in utter peace and bliss, they do not have the need to remember God or worship Him. They do not require any wisdom or *gyan*. They are all soul-conscious and not body-conscious. This period of complete Happiness, Bliss and Peace is the first half of the *Kalpa*.

The second half of the *Kalpa* consists of *Dwapara-yuga* and *Kaliyuga*, called Copper Age and Iron Age respectively. The above mentioned three stages of spirituality are applicable to mankind, in the real sense, only during this second half of the *Kalpa* which is full of sorrow and disquiet. As man became body-conscious, he totally forgot the truth that he is a soul and not a physical body. He identified himself with the name, given to his body by his parents. He developed attachment to all those persons and possessions that belonged to him. To overcome uncertainties of future, he started accumulating wealth and

hoarding materials. Then he thought of safe-guarding his possessions. Slowly he developed a group of people, whom he believed to be faithful to him, to protect him and his property from unforeseen situations.

As man became more powerful and grew more selfish, he stopped bothering for the welfare of others. Soon various factions and groups were created on the earth. Every leader of the group claimed certain territory under his command and started dictating terms to others in that area. Persons opposing him were dealt with very severely. This situation led to rivalry and caused frequent fights and wars among different groups. Many a time, it caused warfare on a large scale. Thus, the whole earth got divided into different nations and various kingdoms, so much so that boundaries were demarcated in skies and seas also to indicate their sovereignty. Peaceful living got vanished from the world.

During this period of crisis, certain great souls arrived in this World to guide the Mankind on the path of righteousness. Abraham, Gautam Buddha, Jesus Christ etc. gave the message of unity and universal brotherhood. Adi Shankaracharya initiated

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the path of *Sanyas*. Many other holy souls followed. All of the holy souls preached:—

- ▶ The Supreme Father or God is one.
- ▶ We are Immortal Souls, not the physical bodies.
- ▶ We are the Children of that One Supreme Father and so we are all brothers.
- ▶ We must love all and hate none, and so on.

But the mankind missed to understand their message and the decline of *Dharma* continued unabatedly. People following different faiths could not be convinced of the Common Fatherhood and Universal Brotherhood, as preached by their respective spiritual heads. They completely forgot the innate powers of the Soul and felt totally helpless. As the power of soul diminished and misery and sorrow increased, the souls began to seek Divine Intervention. Man sought the help of The Almighty through the path of devotion. However, he did not attain spiritual evolution, rather devolution took place. Of course, technologically, scientifically and commercially, the world advanced remarkably, but spiritually the mankind became bankrupt.

As we entered Kaliyuga, the Iron Age, the moral and

spiritual deterioration of mankind continued. Even the worship became polluted and selfish. As a result of this spiritual degeneration, the World has become a virtual Hell now. God has declared, “*Sambhavami Yuge Yuge*” in the **Srimad Bhagwad Gita**. It means that whenever there is total decline of Dharma in the World, He will descend on the Earth to re-establish Dharma. Hence God incarnates on the Earth only once, near the end of the Cycle when the **Confluence Age** starts. He reveals the Knowledge about the Soul and the Supreme Soul and about the relationship between the two. He enlightens us about the Soul-Consciousness and teaches us the true nature and meaning of *Bhakti*. He liberates mankind from useless rituals and traditions. In our last 84<sup>th</sup> birth, He elevates us, i.e., ‘soul’ to the level of ‘deity’.

Now comes the third and the last stage, that of disinterest. This is the supreme stage in one’s life. After knowing the Truth about the Self (soul), the Supreme Soul and the relation between these two, one loses charm in the physical cravings of life. He slowly gets detached from all the bodily relationships and fulfils his duties selflessly, as a trustee.

He stops differentiating between Thine and Mine. He develops Love in his Heart and becomes soft and sane in his behaviour.

**True detachment or disinterest** never demands one to abandon the society, the Hearth and Home, and run away into the forest, neglecting one’s responsibilities. On the contrary, it **teaches** Man to live in the society like a **lotus** in the muddy pond, yet remaining unstained and pure. In the **path of total detachment**, there is no need of worshiping, performing rituals, keeping vows and fasting, singing hymns and chanting of mantras etc. All these activities are the stepping stones to reach the **ultimate stage of disinterest**, where only love, peace and bliss exist. The person who attains this level is the real saint. He is unaffected by any external circumstances. He is always tranquil in mind and full of love at heart. His looks and words are soothing and they bring solace to the suffering mankind. He is ever **introverted** and silently contemplates the **Supreme Father**. Such spiritual aspirant is really loved by God and indeed a great inspiration for the fellow beings. ●



(...Continued from Feb. issue)

## BIRTHDAY OF THE SERMONISER OF THE GITA

– B.K. Apperna S., Chennai

When God Shiva descends at the confluence of *Kaliyuga* and *Satyuga*, or *Sangam yuga*, He bestows the knowledge to us souls that Time moves in a **cyclic pattern** and that all the four ages (*Satyuga*, *Treta*, *Dwapar*, and *Kaliyuga*) get repeated every cycle or *Kalpa*. A *Kalpa* is of 5000 years duration.

The 100 year period between the end of *Kaliyuga* and the beginning of *Satyuga* is called the **Confluence Age**. It is the most auspicious age because God descends on earth at that time. In fact, it is the most elevated age because man becomes elevated.

When God Shiva comes, He sermonises Gita, and establishes the **Original Eternal Deity Religion** (*Adi Sanatan Devi- Devata*

*Dharma*). This is the religion that gets continued in *Satyuga* and *Tretayuga*. God's descent and incarnation on earth is known as **Shivratri or Shiv Jayanti**. Since He sermonises the Gita, it is also the **birth of the Gita**.

Not only Hindus, but Jews, Christians and Muslims also believe in the Incorporeal God. There are Shiva temples in every nook and corner of India. The ancient names of God such as 'Shuin' in Babylon, 'Seva' or 'Sevajya' in Syria, Egypt and Fiji; 'Sibru' in the land occupied by the progeny of Abraham and Jehovah, are not too different from the Sanskrit word 'Shiva', which, according to some scholars, is the confluence of two phonetic parts, 'shi' and 'va', meaning redeemer and liberator from sins and

sufferings.

The Supreme Soul, God Shiva incarnates in the Confluence Age and educates human beings on how to lead a pure and elevated life. His sermons are called *Shrimat*. It is the real Gita sermonised by God Himself that becomes instrumental in establishing a new world order, a new religion called *Adi Sanatana Devi Devata Dharma* (The Original Eternal Deity Religion).

From this entire discussion, it can be concluded that God Shiva is the sermoniser of the Gita and we the souls living at present in the Confluence Age are the Arjunas to whom the Gita is being delivered. In the Gita, we come across various names for Arjuna like "Gudakesa" meaning, 'One who conquers sleep'. We, the souls, are the Arjunas who conquer sleep and have loving talk with our Supreme Father during the *Amritvela*. So the true Gita is being delivered by the Supreme Soul, God Father Shiva, to us souls who are all Arjunas. It is thus the *God Shiva*, the sermoniser of the Gita, whose birthday is celebrated as *Shiv Jayanti* in Bharat as well as in the world. (Concluded)

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## *ESTABLISHMENT OF GOLDEN AGE THROUGH WOMAN-EMPOWERMENT*

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– **B.K. Hitesh Salunke**, Ahmednagar

**W**omen play a very important role for mankind, as they are the creators of tomorrow's society. Ironically, women's plight, especially in India nowadays, is a matter of great concern. Though the need of women-empowerment has been felt for many years, no concrete steps seem to have been taken for it. Why do we need empowerment? It is for the simple reason: for the fear of losing one's identity. In view of the current world scenario full of corruption, crime, terrorism etc., everyone needs empowerment—rich and poor, young and old.

As the circumstances are getting worse day-by-day, it is the womenfolk who have to bear the brunt more often than not. They are exploited by men in many ways—intellectually, physically and mentally. They are abused, suppressed and disregarded because the society is dominated by males. Throughout the world, rules

and regulations are flouted or misused against women. Because of such an imbalanced social set-up, we have lost control over all good aspects of life. Consequently, we have a multifaceted, crime-infested society, where every woman or girl feels unsafe even while being at home.

For about two millennia, women and girls have been discriminated against in many societies. The discrimination starts right from the time of their birth, mainly because of the biased attitude of parents. Amongst Hindus, preference is given to the male child as they are believed to be their heir to continue the clan. As a consequence of this approach, discrimination against the girl child goes on unabatedly. In many cases, women get conditioned by the prevailing social atmosphere, but the gender-bias has always been there in most cultures in one form or the other.

Though female literacy rate

in India has increased substantially and women are now playing crucial roles in all fields, they still have not been given their due status and have not been allowed to enjoy equal rights. Often, men don't seek or listen to women's advice, and neglect them. Many males consider females merely as goods and objects of sex-gratification or playthings and keep them under subjugation and in veil, or confined within the four walls of the house.

In India, about 49% of the society is constituted of women. But if women are exploited and are not given a proper place in society, how can we have a peaceful and harmonious society? Not only are women considered as second-grade citizens in many communities and families, but are also insulted and treated as bonded labourers and slaves. They are looked upon as consumer goods and are treated as machines of child-production. For many centuries, the daughter has been considered inferior to the son and has been treated even as a monetary burden on the family.

The role of women in the family has never been appreciated appropriately by society. The womenfolk rear

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and bring up the child, look after the family with dedication and sincerity, as a daughter, a sister, a wife or a mother. They serve the society in the true sense and contribute significantly to its wholesome and harmonious development. Let us ponder: Can there be a human society without women or without their roles? Obviously, not! The biological and psychological roles of both the genders are pre-requisite for a well-knit social fabric. The society needs males as well as females and they are inter-dependent. Why are then women deprived of their rightful place in society? There is, in fact, the biological evidence that women are superior to men in certain respects and it is generally felt that the society needs the female qualities so that there may be less crime and more service and sacrifice.

Women are embodiments of Sacrifice, Care, Tolerance, Love and Affection. One must understand that they play a major role in preserving and transferring the cultural and spiritual heritage to the succeeding generations. Women can impart better lessons for establishing non-violence and ending corruption. It has rightly been

said that “Deities dwell where women are honoured.”

Since 1936, God Shiva has been carrying out the divine task of world purification. He has descended on the earth to fulfill His promise of transforming the world from hell to heaven. For this, He has been teaching easy Rajyoga through His corporeal medium Prajapita Brahma so as to free the souls from the bondage of vices. To usher in the Golden-Aged world called ‘Satyuga’ or Garden of Allah, He has put the urn of knowledge on women’s head. He empowers mothers and sisters by giving them due regard, imparts them the most auspicious Godly knowledge and raises the slogan: *Vande Matram*. God has clarified and advised us that liberation of mankind will take place only with the emancipation and empowerment of mothers and sisters. So, we must give regard, respect and security to women for saving the world and making it a better place.

Men should allow women to enjoy their lawful rights and have the freedom to spend a part of their time in reforming and serving the society. Women too should look upon themselves as companions of their male-counterparts in the

service of the society. Liberty, Equality and Fraternity are the values which characterise human values and do not just relate to men or women.

Women must also be aware of their ‘tender qualities’, e.g., Kindness, ‘Motherly Love’ which can’t be found anywhere else in the world. Finally, if we want a happy, crime-free and harmonious society, both men and women must be empowered as per Godly advice, i.e., ‘Be Pure and Be Rajyogi’, because world is going to change, and if we don’t change ourselves now, we won’t be able to qualify for the new world.

Moreover, there cannot be true development without woman-empowerment. So, what all men need to understand is to respect girls and women, as the embodiments of Shri Lakshmi and Saraswati. The following lines from a song of the movie ‘Sound of Music’, are dedicated to all women:–

**“Climb every mountain  
Search high and low  
Follow every by-way  
Every path you know  
Climb every mountain  
Ford every stream  
Follow every rainbow  
Till you find your dream”.**

## A Tribute To

# B.K. SISTER DR. VINAY LAXMI

## ► A Tireless Spiritual Server ◄



“What a wonderful world”!

We all Baba’s children around the world and double-foreigners, would like to share this poem and song as a tribute to our very dear respected B.K. Sister Dr. Vinay Laxmi, who left her mortal coil in Madhuban on the 9th of March 2013.

As a universal angel to us and all, Sister Vinay was one of the warmest persons we have ever met — despite her full time work in Global Hospital and the villages around Mount Abu.

With a kind heart, she served the world at Madhuban as well as foreign countries, as an all-rounder. Her dedication and humility were remarkable. As a humble instrument of God, she served with constant love, enthusiasm, generosity, determination, compassion and joy.

Sister Vinay Laxmi will remain in our hearts as an example and sample, Baba’s messenger of Love and Dignity.



“I see trees of green, red roses too..

I see them bloom for me and you,

And I think to myself, “What a wonderful world.”

I see skies of blue and clouds of white,

Bright blessed days, dark sacred nights,

And I think to myself “What a wonderful world.”

The colours of the rainbow so pretty in the sky,

Are also on the faces of people going by,

I see friends shaking hands, saying “How do you do”,

They’re really saying “I love you”.

I hear babies crying, I watch them grow,

They’ll learn much more than I’ll ever know.

And I think to myself, what a wonderful world,

Yes, I think to myself, “What a wonderful world” !

(Written by  
overseas BK brothers and sisters)



# ANGELS OF SHAKTI NIKETAN (INDORE)

– Rajnarayan Singh, Varanasi

**F**ew people say that life is all about living it to the fullest. Some say life is to enjoy; others think that a human existence is an impossible thing even for gods. Thus, live the life in a manner that you attain the goal of life and make your life a success. Watching a sad person makes us sad and by watching a lively face we feel relieved of our tensions; all our fatigue vanishes. Life is one but there are different ways of living it. But picture this..... A face that reminds you of God, seeing which you overcome anxiety, stress, tension etc. and experience the waves of peace and calm; how wonderful!

I am going to introduce you to such a life. In April 2013, I visited Mt. Abu for participating in a spiritual congregation. We were informed that the next day, girl students of Shakti Niketan Hostel would showcase a presentation at Diamond Hall. Apart from the other presentations, around 6-7 girls showed stunts and gymnastics.

It was an awesome feat – the way the girls were performing, the balance, the unparalleled courage and enthusiasm were incredible. Dadi Janki, the main (elder) teacher applauded them. I had seen such feats and amazing stunts in the circus only and wondered: who teaches these girls? To appease my curiosity, I visited these sweet little girls at their hostel – Shakti Niketan at Indore.

When I reached Indore, I realized that this is the city which is known as the city of Mother Ahilya, an ardent devotee of Lord Shiva. Naturally in such a holy city only spiritual and God like powers would prevail. Basking in the glory of the beautiful morning, I reached Palasia, a posh area of the city where the office of Brahma Kumaris' Indore Zone is situated.

There, I was taken on a tour of the facilities – the drawing room, the dining hall, kitchen, computer room, office, the granary, big meditation hall,

library, the girls' bedrooms with their double storied beds, a big roof top with solar system for hot water and the dough preparing machine. The infrastructure is incredible.

The Brahma Kumari sisters teach these young girls and under their guidance these sweet little angels carve their future, become good enough to lend their services at the world level. All sorts of training are imparted to these girls; I felt a wave of boundless calm wash over me as I saw the discipline, peace and sacrosanct atmosphere. I was very impressed and was short of words; I just don't have words to praise them.

I was very keen to meet the fabulous girls because of whom I was attracted to this place and as if on cue the sister introduced me to these angels.

There are about 150 girls in the hostel. In addition to academic knowledge, they also gain spiritual knowledge. Simplicity, piety and austerity are their ornaments; by following these traits they gain saintly qualities. From the length and breadth of our country, right from Kashmir to Kanya Kumari, the girls get admitted to this hostel, according to their capability and the rules and regulations. Many sisters, who have been trained in this hostel, have

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been extending their services for the moral and spiritual rejuvenation of the world.

After gathering the relevant information, I met the bright girls; their simplicity, straightforwardness, humility and affection attracted me automatically. By looking at them, we are reminded of the Divine Existence.

**I am now recapitulating my conversation with the girls:**

**Q. How do you feel here?**

A. We like it a lot.

**Q. Don't you miss your families, your homes?**

A. If one has attachment with one's family, physical separation from it makes one sad. As we have gained true knowledge that our real father is Supreme Soul God Shiva, and all of us are souls, we have gained insights to play our roles while maintaining equilibrium. Due to this spiritual awakening, our worldly relations have become very blissful.

**Q. Do you face problems while adjusting with each other coming from such diverse backgrounds?**

A. All of us are children of one God; we practise this concept of universal brotherhood in letter and spirit here. As there is understanding and

cooperation in mutual relations, its natural consequence is harmony.

**Q. How do you understand such big facts at such a tender age?**

A. At the hostel we are provided proper training in various disciplines—worldly as well as spiritual. Regular practice of Rajyoga Meditation makes our vision and outlook broad as well as benevolent.

**Q. India is a country of festivals. How do you celebrate festivals? Do you go home?**

A. We celebrate all the festivals with a lot of enthusiasm at the hostel only; each of them is celebrated with the aim to spread some spiritual message. We feel a lot of inner calm and strength through this. The most important festival is the Annual Day of the hostel, celebrated in the last week of December.

While all this was going on, I could see the glowing faces of the girls surrounding us. I came to know that in the hostel, a senior and a junior girl stay together so that the experiences and values are passed on to the youngsters automatically. I felt the set up was like big computer

software; everything is computerized. These little angels would in the near future play a large part in creating peace and establishing a new world order.

This hostel is totally managed by the B.K. sisters; in today's era where it is difficult to raise even two children, here 150 children are raised keeping in mind that all moral and spiritual values are intact. This would be like a riddle for the youth of today who are fixated mainly on new technology like mobiles and social networking sites. These little angels, on the other hand, are hell-bent to reach the new horizon.

Blessed are the parents whose children are being raised here. Salutations to the Brahma Kumaris!

The parents desirous of admitting their children in the hostel may inquire from January to April. Actual admission procedures begin by May-June. For additional information please contact:

**B.K. Karuna,**  
**Shakti Niketan, Om Shanti Bhawan, Gyan Shikhar, Gate No.-2, 33/4 New Palasia, Indore (M.P.) 452001**  
**Ph. 0731-2531631, Mob-09425316843, 08989600088.**

A tribute:

## RAJAYOGINI DADI CHANDRAMANI

*Dadi Chandramani was one of the prime jewels of Brahma Kumaris (the erstwhile Om Mandali) since its inception. She played very important role in spreading Godly services, particularly in Punjab Zone. Due to her fearlessness, she was called the Lioness of Punjab. B.K. Surendran from Bangalore shares his spiritual experiences with Dadi Chandramani.*



Dadi Chandramani

**D**adi Chandramani's childhood name was Mothil and she was a multifaceted personality. She had studied up to 10<sup>th</sup> standard. Though her family was not directly related to Brahma Baba's family, one of her *lokik* sisters got married in the Kripalani family and, thus, she was related to Brahma Baba. However, before coming to *gyan*, she had not met Brahma Baba. Since her childhood, she had special interest in yoga. She used to read scriptures on Sikhism. Those days, it was a routine practice to sing the prayer: 'Oh Lord, you are our father and mother and we are your children'. She

remembered God as father and mother. She had seven sisters and one brother who passed away then. The husband of her sister also passed away. Therefore, there was sorrowful atmosphere at home. One sister and her daughter used to visit their house to give them solace during those sorrowful days. They told her about the *satsang* of Baba. Then Baba was not staying in his own house, but in the house of his uncle (Father's younger brother) named Moolchand Ajwalla, where Baba was staying in a small room. When she went to see Baba, she saw that one sister there was lost in trance and was telling about Satyug such as aeroplanes etc., and instantly Dadi Chandramani also went in trance. She experienced that she got detached from the body. She did not know how long she remained in the state of trance. When she opened her eyes, she saw nobody there.

Subsequently, she accepted

Baba as her mother, father and everything. She felt a close feeling of belongingness with Brahma Baba. She shared that at that time, they did not have the knowledge that Shiv Baba descended onto the body of Brahma Baba. But, they felt a kind of magnetic pull towards Brahma Baba. His subtle stage and spiritual power attracted them. Brahma Baba did not have a worldly way of dealing even with his wife, daughter, daughter-in-law or other relations. Baba's *lokik* house didn't look like a householder's residence but like a godly family.

### **Her five generations came to *gyan*.**

One day Dadi shared with Baba about the sorrowful atmosphere at her home. Then Baba himself visited their house and met her parents. Baba told her mother that if she came to the *satsang*, she would get a child like Sri Krishna. Then immediately her mother felt as if Sri Krishna was in her lap and became very happy. Seeing

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this, Dadi Chandermani's father also started coming to *satsang*. He gave up eating non-vegetarian food and drinking. Subsequently, many of her relatives came to *gyan*. In fact, there are five generations from her family who have been in *gyan*. Some are dedicated and others are leading a lotus like life while being in household.

#### **Yagya life and Spiritual Endeavours**

Those days, there were around 400 brothers and sisters staying with Brahma Baba. There was very heavy workload in the ashram. Brothers were very few in number and many tasks, which were traditionally performed by brothers, had to be handled by sisters. Baba would say that what work was being done was not important, but with what mental state that work was being performed, was important. That is why they used to do all types of work together with love and harmony. When Baba would pronounce the sound of 'Om', all of them would go in the state of trance. Baba used to call them as 'Om' Mothi, 'Om' Radhe, 'Om Rama', to remind them that they were souls. Baba's house was known as 'Jasoda Nivas' which was converted into 'Om Mandali'.

Once, Dadi asked Baba whether she should give up further studies but Baba advised her to continue her studies. After six months, Baba opened a school for children and she was selected as English Teacher. As its principal, Brahma Baba used to visit different classes and taught different subjects. At the end of the day, he would ask for a daily report of the activities. He would advise the teachers not to scold the children but teach them with love and care. Baba was very particular about the children's mental and physical development. Observing her calmness and simplicity, BapDada gave her the spiritual name 'Chandramani'.

Dadi Chandermani used to visit Bangalore frequently for conducting special congregations like Bhatti etc., and also public service programmes because Dadi Hridyapushpa, who was her *lokik* elder sister, had become instrumental in starting the Godly Services in Southern India and she was the Zonal In-charge of Karnataka, with her headquarters in Bangalore. After Dadi Hridyapushpa left her mortal coil in 1995, Dadi Chandramani was entrusted with the additional responsibility to administer the

affairs of Karnataka Zone also.

#### **Her achievements in Godly Service**

After recognising God's divine task and the spiritual teachings, **she followed *Shrimat* strictly and upheld the divine code of conduct.** She became instrumental in spreading spiritual services in northern India particularly in Punjab, Haryana, Himachal Pradesh, Sikkim and many other places in India. Due to her courage and fearless nature, she used to be deputed to solve problems in Godly Service, and she tackled the challenging situations with ease and poise. She was rightly given the title 'the Lioness of Punjab' by BapDada. She had absolute faith in BapDada and His mission to establish deity sovereignty. She led a simple life and was not interested in publicity, name and fame. Anyone could meet her without any formality. She was a keen student of Godly knowledge and Rajyoga. She spoke of God's versions and also gave lectures with deep conviction and determination which had unparalleled impact on the listeners.

Dadi Chandramani sustained Godly students with great care. She ascended to BapDada's lap on 11<sup>th</sup> March, 1997 when she

*(..contd. on page no. 33)*



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flabbergasted. He applauded and rewarded the wise artist handsomely for depicting 'Time' in a realistic way.

The above story has great relevance to the present time, as it is the most auspicious time termed as 'The Confluence Age' or *Sangam Yug*, a period of dawn when the Supreme Soul incarnates in the corporeal form of Brahma, the father of Humanity to enlighten the souls with the Power of Divine knowledge and Easy Rajyoga. Everyday, He imparts the beautiful knowledge to liberate us from the hold of vices which have rendered us miserable, peaceless and made us orphans. Now, like a magician, the Supreme Soul is transforming us from thorns into fragrant flowers. The vices have made us dirty and God removes our dirt through the furnace of yoga.

We souls were once viceless like pure gold but due to the alloy of vices, the divine virtues which adorned the lives of souls got diminished and ultimately lost. Now, when God, the Almighty Authority, is getting this alloy removed and transforming souls to such a

level that they become worthy of living in paradise or Golden Age, it's time that we follow the elevated teachings of the Supreme Authority in our day to day thoughts, words and actions. We are fortunate to be the recipients of this divine knowledge and have Him with us, so we should not leave any stone unturned to remove the filth of vices. This is the only time in the whole cycle of 5000 years when we can experience true peace, knowledge, love, power, purity, bliss, prosperity and above all the enjoyment in companionship of God which cannot be expressed in words.

The peculiarity of this Confluence Age is that we can take as much inheritance as we want and enjoy constant health and wealth in future also. So when the bestower of peace is here on

this earth, playing His part of reformation of the hidden entity, i.e., 'soul', that desires constant peace and has been wandering here and there seeking from all available sources but in vain, isn't it a Golden opportunity for us to use every bit of it to enjoy the fruit showered by the sweetest Almighty Father in this 'Diamond Age'? If we overlook this special time of knowing the Almighty and obeying Him, we are bound to only regret and get into hot water. It will be too late. So why not wake up, be serious, follow the ultimate authority and adorn ourselves with the divine knowledge? By doing so, we can come up to God's expectations, accompany Him with pride and receive all His blessings.

Remember: Time does not wait for anyone; so make the most of it...

(..contd. from page no. 27)

was in Bangalore, to attend some spiritual programmes. Then she was not only the Joint Administrative head of the Institution, but also the Director of the Gyan Sarovar Academy for a Better world at Mount Abu. She was also in-charge of the training programmes for teachers. On her ascension day, we remember her last days in Bangalore and pay rich tribute to Dadi. ●

# *NEUROGENETICS, NCDs AND DISEASELESSNESS*

— Dr. Dilip V. Kaundinya MD, Mumbai

The stress in life today is truly omnipresent and omnipotent. Tensions, unhappiness, worries and frustrations in Mind give rise to a group of diseases called **Stress Associated Diseases or SADs**. Sadness is natural due to expensive treatments and difficult doctors. The current term for SADs is NCDs or Non-infectious Chronic Diseases. This category is incurable by modern medicine. Tablets, capsules and even the pessaries become a staple diet for the unfortunate person. Quality Of Life (QOL) comes to the lowest nadir. Many wish for euthanasia. An independent department in Maharashtra Health Services has been set up to deal with the problem of NCDs. Many today suffer from Chronic Fatigue Syndrome (CFS) because people do not have quality sleep and suffer from a sleep backlog. Fast brain with very fast thoughts rapidly exhausts the God-given quota of neurotrans-

mitters. Suicides happen because of the sudden drop in the level of neurotransmitters.

Two latest branches of Medicine – Psycho-neuro-endocrino-immunology(PNI) and Psycho-Oncology are investigating why NCDs like Hypertension, Hyperacidity, Heart attacks, Diabetes, Dementia, Alzheimer's, asthma, insomnia, obesity, addictions, cancer and several others have become incurable. This new medical science is called as Mind-Body Medicine. Disease-centric strategies like cardio-centric, Diabeto-centric, Condom-centric and Obesity-centric are giving a medical paradox of alarming rise in the incidence of the diseases against which they are directed. Every third Indian today has twin diseases – Diabetes and High Blood pressure. Obesity has become a global epidemic. Depression is affecting even the school going children. Even the young doctors are dying of

heart attacks. Sex-crimes, mindless violence and Rage syndrome have increased alarmingly. Abnormal greed has given rise to Scam after Scam Syndrome (SASS). There is a collapse of all the dimensions of Total Health—physical, mental, social, emotional and spiritual.

The main reason for this is having unlimited wants. But a Mind-centric Strategy is conspicuous by its absence. Hippocrates, Father of Modern Medicine, many years ago, had cautioned: The greatest error today is that the physicians do not take the soul into account for therapy. The doctors are committing the same mistake today. They are neglecting the mind, the third component of the soul. The reason for this error is the training in Western concepts of Medicine which wholly focuses on the matters of the body. Sheldon described three morphotypes—Ecto, Meso and Endomorph and their relationship with the

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diseases. On the other hand, 1000-year-old Charak Sanhita classifies personality into 15 types according to the type of Consciousness, each one requiring different therapeutic strategy involving Herbs, metals and **meditation**. Today Charak Sanhita is considered as a treatise on “Whole Person Medicine.”

Three main levels of consciousness are *Satvik*, *Rajasik* and *Tamasik*. Ontological (*Satvik*) denotes a peaceful, loveful, blissful, pure and the most powerful personality. Highest category in Ontological personality is known as **Brahma type** which is ever youthful and almost **disease-less**. *Rajasik* personality pursues the Path of *Preyas* and wastes his Life-force [Prana] in the pursuit of sensual pleasures, temptations and materialistic gains and soon becomes a prey to diseases and premature ageing. *Tamasik* personality is full of sloth, laziness and devoted solely to the pleasures of food and sex.

Charak further describes five body-sheaths that surround the innermost *Atman* or Soul. *Annamaya kosh* is the superficial-most layer. All of the drugs in Modern Medicine

act only up to *Annamaya Kosh*. Thus, the root cause of the disease is never addressed. No wonder there is resurgence or recurrence.

*Pranayam* removes the impurities from the *Pranamay kosh* and gives a miraculous cure of asthma and allergies. The free radicals which are formed due to stress and are responsible for oxidative damage, are possibly removed by *Pranayam*. Meditation removes the impurities in *Manamay Kosh* (**Mind**). Negative thoughts and toxic emotions (Daniel Goleman) are these impurities. Scriptures describe them as Desires, Negative thoughts and powerful chain of derogatory thoughts. Today, Patanjali's *Dhyan* became baptized as Mindful Meditation by Dr. Richard Davidson, Professor of Psychiatry, U.S.A. It is now considered as the most powerful technique for **Mind-empowerment and Mind-control**. Mindful meditation stabilizes the Mind in powerful and pure *Satvik* (ontological) consciousness. Such mindset is not motivated by Self-interest. It adheres to values like honesty, sincerity, integrity and positive emotions like love, hope and happiness

under most adverse circumstances. Stabilization in ontological consciousness gives a Spiritual equipoise (*Sthit-pragnya* state).

Neuroscience has proved that a positive state of mind has a great role in maintaining health and in prevention and cure of NCDS or Modern Lifestyle diseases. Russian experiments with thought-power opened an entirely new frontier in modern medicine. The concept of thought is the instrument for healing. A positive mind transmits powerful and pious thought-vibrations and creates a white, bright and well-demarcated body-aurea around the person. This is similar to the halo shown around our deities. Hypnosis or mesmerizing the other persons is possible for such a thought-empowered individual. The positive thought-vibrations purify the atmosphere and also give activation of *Ultraclean* rhythms of the body releasing very powerful rejuvenating hormones. Enkephalin gives a ‘Cholesterol-wash’ to the heart vessels by ‘Reverse, transport of Cholesterol’. Intractable lipid and sugar levels are restored to normal. Endorphin is a natural and very powerful

mood-elevator and pain-killer. The miracle of Ramana Maharshi undergoing a surgical procedure without anaesthesia may be due to this neuro-hormone. Melatonin gives sound and recharging sleep. Brain-derived-Neurotrophic Factor (BDNF) enhances memory by giving multiplication of brain cells. No wonder people called Ekpathy could remember Vedas after hearing them just once. A *kriya-yogi* could possibly retain his wit, vitality, vision and vigour till last breath as told by the sage Patanjali. A recent concept—Stem Cell Activation Factor (SCAF) released during meditation shall mean recreating any damaged organ without transplant or expensive stem cell implantation. All of these neuro-hormones are powerful activators for the Natural Killer cells which destroy the cancer cells no sooner they are formed in the body. This may be the reason for doubling of the life-span of the cancer patients and for several of them becoming cancer-free in Carl Simonton's Psycho-Oncology Institute, USA by a Mindfulness Meditation Programme. **Allen's brain map** reveals several **Cerebral**

**genes or Brain-genes**, which activate the harmful somatic genes [Body-genes] that give rise to the diseases like depression, Diabetes, Dementia, Alzheimer's and musculo-skeletal disorders. The neuro-hormones secreted during Mindfulness possibly inhibit the enzymes and prevent the dreadful diseases. The effects of the atmosphere charged with positive thoughts are simply unbelievable. Dr. Hew Len's modification of Mexican Ho'oponopono and James Twyman's Global consciousness project provide evidence, which as yet, is beyond the scope of science to explain scientifically. A study published in The journal of offenders' rehabilitation reports that a group of people regularly met and meditated with the thoughts of Love and Peace for the whole world over a period of two years. This simple act reduced all acts of terrorism by phenomenal 72%. Violent crimes in Washington DC have been reduced by 23.6% in just two months' period. As soon as the meetings of the meditators stopped, the crime level started going up again. Fifty different scientific studies over preceding 30 years have

shown that the meditators created miraculous improvement in the health and the Quality Of Life (QOL). Along with the impact on health and emotions, there was a decrease in crimes, wars, violence and riots. James Twyman, who led several group synchronized prayers throughout the world through his 'Global consciousness Project' functions on the concept that **the tsunamis of the world are the reflections of the tsunamis in the human minds**. These studies established a plain and simple dictum for health and solutions to the calamities in the world lays in healing yourself. Self-transformation shall bring the world-transformation.

**Dr. Hew Len's Hawaiian Ho'oponopono** – Dr. Len a psychiatrist was made in-charge of a ward where they kept criminally insane and dangerous patients. Psychiatrists quit on monthly basis. Dr. Len did an innovative act in addition to the usual therapy—his version of Hawaiian Ho'oponopono. In his chamber, he held each patient's file and kept on saying "I am sorry" and "I love you" over and over again. Within a few months, a miracle happened. The



patients who were shackled were allowed to walk freely. Others, who had to be heavily medicated, started getting off their medication. Those who had absolutely no chance of getting released were freed. Absenteeism and the turn-over of the staff disappeared. Soon the staff outnumbered the patients and today the ward is closed.

Dr. Peter Gariaev carried out numerous experiments with thought-power. One of them is most relevant. He created Alloxan-Diabetes in rats by destroying the pancreas with this chemical. Such rats died within 4 to 6 days due to Type-1 Diabetes. Dr. Gariev then removed the pancreas from a healthy rat.

Then he shined a non-burning green laser beam through the healthy pancreas on to the rats poisoned with Alloxan. Amazingly, the rats who received this novel treatment showed full recovery. They continued to live like perfectly normal rats. Three different research projects in 2001, 2002 and 2003 replicated Gariaev's findings. The green laser beam as well as our thoughts is a form of photo-electric energy. Patanjali had described that a single-point laser beam focus of positive thoughts could be created by the technique of *Vruitti Nirodh* (restraint of one's instincts) and one could achieve the conquest of

ageing NC diseases. The experiments of the practicants of Rajyoga meditation taught by the Brahmakumaris organisation also endorse the efficacy and importance of thoughts in healing both mind and body.

In short, beware of what kind of thoughts your mind is having and where it is visiting, because sooner or later your body shall follow it there. Mindfulness Meditation Programme as taught free of cost in Sir J.J. Hospital, Mumbai, could easily give you a disease-less state with delayed ageing. Incurable disease means whose cure lies within and the word **"Healthy"** actually means **"Heal Thy."** ●

## MEDITATION AND HEALTH

Each original quality of the self or soul is specially required for nourishing and empowering one human body system. The quality of peace is responsible for taking care of the respiratory system, joy for the gastrointestinal system, love for the circulatory system, bliss for the endocrine system, knowledge for the brain and nervous system, purity for the immune system and the five senses and power for the muscular and skeletal systems.

Each one of us has at least one body system, which is most prone to disease. When our mind is under the influence of stressful emotions, there is a decrease in the flow, from the soul to this body system, of that quality which is required by it for its nourishment, which leads to the development of disease in this system over a period of time e.g. when an individual with a weak respiratory system is in a negative state of mind, there is a decrease in the flow of the quality of peace to the respiratory system which in turn can lead to a disorder like asthma.

## *IT'S TIME TO RECOGNISE GOD*

– B.K. Sunita, Delhi

**I**n ancient times, there lived an artist in a small kingdom. He had been gifted by God with wonderful mastery in drawing pictures. The beautiful pictures made by him with wholehearted effort used to attract people's attention. One day he made a colourful picture and hung it at the public plaza, situated in the centre of the town. The picture soon got the attention of the passers-by because of its strangeness. It immediately became the centre of attraction and the talk of the town. The picture was apparently of a man, but it was unrecognizable because half of the man's head had hair which covered his face, and the other half of his head was bald. The man in the picture had long legs with wings on its feet. The spectators looked at the picture and interpreted it according to their own perception.

Nobody could surmise the hidden meaning of the picture. Gradually, the King

also came to know about the strange picture. Curious to know its hidden meaning, the king went to the Artist and asked him, "Well, you have made this picture with great sincerity and concentration; but whose picture is it? Why does one part of the head have hair and why is the other half bald? Another strange thing is the long legs with wings on its feet. I am keen to know the hidden meaning behind the picture." The Artist very humbly informed the king that the picture was of 'TIME' actually. The king couldn't believe his eyes and asked him to explain it in detail.

The Artist then explained, "Well, My lord, as far as the face is concerned, it is covered and is unrecognizable; it symbolizes the fact that human beings while away most of the time uselessly, awaiting better opportunities to come but when golden moments come and knock at his door, he fails to recognize it because

its face is hidden. That is why I have covered the face of time with its own hair. Next, My Lord, I would like to tell about the half bald head. Man fails to recognize the auspicious time from front as it's hidden; but when the auspicious time passes away, he realizes that he has missed the golden opportunity. He then tries to chase to hold the plait of time and bring it back, but in vain because no one has the power to bring time back! That's why I have shown half bald head which doesn't have plait and is beyond man's hold. Now, I would like to tell about the legs in the picture and feet with wings; when man cannot hold the plait of time, he runs after the time that has already passed. The legs of time are shown very long because time runs very fast. Seeing time running ahead, man also runs fast to stop the fast speed of time but very cleverly time skips from man's hold and flies away in split of seconds. So the feet in the picture have wings too. By the time, man realises the importance of 'TIME'; it's too late, and there is only helplessness and regret left." On listening to the explanation, the king was

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flabbergasted. He applauded and rewarded the wise artist handsomely for depicting 'Time' in a realistic way.

The above story has great relevance to the present time, as it is the most auspicious time termed as 'The Confluence Age' or *Sangam Yug*, a period of dawn when the Supreme Soul incarnates in the corporeal form of Brahma, the father of Humanity to enlighten the souls with the Power of Divine knowledge and Easy Rajyoga. Everyday, He imparts the beautiful knowledge to liberate us from the hold of vices which have rendered us miserable, peaceless and made us orphans. Now, like a magician, the Supreme Soul is transforming us from thorns into fragrant flowers. The vices have made us dirty and God removes our dirt through the furnace of yoga.

We souls were once viceless like pure gold but due to the alloy of vices, the divine virtues which adorned the lives of souls got diminished and ultimately lost. Now, when God, the Almighty Authority, is getting this alloy removed and transforming souls to such a

level that they become worthy of living in paradise or Golden Age, it's time that we follow the elevated teachings of the Supreme Authority in our day to day thoughts, words and actions. We are fortunate to be the recipients of this divine knowledge and have Him with us, so we should not leave any stone unturned to remove the filth of vices. This is the only time in the whole cycle of 5000 years when we can experience true peace, knowledge, love, power, purity, bliss, prosperity and above all the enjoyment in companionship of God which cannot be expressed in words.

The peculiarity of this Confluence Age is that we can take as much inheritance as we want and enjoy constant health and wealth in future also. So when the bestower of peace is here on

this earth, playing His part of reformation of the hidden entity, i.e., 'soul', that desires constant peace and has been wandering here and there seeking from all available sources but in vain, isn't it a Golden opportunity for us to use every bit of it to enjoy the fruit showered by the sweetest Almighty Father in this 'Diamond Age'? If we overlook this special time of knowing the Almighty and obeying Him, we are bound to only regret and get into hot water. It will be too late. So why not wake up, be serious, follow the ultimate authority and adorn ourselves with the divine knowledge? By doing so, we can come up to God's expectations, accompany Him with pride and receive all His blessings.

Remember: Time does not wait for anyone; so make the most of it...

(..contd. from page no. 27)

was in Bangalore, to attend some spiritual programmes. Then she was not only the Joint Administrative head of the Institution, but also the Director of the Gyan Sarovar Academy for a Better world at Mount Abu. She was also in-charge of the training programmes for teachers. On her ascension day, we remember her last days in Bangalore and pay rich tribute to Dadi. ●





**Dhar:**  
B.K. Sis. Satya presenting  
Godly gift to Mr. Shivraj  
Singh Chauhan, Hon'ble  
Chief Minister of Madhya  
Pradesh.

**Gulbarga :**  
B.K. Sis. Vijaya, Justice  
A.N. Pachapure, Judge,  
Karnataka High Court;  
B.K. Sis. Jayanti, B.K.  
Bro. Prem standing in  
Godly remembrance before  
candle-lighting on the  
occasion of Shiv Jayanti  
celebration.



**Navsari:**  
A 'Stress-Free' program being  
inaugurated by B.K. Govind,  
Mr. A.R. Pathak, V.C.,  
Agricultural University; Dr.  
Girish Patel, B.K. Sis. Gita  
and others.

**Kolkata:**  
At a Shiv Jayanti function,  
seated on the dais: Mr. Rajiv  
Bhargava, G.M. of Metro  
Railway; Mr. H.P. Kanoria,  
Chairman, SREI Foundation and  
former Judge of Lok Adalat,  
Calcutta High Court; B.K. Sis.  
Kanan, while Mrs. Farzana  
Alam, Dy. Mayor addressing the  
audience.





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Gulbarga:  
Rajyogini Dadi Ratan Mohini flanked by the Chief Guest Dr. R. Chidambaram, Prof. E.T. Puttaiah, V.C.; Registrar Prof. Chandrakant Yatanoor and the other awardees on the stage during the 32nd Convocation Function.

Gulbarga:  
Rev. Dadi Ratan Mohini being conferred the Honorary Doctorate Degree by Prof. E.T. Puttaiah, V.C. and Prof. Chandrakant Yatanoor, Registrar of Gulbarga.



Thane (Srinagar) :  
H.E. Srinivas Patil, Governor of Sikkim being presented Godly gift by B.K. Sis. Sita.

Raipur: The campaign: 'My India – Addiction-Free India' being inaugurated by Mr. Gauri Shankar Agrawal, Hon'ble Speaker of Chhattisgarh Legislative Assembly; Dr. G.B. Gupta, V.C. of Ayush and Health Science University, Chhattisgarh; B.K. Om Prakash, B.K. Dr. Banarasi, B.K. Sis. Kanta and others.

