

From the Mighty Pen of Sanjay



LET US JUDGE THE SITUATIONS OF FORGIVING AND FORGETTING



The saints and sufis have often said that if anyone misbehaves with us, mistreats us, talks ill of us or indulges in mud-slinging and character-assassination, we should forgive such a person and forget about his misdemeanour. They have advised that we should repay our enemy with our acts of friendliness and we should not harbour any rancour in our mind about the rabid acts of a slanderer or a sworn enemy. Brahma Baba, the greatest among the spiritual teachers, also said that we should think of improving ourselves instead of retaliating against our detractors.

But, the question is that if we forgive those, who commit wrong and forget about their malicious and maligning campaigns, will we not be letting loose a mad bull or an elephant, run amuck? Will we not be encouraging them in their nefarious designs and wicked acts?

Also, by our acts of forgetting and forgiving - however high these acts are needed be to a seeker of salvation - will we not be putting ourselves off guard? Will we not be exposing ourselves to greater harm, greater defamation and vilification in the end result? At a time, when nations have provided for a suitable court action to save our honour against a slanderer who has defamed us, will our silence not be taken as sign of flaw in or weakness of our character or will not people consider the smear-campaign against us justified because of the absence of any action on our part to redeem our honour? So, in order to ward-off this misunderstanding about our personality, will it not be appropriate first to teach this stooge of *Maya* a lesson or two and, then, to forgive him and forget about his audacity or nasty acts?

If someone has indulged in heinous acts of forgery and impersonation and has cheated people of their money by being tricky with them and by fooling them, shall we give this man a hard beating or merely hand him over to the police, or should

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LIFELONG SPIRITUAL JOURNEY CONCLUDES - REVERED DADI JANKIJI ENTERS ANGELIC REALM

In 1959, when I started my spiritual journey with Prajapita Brahma Kumaris Ishwariya Vidyalaya in Mumbai, Dadi Jankiji was living in Pune at the time. Prior to giving her services to Pune, she had been in Punjab and Delhi, and nurtured many souls who went on to be powerful instruments for Godly service, like Achalben, Premben, Jagdishbhai, Om Prakashbhai, Atam Prakashbhai (Press) and his lokik family, and many more. Dadi Jankiji used to travel from Pune to Mumbai, especially when Mateshwari Jagdamba (Mama) or Pitashri Brahma Baba visited, and that was how I had the fortune of meeting Dadiji, and receiving her *drishti*, wisdom and spiritual love. During those early years, I also visited Pune, where Dadiji stayed at the Quarter Gate Centre. **Despite the limited living space and resources, Dadiji had a generous heart, and I took a lot of spiritual sustenance.** We used to meet regularly whenever there were big service programmes or Meetings of the Dadis in Mumbai.

Dadiji had unshakeable faith in the Supreme Being, which is apparent from the stories of her spiritual childhood when the institution was being established in the mid-1930s. **We've taken inspiration from her experiences of caring for the large family of around 380 (mostly women and children) as Yagya Nurse, and how adept she was at administering natural remedies.**



In 1978, Dadiji was sent from Madhuban to London for service, where Dadiji focused on the fact that Baba had sent her for a special task. With intense Tapasya, attention on Amrit Vela and Gyan Murli, service began from a small place, but expanded across the globe! Souls emerged of the previous *kalpa*, who claimed their rights to God's inheritance as well as their sustenance from Dadiji, and the numbers grew. Senior instruments of foreign lands like Sister Denise, Brother Charlie, Brother Ken and others were Dadiji's initial students. They had set out from their homes/countries searching for the truth and spirituality, and found what they were looking for. These souls have gone on to establish Centres in different regions across the globe. **World service took a big leap forward under Dadiji's determined, and wise guiding hand.** She herself visited the five continents

regularly to give spiritual birth, and nurture countless sisters and brothers of our spiritual family, and make them worthy children of God to bring benefit to humanity.

I remember vividly Dadiji's love and attention on me during my foreign tour in 1982. I had visited New York for the **Second Special Session on Disarmament** on invitation of the United Nations, and stopped in the UK on my return. Dadiji organized my service tour of the UK and Europe in a beautiful way. Dadiji planned a lovely farewell dinner before I was to leave for Europe, and we were treated to the finest delicacies and warm company. Dadiji even organized for a brother and sister from London to accompany me on the European tour to assist me in every way. Travel in that decade was very different from the ease and facilities we have now, **and Dadiji's far-sightedness touched me deeply because it showed how much Dadiji looked after instruments of Godly service.**

There have been several occasions when I have accompanied Dadiji to Ahmedabad when specialized treatment was needed for her health issues. Many years back, Dadiji had been unwell in Sukh Shanti Bhawan (BK Centre in Ahmedabad), and she thought she might be detaching from the chariot very soon. She therefore asked to meet the long-term instruments and gave each one a gift as she 'bid farewell'. However the doctor reassured us that Dadiji just needed to rest and things would be fine. So I requested Dadiji to rest, and said that I would take my gift from her later, but she sweetly insisted on giving me a beautiful picture frame of Incorporal Shiv Baba. Dadiji returned to

good health soon after, **just as we've seen her rise victorious many times when destiny and health were not favourable. This appears to be the return from Almighty Father Shiv Baba for all the unlimited care, time and energy she had invested in the care of others.**

When Respected Dadi Prakashmaniji, former Chief of Brahma Kumaris, ascended to the angelic region in 2007, beloved Dadi Jankiji was appointed as Administrative Head, or in other words Dadi Jankiji became 'Dadi of the World', belonging to both Bharat and abroad. **Dadiji humbly accepted the responsibility, and even though she was in her 90s at the time, Dadiji brought to the role such zeal, enthusiasm, and positive energy.** Over 12-and-a-half years, Dadiji continued to balance time at the HQs and yet travel to different cities and countries on Godly service, through till January 2020. Dadiji used to amusingly say, **"Normally it is God who lifts us onto His shoulders and takes us on service, but now I carry God on my shoulders and take Him all around, because I want to show the world who my Baba is. I want to share the bliss and attainments that God has given me."**

Dadiji's was passionate about making the world **realize 'Who Am I, Who do I belong to, and What do I have to do?'** It was a fascinating scene to witness Dadiji share this very message with the President of India, Hon'ble Shri Ramnath Kovindji, in December 2019, at our Shantivan Brahma Kumaris Campus. Whether it was addressing multi-thousands of common women and men, or VIPs and VVIPs of a number of countries, **Dadiji was able to**

touch hearts and intellects in a profound way, and motivate people to adopt the spiritual path with commitment, love and consistency.

Dadiji had special regard for Gurus, Mahatmas, Saints, and Monks of every religious order, and served them with endearing humility. She used to say, **“These souls have lived with renunciation and devotion to God, and so they should definitely receive the true introduction of the Almighty.”** Over time, these Holy personages too developed spiritual love and respect for Dadiji, and never missed the opportunity to meet with her.

Dadiji's words of wisdom became blessings for those who put them into practice, and this is why she will always be placed in high esteem as an elevated and powerful Rajyogini and Devi. With Dadiji in her present angelic form in the company of the Supreme Being, we will continue to fulfill her pure wish to see every

individual receive God's message, and experience true peace, joy and the feeling of belonging to one family.

The last few meetings with beloved Dadiji in Sterling Hospital, Ahmedabad, as well as after she was brought to Global Hospital, Mount Abu, were so heart-warming. **I can never forget the moments of Dadiji's soft hands holding my hand or her loving drishti on me; it felt as if she too was enjoying the time we spent together.**

Just like Pitashri Brahma Baba, M a t e s h w a r i J a g d a m b a , D a d i Prakashmaniji, and our other Dadis, Dadi Jankiji is set to play a wonderful angelic part, and we will continue to experience this every day. **“It's my humble request, Dadiji, that wherever you are, please continue to sustain and support us in becoming worthy to glorify the name of the Supreme Being and His task of uplifting the world.”**

– B.K. Nirwair

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REDISCOVERING HUMAN RELATIONSHIPS WITH GOD

In the morning hours of 4 April 2020, in the peak of Spring season, when I came to the garden, I was reminded of the song, *“Aaj samay kitna sundar hai, aaj ka divas mahaan, Shiv Baba se milne nikle, Brahma ki santaan....”* **It reiterated the fact that when the atmosphere is filled with positivity, the human mind experiences happiness.** As I sat in a corner of my garden, I looked at the large mango trees, laden with unripe small mangoes, and was pleased with the thought that in a short while these mangoes would ripen and become so sweet!

My vision then fell on the wine-red colour of 'real' roses – how I wish I could present each of our readers with such a beautiful rose! Whenever we go to the temples dedicated to Incorporeal God Shiva, Shri Lakshmi and Shri Narayan or any of the Deities and Goddesses, no matter what else is offered, the devotees definitely place the best fresh flowers at the feet of the idols. **This is because the Deities are pure like flowers, their lives are ever-fragrant due to divine virtues, and they shower unconditional love onto all. The true devotees experience**

this as they stand in front of their beloved Deities, and are lost in that ecstasy. We sometimes hear of certain husbands telling their wives that they should just do their worshipping at home rather than go out to temples. But in reality, whenever a devotee visits their place of worship with pure feelings in their minds, they perceive it to be the abode of purity; such are the vibrations that even if one stands for a few minutes to have a glimpse of their Deities' idols, the mind becomes cleaner, clearer and happier.

While churning on these aspects, I remembered a very important teaching in the Gurbani (compositions of the Sikh Gurus) shared by Guru Gobind Singhji, which goes,

“Gun gobind gayo nahi, janam akarath keen, Kahe Nanak, har bhaj mana, joi bid jal ko meen” which means, “I have not sung the praises of Govind (Hari, Krishna) and so have wasted my entire life. Nanak says, O mind, sing the praises of Hari (Govind, Krishna) ceaselessly, and immerse yourself in this chant just like a fish in water.”

One of Guru Gobind Singhji's religious verses is connected with Incorporeal God Shiva:

“Shiv drohi mam das kahawa, So Nar Mohi Sapnehu Nahi Pava...” meaning, “Those who are disloyal to Shiva, cannot attain me even in their dreams...” which highlights the faith that Guru Gobind Singhji had in the Supreme Being.

Every day, we are energized through the study of Gyan Murlis shared by Incorporeal God Shiva that teaches us to adopt purity in our lives. When one pledges to inculcate purity, attention is given to our lifestyle, eating, drinking, behaviour, interactions

which all have a positive influence on the five elements. Nature then starts to give us a lot of comfort. I experience this practically when I look around my little garden: the Neem trees are constantly providing oxygen and purifying the air; creatures such as the nightingales, doves, and squirrels come uninhibited to drink water or feed on grains or soft sweet prasad that we lay out for them, and these delightful scenes fill my heart with bliss! This is probably why it is said, **“There is no nourishment like happiness.”** If we have the fortune of being in such a relaxed atmosphere, and then engage in light physical exercise, it will definitely keep the physical chariot healthy and content. **When we expose ourselves to natural environment for short periods during the day, our chariots also begin to work at the same frequency as nature, because the five elements help us to live by own true nature.** We souls are children of the Supreme Soul, Supreme Mother & Father, and as such can claim God's sanskars as an inheritance and this is why it is believed that **“God created humans in His own image”**. **God is the Almighty Authority, which implies that no weakness can stand before Him;** negativity salutes His divinity from a distance and leaves! God's vibrations spread *saatvikta* (purity, cleanliness) throughout the atmosphere and within human beings, and gradually everything can return to its original pure state of being. **But human beings need to practice stabilizing themselves in their innate peaceful, pure and happy nature. Those who have realized this truth, and aim to reclaim their spiritual inheritance will start to**

mirror their sanskars with the personality traits of God. The Almighty is the Ocean of Purity, and human souls should re-learn to live naturally as the embodiment of purity. **God is ready to donate His virtues to human beings, and we just have to allow the wonder of *Karankaravanhar* (the One who does and inspires us to do) to unfold.** God's simple advice to us is: 'Become Pure, Become a Yogi'; adopt purity and manifest every thought, word and action with purity. By following these instructions, both soul and body get empowered.

God's vision is to re-create a world where every human soul lives a life of bliss, peace and happiness, in chariots that will remain ever-healthy and complete a life-span of around 150 years! There will be no name or trace of infection or illness, and they will leave their old physical costumes for new ones as per their will. After leading such benevolent lives for two Ages, human souls begin to forget themselves and search for ways to re-establish a bond with the Supreme Source of all Goodness. When sovereignty over the self is lost, human beings are more and more attracted to body-consciousness and become subservient to its manipulative influences; one's *drishti* or vision is pulled towards the skin (body), which becomes a breeding ground for impurity and weaknesses. This leads to a drastic change in how people live and what they eat, and they go against the universal laws of peace, love and regard for nature and humanity. The rise in diseases and contagious infections are a result of this violation of the elements. No one

would have imagined even in their dreams that a micro-organism like COVID-19 would spread so rapidly from China in just 3 months to infect more than 1.2 million people as of 4 April 2020, without distinction of socio-economic status or race or religion...

In order to remain strong and victorious over these numerous challenges, we have to resolve to return to ***Gun Gobind Gayo*, that is not only sing praise of the Supreme's virtues, but re-align ourselves with our original cleanliness, peace, love and purity.** Let's use this time for introversion, contemplation, and distancing the self from waste and mundane activities. Just as fervent followers of *Bhakti* spend a month's time every year performing elevated rituals/actions, observing silence, and partaking of only *sattvick* food and/or fasting, **let us see this isolation as nothing new for the residents of this great land of Bharat. It is time to channel our attention towards elevated thoughts, forge a loving connection with the Almighty, draw in spiritual power, and thereby eradicate all negative karmic accounts through the Fire of Yoga.**

As we make the most of this time in Tapasya, we also express gratitude to our Governments, Medical Fraternity, Law-Enforcing Agencies, and Transportation Sectors for continuing to work tirelessly for the benefit of the nation. Om Shanti,

—**B. K. Nirwair**

HEARTIEST HOMAGE TO THE DIVINE ANGEL, LATE DADI JANKI JI



– B.K. Prabir Kumar Bose, Bhubaneswar

I still remember some years back when for the first time I had been to Shantivan campus of Brahma Kumaris, Abu Road (Raj.) to attend a conference. It was to be inaugurated by Dadi Janki, the then Chief of Brahma Kumaris, in the Diamond Hall just after the *Murli* class. But, at the end of the *Murli* class, it was announced that due to ill health, Dadi Janki would not attend the conference. I was disappointed as this was my first opportunity to see her in person.

I had heard a lot about Dadi Janki - the legend, the divine walking library of a spiritual organization established by Incorporeal God Father, Supreme Soul Shiva. The conference started as usual and after half an hour or so, suddenly, it was announced that Dadi Janki was coming. The announcement was not yet over and I could see a white angel coming to the stage on a wheelchair pushed by a B.K. sister (later, I learned she was B.K. Hansa) and went round the gigantic stage waving her hand. I was simply mesmerised and momentarily became spellbound, as something miraculous began to unfold within me. I could feel very powerful vibrations coming straight from her and making me vibrate in unison. One simple tiny lady in white on a wheelchair going around like a nobody but with the guts of a million elephants put together, astonished me. After some moments, she took her seat. Then, the words – *Om Shanti, Om Shanti, Om Shanti* – came out from the very core of Dadi Janki's heart, creating vibrations amongst all the spiritual beings



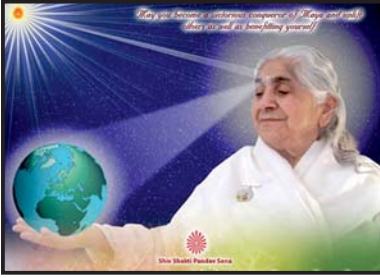
present in and around the Diamond Hall, and resonating the entire atmosphere. I was so charged that I started trembling and melted into tears of joy. Thereafter, on several occasions, I have seen her at Shantivan and very often through the Peace of Mind channel, telecast on television.

These interactions with the divine Dadi increased my thirst to experience her sweet, pure and transformative spiritual vibrations more closely. I wanted to see the Absolute in her as I felt only she could lead us from darkness to light, from ignorance to wisdom, from sorrow to bliss, from insincerity to sincerity.

Dadi Janki was a spiritual teacher in true sense. She could transform souls merely by her existence. She represented a practical yardstick to measure whether one is in the spiritual paradigm or not. She was like a mirror to many souls; seeing her we could know what we are at present and what we could become. Dadi Janki lived constantly with peace, love and happiness, and transmitted these qualities by drawing from an inner source and radiating them into the world.

With these words, I pay my heart-felt homage to the most loving divine angel, Dadi Janki, for enriching us with divine qualities, for our all round development and for making us know the tact of living a disciplined spiritual life. ❖

When you begin to trust yourself people will start trusting you.



LATE DEAR AND REVERED DADI JANKI JI: A LEGENDARY CENTURION WITH GRAND STATURE AND ASCENDING DIVINE GLORY

–Dr. Brahma Kumar Yudhisthir, Ph.D.,
Associate Editor, Shantivan &
Associate Professor (Education),
Madhav University, Pindwara (Raj.)

Born on 1st January, 1916 in Sindh (Hyderabad), in undivided India (now, in Pakistan), Dadi Janki Ji, the former administrative chief of the world famous women-run Brahma Kumaris socio-spiritual institution, left her mortal coil on 27th March, 2020 at 2.00 A.M. after a long, inspiring, ennobling and effective innings of spiritual socio-services to the world at large and thereby helped in world-transformation through imparting of God's spiritual knowledge and Rajayoga education to lakhs of human souls, which gave them self-realization and God-realization and led to their ultimate self-transformation. It is high time to highlight her sterling personality traits and attributes with a view to paying her a glorious tribute and also inspiring our readers and new comers by acquainting them with these, which are as follows:

Early Inclination to Spirituality

Quite disinterested in worldly school education, Dadi Janki was deeply inclined to spirituality, study of religious books and scriptures like *The Gita*, and meetings with saints and sages (*Sadhus*) and was in search of God. She came in contact with *Om Mandali* and met Dada Lekhraj (later named as Prajapita Brahma Baba), who introduced her to the knowledge of soul, and Supreme Soul and practice of Rajyoga meditation. Later, she joined *Om Mandali*, regularly studied *Murli* and practised Rajyoga meditation and got self-realization and God-realization. Brahma Baba

was highly pleased with her spiritual efforts and inspired her to do greater service to the humanity.

Initial Service as a True Nurse and Teacher

She started serving the humanity by nursing the sick and teaching and training the children about spiritual knowledge and meditation at the children training Centres (Boy Bhawan and Baby Bhawan) of *Om Mandali* in Karachi. She did all these with love, dedication and commitment and won the heart of Brahma Baba. After shifting of the institution to Mount Abu (Rajasthan, India), Baba sent her to Bombay (now, Mumbai) to employ and utilize her experiences of teaching and training to the larger public. There she reached out to temples, railway stations and hospitals for rendering the spiritual services to the spiritually ignorant people. In 1952, Baba sent her as the only woman orator to All India Saints' Conference at Amritsar, a gathering of 250 saints and 10,000 public, where she mesmerized them with her powerful and enthralling spiritual speech. Then, Mamma sent her to serve Poona where she came in contact with B. K. Rajni Mata, who became instrumental in helping her in foreign service later.

Embodiment of Economy and Ekanami

She was the embodiment of economy in the sense that in Bombay centre she maintained the daily expenses with only four *annas* (a rupee consists of 16 *annas*). This shows her utmost

Two persons associate with each other as their approaches are similar.

simplicity in food, dress and way of thrift and frugal spiritual living, which was an indelible mark of her “simple living and high thinking” of a practical saintly life. The sense of economy and simplicity was quite prominent in her long career of global spiritual service and she nourished and continued this sense even till her last breath.

The term '*Ekanami*' means 'sticking to one name' that refers to one name of God Father 'Shiva', which she utters in her every speech as exemplified in her utterance of three '*Om Shanti*': first '*Om Shanti*' refers to “Who am I?” and the answer is “I am a soul”; second '*Om Shanti*' refers to “Who is mine?” and the answer is “God Father 'Shiva' is mine”; and third '*Om Shanti*' refers to “What have I to do?” and the answer is “Doing of Godly service”. In this manner, she completely focused her keen attention on the only God Father 'Shiva', and is, therefore, called '*Ekanami*'.

Dadi's lifelong focus had been to align her mind and heart to God's will and purpose. She experienced God as a source of pure love and wisdom, and had made those qualities the foundation of her life. This spiritual strength enabled her to be a beacon of light in the lives of many others in utter darkness of ignorance.

Divine Instrument of World Service

In 1971, a delegation consisting of five members including B.K. Jagdish, Dadi Ratan Mohini, B.K. Ramesh and two others, went to London for starting foreign service; they stayed at the house of B.K. Rajni Mata and B. K. Murlu Bhai and delivered the message of God's descent, spiritual knowledge and Rajayoga. Dadi Janki was initially unwilling to go to foreign country for service due to her ignorance of English language. But, Baba convinced her saying: “When Baba is sending you, He is also giving power and offering quality at the same time. People are neither good nor bad; their

thoughts and habits are either good or bad. Good souls can change or transform them. We have to light the lamp of spiritual knowledge and meditation and thereby enlighten them.”

In 1974, under the inspiring support of Didi Manmohini, Dadi Janki put her feet in London, passed through many teething troubles during the initial days of service with her patience and perseverance, her sacrifice, renunciation and meditation, and later established Centre there with help and cooperation of Sister B.K. Jayanti and her family. Dadi later became the strong spiritual force and finally emerged as the most powerful divine instrument of worldwide foreign spiritual service spanning over 140 countries in all continents.

Language was no bar for her because she understood the thoughts, emotions and feelings of the human souls. She continued to serve the foreign lands for 40 years before she came back to India as the Chief of Brahma Kumaris in 2007 after Dadi Prakashmani, the then Chief, left her body.

Dadi is, in fact, called the most travelling lady due to her wide and frequent travel to many foreign lands for delivering spiritual service and informing about God's divine plan of world transformation.

A Unique Enlightening Soul

A unique enlightening soul, Dadi had promoted inter-religious understanding and co-operation through interfaith dialogue throughout her life and enlightened human souls of various cultures, languages, religions, faiths and sects. With her discerning and penetrating eyes, she could see the inner souls in them hidden under the outer covering of body, the physical costume, and perceive the world as a vast One-World-Family with her broad global vision, which impel her to work for the establishment of “a world of unity in diversities” on the basis of the unique

principles of 'Peaceful co-existence of diverse people', 'Universal brotherhood of Man' and 'Fatherhood of One Incorporeal God Father Shiva'.

A Prismatic Personality

Just like many facets of a prism dazzle, her divine qualities, powers, values and virtues also dazzled, thereby creating an all-embracing aura around her physical body that attracted people to her. She had a magnetic attraction for all; whenever she entered in a meeting hall or appeared in a vast gathering, people gave standing ovation to her being impressed by her charismatic and prismatic personality based on her inculcated virtues. In fact, she was the embodiment of many values and virtues such as peace, bliss, happiness, purity, simplicity, integrity, nobility, humanity, love, truth, justice, kindness, forgiveness, courage, endurance, tolerance, etc. People perceived, felt and experienced these values and virtues, exuding from her and creating an amiable atmosphere just as cool or hot physical vibrations create the atmosphere of winter or summer.

A World Mother

She was a world mother in true sense of the term as she loved, cared and nourished the human souls with a motherly heart and spirit. She could sense their needs and aspirations, feelings and emotions, and, in this way, touched their hearts with her satisfying words, amiable facial gestures, queries about their personal welfare, which overwhelmed them and spontaneously bought out from their mouth the most endearing address for her as "Dadi Maa", a loving gesture of them equaling her endearing love for them. In this way, she and they had developed a mutual filial communication and communion among themselves, which surpassed even the sense of affinity among the blood relations. Dadi gave them the feeling and

experience of "belongingness" just as a mother gave this to a child of her own.

Glorified the Terms 'Janki' and 'Janak'

The terms 'Janki' and 'Janak' are ascribed to the Hindu mythological epic *The Ramayan* in which the name 'Janki' refers to Shree Sita, the spouse of Shree Rama; and the name 'Janak' refers to the King of Videha, father of Sita/Vaidehi, the daughter of the King of Videha. In spiritual knowledge, every human soul is symbolic of Sita, who is under the control of Ravan, the symbol of five vices like lust, anger, greed, attachment and ego. God Father Shiva, the sole Liberator and Redeemer of human souls, is the true Rama, who is instrumental in liberating and redeeming every soul or Sita, who can release herself from the vicious clutches of devilish Ravan by remembering only one God with true devotion and dedication to Him only.

The King 'Janak' is the embodiment of detachment as he was known for conducting all affairs of the kingdom and family life in a detached spirit with the spiritual knowledge of soul, which he attained from the sage Ashtavakra and implemented in his practical life.

Dadi glorified the both the terms or names of 'Janki' and 'Janak' by being devoted and dedicated only to Incorporeal God Father Shiva and also being completely detached from all even while serving all.

Apple of Eyes of BapDada

She was the apple of eyes of *BapDada* – God Father Shiva, the *Paralaukik Parampita*, and Prajapita Brahma Baba, the *Alaukik Pita*. Her unique simplicity and devotion as a true child, her commitment and dedication as true server of the world, and her keen and concentrated meditation, won for her the love, boons and blessings of BapDada, who were always at her call and command just as a loving and endearing father presents himself to respond to the

We'll fail to reach our ultimate destination if we stop by the side scenes.

desperate call of a child in order to fulfill his/her need and demand. She always felt God's presence by her side.

Ennobling and Inspiring Experiences of the Institution

Her ennobling and inspiring experiences of the origin, growth and development of the Brahma Kumaris Institution through many trials and tribulations inspired many souls because the manner of her narrative and presentation of facts had her own unique touch of simplicity, disarming nature and straight forwardness. She narrated various incidents and events of the institution, her experiences with Brahma Baba, senior Dadas and Dadis and fellow servers, which touched the hearts of many and attracted them towards it for surrendering them and rendering their service.

Most Loved, Honoured, Regarded and Awarded Person

Her personal charisma and lifelong spiritual service attracted many world leaders, saints and sages, who loved, honoured, respected, regarded and bowed their heads before her. She won many awards for her service to the cause of spirituality, mediation, universal brotherhood, women empowerment, world-transformation, etc. Some of the major awards and honours, she was adorned with, are as follows:

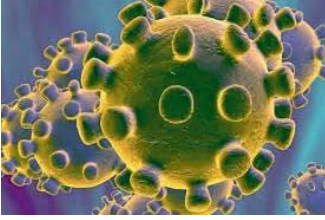
- i. In 1997, the Janki Foundation for Global Health Care was established and launched in her honour in London to care for and nurse the sick, thereby aiding the healing of not just the body but also of the soul.
- ii. Honorary Degree of Doctor of Literature by Gitam University on 20th August, 2011.
- iii. Ambassador of Cleanness Campaign of Indian Government.
- iv. Lifetime Achievement Award by Savitribai Phule Pune University for spirituality
- v. The first Noble Award, 2018 for "World Peace

- Brotherhood" and "Women Empowerment".
- vi. Dr. APJ Abdul Kalam World Peace Award by All India Council of Human Rights, Liberties & Social Justice
- vii. The 2005 Courage of Conscience Award to promote the causes of peace and justice, non-violence and love
- viii. Described as the 'Most Stable Mind in the World' following tests conducted by the Medical and Science Research Institute at the University of Texas, USA in 1978.
- ix. A Patron of the World Congress of Faiths and a member of the Global Peace Initiative of Women Religious and Spiritual Leaders
- x. On April 17, 2017, National Human Rights Organisation, Delhi, had conferred "International Mother Teresa Social Service Award" on her for promoting Indian culture and human values in the world.

A Legendary Centurion with Grand Stature

In fact, late Dadi Janki was a legendary centurion of 104 years old with grand stature and ascending divine glory. Her charisma, stature and divine glory grew as she continued to serve the world eagerly and untiringly with growing age. A great soul encased in a small physical figure, she really maintained her grandeur and glory as she was really an epitome of human and spiritual values that are needed to usher in a heavenly world upon the planet earth. She practically demonstrated the incognito God to the world at large through her divine qualities and service to the mankind by justifying the off-quoted saying: "Service to mankind is service to God." Her published books are: *Wings of Soul*, *Pearls of Wisdom*, *Companion of God* and *Inside Out*. It will be our best tribute to her if we can inculcate her qualities in us and serve the people of world like her. *

People keep their trust not in a cunning but charactered person.



THE OTHER SIDES OF NOVEL CORONA VIRAL DISEASE (COVID-19)



– B.K. Bharathi, Begur, Bengaluru

It is rightly said, "From bitterness of disease man learns the sweetness of life." Today, millions of people in the world are in isolation to fight against the novel Corona Viral Disease (COVID-19). Some are quarantined by the health authorities. The Governments of almost all nations in the world are bound to lock down the cities of their respective country to prevent the spread of COVID-19 as a preventive measure, according to the off-quoted saying: "Prevention is better than cure."

In India, the very first day of lockdown was completely successful but, ultimately, it has been extended for 21 days more as a part of further precautionary measures; it may be extended further after viewing the situation. Initially, the sudden lockdown was something new to public but, gradually, the people understood the health-related benefits due to lockdown; most of them followed the rules and regulations as a part of extending their full cooperation to the local government bodies wholeheartedly because at this moment safety and security are their inevitable and utmost priorities.

Away from the hectic schedule, people became restless; most of them started experiencing boredom in life because they were not used to such relaxing lifestyle. It is, now, absolutely accurate time to make them understand the value of this free time during this lockdown.

Now, let us come to the point: what are the other sides of this threatening COVID-19, which has shaken the entire world?. At this point of time, we can be positive or can use this period of

our house arrest in the best possible and positive ways.

This is the actual period of perfect family time; it is the best time to utilize with our near and dear ones with whom we were not able to connect though staying under the same roof. We must take some moments to appreciate those, who are around us. Let us recall childhood memories of each family member. It is an opportune time for playing with family and children, which will increase the physical activities of both children as well as parents; it is a chance to share and discuss important issues with the family members and children, such as the methods of saving money, saving energy, time management, teaching them life skills, giving respect to elders, etc. Now, it is also an excellent golden opportunity to have proper face-to-face conversations to share joyful moments, which were long pending. The other issues are: teaching children about their responsibilities towards the nation as good citizens, towards Nature, towards their studies, towards society and towards their younger ones and mainly guiding them for their future career, which seems to be very tough in such period of crisis.

It is also the golden opportunity to understand and realize that the senior citizens are the backbone of each family, to share your life experience and discuss your problems with them to take their advice, which will definitely reduce personal tension at the moment of helplessness; it is also the golden chance for all of us to offer selfless services wherever needed.

Knowledge is not a matter of mere interpretation but of intuition also.

Speaking more of the other sides of the COVID-19, there are also drastic changes in outer Nature also; the atmosphere has become pollution-free due to reduction of vehicles running on the roads. At the same time noise-pollution has become greatly reduced and has given a big relief to the over-crowded cities.

I got an opportunity to chit-chat with a police officer known to me; he disclosed the good news that the crime rate has definitely come down due to complete lockdown and robbery rate is, now, is a cypher as most of the people are at home due to house arrest. It's, really, a sign of big relief.

When I went out in the market, I was, really, happy to see the discipline among the security guards; they were well equipped with self- cleanliness, by wearing masks, gloves, using sanitizer every now and then. The public maintained social distance by obeying the rules patiently, which is the urgent need at this threatening period.

In conclusion, I, personally, feel that this is a golden opportunity to express our values-based life and spirituality in our daily life. We have to learn and prepare ourselves how to face such situations in future too and how to overcome them with positive attitude. Spirituality gives inner strength to face these situations and problems; so, let us make spirituality a part of our life. Also let us give some time to speak to our own self and to God, the Supreme Father, with full trust. He will definitely take care of His children. ❖

Morning Musings & Night Notions



“Science is not only compatible with spirituality; it is a profound source of spirituality.” – Carl Sagan

“Believe in your infinite potential. Your only limitations are those you set upon yourself.” – Roy T. Bennett

“No woman wants to be in submission to a man, who isn't in submission to God!” – TD Jakes

“Dare to love yourself as if you were a rainbow with gold at both ends.” – Author-Poet Aberjhani

“It does not matter how long you are spending on the earth, how much money you have gathered or how much attention you have received. It is the amount of positive vibration you have radiated in life that matters.” – Amit Ray

“We are all connected: to each other, biologically; to the earth, chemically; and to the rest of the universe atomically.” – Neil DeGrasse Tyson

“We are not human beings having a spiritual experience. We are spiritual beings having a human experience.” – Pierre Teilhard de Chardin

“How hurtful it can be to deny one's true self and live a life of lies just to appease others.” – June Ahern

“What you are is God's gift to you, what you become is your gift to God.” – Hans Urs von Balthasar

“Only those, who love God and are fond of spiritual study, can become soul-conscious. They will talk less; their manners will be royal; they will remain in intoxication that God is teaching them.”

–God Father Shiva



Saying less words with more meaning is a true sign of wit and intelligence.

Contd. from March, 2020 Issue

THE INNER WAR AND THE INCOGNITO VICTORY

– B.K. Girish, Bengaluru

I remember vaguely that, long ago, the then world champion Tyson defeated Micheal Sphinx in the game of boxing in the first few seconds! He had flattened the opponent on the floor in 23 seconds. But, Tyson was not unbeatable. He was later defeated in other fights by different opponents after several rounds.

Baba also says, “This (Brahmin life) is a game of boxing. If you hit one, *Maya* will hit back and it goes on.” This happens only to those, who take the courage of landing in the ring. The game goes on till the soul leaves the body. For those, who don't want to play and prefer to remain within their own carved-out comfort zone, there is no boxing at all.

The centre of the eyebrows is the greatest boxing ring. The fights in it decide one's fate or destiny. What is the fun in getting wounded or floored often? It is time to win. When the coach is none other than the Almighty, what is the problem and why should one doubt in one's ability?

The question is how to land the punches! It is easy to see a Tyson handing out punches on the face of the opponent. But, this inner boxing is invisible.

A weak, negative or an impure thought popping up in the mind is none other than an opponent trying to put a punch. My own weakness – notoriously known as *Maya* – is doing this job. This could be due to multiple reasons, including old *sanksaras* as well. I need to realize that this is going to trouble me to no end. So, I need to tell the mind, my friend, lovingly and strictly this is not what I want or

need; this is not mine at all. Listen! No such thoughts please and direct the mind to engage in some meaningful thinking or deploy yourself in a right activity. This is me putting a punch, thereby nipping the negative thought in the bud.

Sometimes, storms arise; but, there is no need to fear or get panicky. Just, I have to wait, organize my thoughts again and stand up to put a few more “positive, soul-conscious thought” punches. It is strange that a hero on a screen will always feel strengthened after wiping a few drops of blood from his lips. The secret is to never get afraid or disgusted of them. After all, I am the winner; with this faith, I have to get along with the daily business. I discovered that when I overcame this fear, I had no other fears of any kind, whether it is coming from human beings, animals, death or failure.

A pure, positive and soul-conscious thought has tremendous force and strength. On the contrary, impure, negative and body-conscious thoughts and attitudes are only a bundle of weaknesses, which I often mistakenly think to be powerful and thereby get overwhelmed by them. This is a pitiable illusion.

The Power of Faith

Get rid of self-doubts and fear; Have patience and courage till the result is tangible. If there is a little faith in the self; then, have it in the Almighty. Situations do try to shake our faith. But, faith means faith. Even if there are ups and downs, don't get disappointed. The Brahmin life is all about having faith in Baba. It works and really works wonderfully well.

In the beginning, I was foolish enough to think, thus: “I know my strengths and weaknesses.” I further decided to lead “my life” based on my so called “strengths” and keeping “weaknesses” under check. It turned out that I was an idiot of highest order. Where is the question of this “my life”? This life is His! Further, He, but not me, knows my strengths and weaknesses. He, but

Work is worship and in itself a reward for one, who works hard.

not me, has seen my past, present and future. He knows the battles I win and the skirmishes I may lose in future as well. He knew all these things and selected me. Because, He has already seen that I am the ultimate victor.

Do Something, Get Everything

Many questions arose in the beginning and in the middle. Whether the way I am doing the Rajyoga meditation (Godly remembrance) is



really on track? Whether my efforts are going in the right direction? Have I understood the point really correctly? And if yes; then, how much? And there could be many.

Do something sincerely in the direction of efforts. Do not brood over this and many other points endlessly. As I take my first step forward, I realize that even God is also “desperately” waiting to take me through another one hundred steps. It apparently looks as if He is more eager to make me perfect. This clarity keeps coming with every bit of my efforts I make.

People keep asking questions, similar to what I would ask myself in those stormy days: what should I do for this and what should I do for that? How should I do this or that? How to tackle this issue or that problem? Even God's many answers never satisfied me. It was simply because my mind and intellect were, then, in a

mess. It also happens sometimes even now. If only this thing called “life” was so simple, any computer would have rolled out enough solutions in a split of a second. The situation in life is not a like a mathematical formula in which you prove $(a+b)^2 = a^2+b^2+2ab$. The situation keeps changing and only I could be the best judge of my life. Better than me, God is the best Being to decide for me. But, I need not have to wander for certain “tailor-made” answer that suits my twisted intellect at that time! I need to realize that there is no standard solution for any given situation. I need to find out the best one. There can be more than one best ones.

I need not have any self-doubt. Because, He has taken the onus of making me perfect and take me with Him in this last leg of the amazing journey of 84 births. I get everything in this leap hour to make the last moments of this event – call it a journey, a game or a war or still better – the most romantic moments with the most Beautiful Being of the Universe, which is the most satisfying, contented and fulfilling one.

The Ultimate Source

If a question has to be answered, a doubt needs to be cleared; just pick a *Murli* and read it to clear that doubt. *Murli* contains everything. It has answers, medicines and food for any situation and for any soul. The points I need, now, are long before written in the *Murli* for my contemplation and inculcation. That is why *Murli*s are called Godly versions. O God! You are really great!

I see that love for *Murli* in everyone increases my own love for *Murli* all the more. It has the melody, charm and secret. So blessed I am to hear or read these choicest words meant for me. While it's a miracle or oracle on hand, it is also an amazing love letter, reading of which will only make you read it again and again.

(To be Contd....)

Remember that the ultimate protection from all evils and illusions is God-communion.



TAKING SPIRITUAL INSPIRATIONS FROM THE MOTHER EARTH



–B.K. Viral, Borivali (West), Mumbai

April 22nd is celebrated as the 'World Earth Day', which provides us with an excellent opportunity to take some wonderful spiritual inspirations from the Mother Earth!

The Beauty of Virtues!

The earth, being one of the 5 elements of Nature, always gives. Indeed, that's why we call the earth as the Mother Earth. Similarly, let's also continue the flow of our generous to giving all!

The earth provides a place for us to live and it also sustains all. Similarly, let's also accommodate all and allow everyone to live freely in a spirit of peaceful co-existence alongside us. Let's also become life-giving, i.e., help others in sustaining their life and enable everyone experience their original virtues of peace, love and happiness once again!

Astronauts say that the earth looks very beautiful from the space. And, indeed, the earth is really the most beautiful of all planets. Hence, let's inculcate the inner beauty of virtues, which automatically inspires others to live their life in a similar way!

From the space above, the earth looks like a big ball suspended in space i.e., as if it's very light. Similarly, let's also become very light within, by doing the following:

- Giving all our burdens and worries to God
- Remaining in very light experience of being a soul
- Remembering that life is like a wonderful game; hence, we should not take tough

situations too seriously. God is with us and we're following His elevated directions; hence, everything will be good and only good!

The Magic of God's Love!

The earth is surrounded by a magnetic field all around. Similarly, let's remain enveloped by and engrossed in the magnetic energy of God's love!

The earth keeps revolving around the Sun. Similarly, let's keep our mind revolving around (i.e., remembering) God, the Supreme Spiritual Sun, who's the Unlimited Source of Spiritual Light, Energy and Powers.

The earth keeps rotating on its axis. So, let's keep remembering the points of our elevated self-respect as shared by God, which are as follows:

- I'm a unique and special soul, with numerous specialties.
- I'm God's child, master of all His qualities, values, virtues and powers.
- I'm a divine soul.
- I'm God's angel, sharing His blessings with all.
- I'm a victorious jewel.

To become like the *earth*, let's become free from thinking waste and useless thoughts (*Vyarth Soch*)!

The earthen pots in the kitchen naturally keep the water within them cool. Similarly, let's also become very cool and calm from within by remembering the following:

- We should always remain in the awareness that 'I'm a peaceful soul'.

Belittling other's sect and faith will kill the sense of humanity in us.

- Even if others speak ill, we should understand that they're not saying to us but just reflecting their inner disturbed state of mind. And they're in a state of more pain. Hence, to relieve their pain let me share my peace with them!
- Even if tough situations come in life, we should understand that they've come to make us strong. And even these times will pass away.
- The situations and people don't create my response, but I'm the creator of every thought. Hence, by empowering our mind through spiritual knowledge and practice of Rajyoga meditation, let's remain protected from the negative influence always, thereby being able to positively influence the world around us!

Building Harmonious Relationships!

Indeed, the earth is burning in the fire of vices and weaknesses today. Hence, let's become like those divine angels, who soothe the hearts of all with their cool and calm temperament!

The earth's air consists of 78% nitrogen and 21% oxygen. Hence, let's become like oxygen for all (i.e., help everyone experience their original virtues of peace, love and happiness); and, then, this acts as the nitrogen for us (i.e., their blessings boost up our state of mind immensely!)

The planets in the solar system are millions of kilometres away from each other; yet, they are collectively called 'The Solar System'. Similarly, even though souls around us may have very different *sanskars* and preferences, let's accept this as one of the beauties of the drama of life, and live in "harmony and unity" with all!

The fertile land of earth allows us to grow lots of crops, thereby providing us with food. Similarly, let's make our mind so fertile that it easily inculcates God's spiritual knowledge

within. This allows us to very easily keep 'sustaining' and 'nurturing everyone around us with a lot of love.

The earth provides us with lots of fuel and minerals. Similarly, let us also remain full of useful points of spiritual knowledge, inspirational experiences, etc., which benefit and make 'others' lives better'!

The Beauty of Spirituality!

The earth has the power of gravity, which pulls everything down. Hence, let's remain grounded always. Also, let's detach from the consciousness of the body by considering ourselves a soul in order to remain in a 'flying state' in the experience of our meditative state and original virtues always!

The earth is like our workplace, and the metaphysical Soul World (*Paramdham*) is our sweet home. Hence, after getting free from work, let's also spare some time for experiencing the powerful silence of the Soul World, which recharges us fully for the activities ahead!

Today, all the five elements of Nature are polluted. So, let's open up our hearts and minds and radiate powerful vibrations for healing the Nature and our surrounding environment. Indeed, this would be the 'biggest tribute' to Mother Earth, which has served us selflessly for thousands of years.

Conclusion

Hence, this time on the occasion of International Mother Earth Day, let's inculcate the divine and life-giving properties of Mother Earth and keep nurturing everyone around us with a lot of love. And, for that, we should first experience the divine love and sustenance that God is offering us, which automatically radiates all around, and thereby help in creating the divine land of *Satyuga* once again upon the earth! ❖

True friends are very rarely available and often unforgettable.

THE SERMON ON THE MOUNT ABU

– B.K. Surendran, Bengaluru

It is said that Jesus Christ delivered the Sermon on the Mount Galilee in Jerusalem in the 1st century. The audience were mostly fishermen and shepherds. It is based on those sermons and other utterances of Jesus Christ and his disciples that the New Testament portion of *The Bible* was later compiled.

His very first statement on the Sermon on the Mount was: “Blessed are the poor in spirit, for theirs is the kingdom of heaven” (Mathew-5:3). When one's spirit or soul is filled with attachments towards persons and things of this world, his happiness will be short-lived as they are all temporary. On the contrary, if one's attachment is towards God alone, who is the permanent source of security and happiness, such a person is blessed and happy even now, and will also inherit the heaven that will be re-established on earth in its stipulated time. Interestingly, this is what the concluding portion of *The Bhagavat Gita* (18:65, 66) too says: “With your mind fixed on Me, be My devotee; renouncing all types of *dharmas*, take refuge in Me alone, I will liberate you from all sins.” It is true that Jesus Christ spoke of heavenly God Father for the first time. But, he did not give the introduction of Heavenly God Father, His abode, His attributes and personality traits and how to reach Him. What Jesus spoke was mostly about the need of each one being humane in their dealings with one another. (Mathew-19: 16-19)

But, something very important happened in India in the first half of 20th century. In 1936, God Father descended in the body of Prajapita Brahma and started His sermons in front of mostly female children. He had explained that He is not a bodily Being as human beings. He is

an incorporeal self-effulgent light, who will not come in the birth and death cycle. And His revelations were unique, unprecedented and incredible. His versions were authoritative and emphatic. He declared that He is descending from the metaphysical Soul World (*Paramdham*), which is beyond the outer space, where the light of sun, moon and stars cannot reach; where the souls, tiny point of immortal lights, stay in dormant stage.

The souls come from *Paramdham* into this physical world and into mother's wombs where they get a female or male body and, in delivery from mother's womb, each soul comes to this world to play its parts. All the souls are playing their parts wearing a physical body. The life is governed by the Law of *Karma* that every soul performs in day-to-day life. He announces precisely that He is the Supreme Eternal Father of all souls of all religions. He has descended to establish the Ancient Deity Religion (*Adi Sanatana Devi-Devata Dharma*) along with one World Kingdom. He reveals the true knowledge of Creation, knowledge about His personality and the personality of the souls. The World Drama is divided into four Epochs or Ages – The Golden Age, Silver Age, Copper Age and Iron Age. He descends in between the end of the Iron age and beginning of the Golden Age. During this Age of Transition, He descends and ascends to His abode of *Paramdham*; hence, this period is called auspicious Confluence Age. As He descends He reveals that He is the Supreme Teacher, Supreme Preceptor and Supreme Father of all.

He also announces that He has established the deity religion based on education that He imparts to the souls and He purifies the souls through His spiritual power. The souls remember Him in a state of soul-consciousness. He empowers the souls with the Godly knowledge and Rajayoga. So far more than 10

Nourish and nurture your own qualities; they can sustain you in life.

lakh souls have recognized Him and have been undergoing training of spiritual of knowledge and meditation imparted by Him. He is preparing souls to leave their body on their own, conquer over the vices and win over death. He openly announces that He has descended to take all souls back home to the Soul World above.

Right from 1936, the sermons are delivered constantly even after Prajapita Brahma left the body and rose to angelic stage, and this delivery still continues. Many souls are getting prepared to leave the body on their own as a natural process on attaining the stage of total perfection. The old Iron-Aged world will perish in its own sinful acts. The natural calamities, World Wars and civil wars will hasten this process to its logical conclusion. After that, the process of emerging of the Golden Age will start.

This sermon is punctuated with clarity, authority, certainty and accompanied by power of God to translate it into practical wisdom and into incredible spiritual powers. He is training the souls to rise to a higher level of spirituality. And, thus, the souls become part of a master mind alliance and a formidable force to bring about the establishment of a new epoch. He has already taught the *Brahmavidya* and *Rajavidya* to these souls, who are now qualified to start a new epoch. Shree Krishna is the first Prince of The Golden Age, who becomes Narayana after coronation. The soul of Shree Krishna is the first student of God and the sermons of God was first taught to him. And thereafter through the Golden and Silver Ages, the souls transmigrate into the Copper Age where the sermons of *The Gita* were written being recollected from the memories of souls. Some of the scholarly souls through intuition and dreams wrote *The Gita*.

The life on earth has come to the extreme point of degradation and, now, is poised for a major destruction. After the destruction, a world

of plenty, pleasantness and peace will emerge. The people, who have been taught by God, will take over the reins of the world where only the *Adi Sanatan* religion will exist. All other religions will disappear. Those religions will again appear on the world scene after the Golden and Silver Ages. Then, all the founders of religions will start coming; until then the souls of these religions will rest in peace in the world of silence - *Shantidham* – where God abides.

After writing *The Gita*, they believed Shree Krishna, who was in the Golden Age, to be God of *The Gita*. So, the Supreme Incorporeal God, who cannot be seen with our gross eyes, could not be conceived to be the Sermonizer of *The Gita*. Hence, the deity Shree Krishna is projected as the Sermonizer of *The Gita*. In fact, the knowledge of *The Gita* was first given to the soul of Shree Krishna after 83 births in the body of Dada Lekhraj (later known as Prajapita Brahma), who was an ordinary human being in whose body God descended and started revealing the secret of Creation, the true introduction of soul and the personality of God, His abode, the philosophy of *Karma*, the Law of Cause and Effect. He openly declares that the human beings are drowned in quagmire of superstitions, false beliefs and blind faith. *Shiva Ratri* is not the dark period of God but is the dark period of human beings. As God descends in the body of Brahma, who is really the soul of Shree Krishna, God educates Brahma along with many other souls to qualify them with virtues and powers in order to enable them to reign as self-sovereign deities in the Golden Age.

Shree Krishna's soul, who is now Brahma, had an outstanding performance and he passed with distinction. He later became Shree Narayana, the first World Emperor. He announces that in the Golden and Silver Ages there will be no demons like Kansa or

Duryodhana or other demons (*asuras*). When the deities are in the Golden and Silver Ages, there would be no evil forces in the world. It is after the deities fall from their exalted position of purity and deityhood, the evil forces enter the life of souls, who become vicious and, then, impure and disorderly life starts in the world. Shankar is a deity among the Hindu Trinity, who is projected to be Shiva. But, Shankar is a subtle deity, and God Shiva is a point of light. From the Copper Age people became worshippers. When they came down to end of the Iron Age, the Kings lost their Kingdoms and the power was taken over by the subjects, and, then, various other forms of governments such as the democracies, dictatorships, autocracies and so on came into being and operation.

As the subjects became the rulers of this world, slowly and slowly, anarchy, violence and peacelessness started spreading in the world. The Supreme God is represented in the form of *Shivalinga*, which is the flame form of self-effulgent image of God. The present time is the darkest period of the humanity. God is always a self-effulgent divine light having spiritual might. He is the Ocean of Knowledge. Shankar is not Shiva. Shankar is a subtle deity, who is shown in meditation posture, engrossed in the remembrance of God. It is one of the greatest distortions, perversions and wrong projections, which has resulted in wrong belief that Shankar is the Supreme God. These false beliefs have driven away the humanity from the Supreme God. The sermons, unambiguously, authoritatively and emphatically, reveal the following mind-boggling points of knowledge for the members of the humanity to follow:

- i) All the human souls, irrespective of their religions and beliefs, are my spiritual children.
- ii) I descend only once in 5000 years at the end of the Iron Age and beginning of the Golden

Age to reveal to humanity that the spell of 5000 years is drawing to a close and all souls should prepare to return to Soul World where I am abiding, which is also known as World of Silence, Supreme Abode, *Shantidham*. I have come particularly to take you all souls back home.

- iii) I am an incorporeal self-effulgent light, so are you souls, my spiritual children – immortal, divine points of light. You descend to this mundane world and enter into mother's womb to take a male or female body, which becomes your costume to play your part on this world drama stage.
- iv) The old world is on the verge of destruction, which will soon be hastened through world wars, civil wars and natural calamities.
- v) Now, I have descended upon this world. Now onwards, you must remember Me and Me alone. I am God of gods. Through my remembrance, you will be purged of sins of your many births and I will empower you to fly away from this mortal body and reach your original abode of peace. Only your connection with Me or remembrance of Me has the miraculous and incredible power to raise you to the level of deity-hood, being worship-worthy, completely viceless, righteous with the inculcation of 16 degree of purity.
- vi) I am the heavenly God Father. I do not stay in heaven. I descend from my abode of silence to the Iron Age. The heaven is not in the sky. It is very much practically on earth. I create heaven on this Bharat, which is basically the undivided and untruncated Bharat (*Akhand Bharat*). I create now man in my own image of total perfection and purity. The temples in Bharat are the memorials of those great worship-worthy people, who were very much living here. Their idols, photos and pictures are the remnants of those virtuous people.

Instilling hope and courage in others is a great act of charity.

They are the forefathers of the humanity. They are not Gods, but deities. The temples perpetuate their existence here.

vii) After my descent and revelation of the method or way of true spiritual endeavor, you can make the result-oriented spiritual efforts. I am your Supreme Teacher, Supreme Preceptor and Supreme Guide, who guides you as to how to make spiritual effort (*Sadhana*). You must remember me in soul-consciousness and concentrate your mind and intellect on my self-effulgent light form in *Paramdham*. This method or process will result in a metamorphosis in your life, you will come to get rid of all vices and all influences of five elements of Nature, and become a self-sovereign spiritual authority, by cooling down your sense organs. It has mesmerizing power to transform you.

Conclusion

The sermons of Supreme God is specific, concise, emphatic, authoritative and unambiguous. Unlike the sermons of the prophets, angels and other saints and sages, the sermons of God have a specific focus, throwing a lot of light on 'Who is Who' in various roles of the world drama, and what He expects from us and what He specifically wants us to do. When we follow the versions of God in life, we can get the amazing results. There is a sweeping transformation happening in human souls, who belong to all religions of this world. There are more than 10 lakhs people, who came under the spiritual thought current of God and are poised for becoming a mastermind alliance to radiate a wave of positive spiritual vibrations in the world. They have attained the unique power to change the negative mind-set to positive mind-set. As the heavenly God Father is the Ocean of Peace and Love, He is spreading the vibrations of His Supreme presence on those, who come in contact with His sermon to experience peace, super-sensuous joy and bliss. ❖

DO NOT ABSORB OR REFLECT NEGATIVE ENERGY, TRANSFORM IT

1. **Do not absorb:** It's easy to absorb and recreate the negative energy of others especially if we take it personally. The best workshop is watching television serials. That's where we practise getting sucked into the drama of others and recreating the emotional states of others within ourselves. And, then, when we step out into real life, we are conditioned in judging others and generating negative energy of our own towards others.
2. **Do not reflect:** If we send back negative energy, what will they do? Likely, they will send it back to us. And what will we do? Send it back to them. And so on. It's called the *ding dong* of relationships. And how long does it go on for? Sometimes years in corporate organisations. Sometimes, lifetimes in families.
3. **Transform:** Each of us has the ability to transform energy. When the child throws the angry tantrum, does the mother throw it back? No, she accepts the energy of the child's mood, receives it, turns it around, and gives back love in the form of understanding, or empathy, or support. So, if we can do it with children, why not with everyone? Someone has to break out of the repetitive cycle and what usually becomes a habitual creation and projection of negative energy. In any relationship, let us be the ones, who transform and send back positive energy.



SPINNING THE DISCUS OF SELF-REALIZATION



–B.K. Prakash Talathi, Pune

Our general knowledge and even medical science state that when male and female cohabit in relationship, a foetus is conceived in the female's womb. As the time goes, the foetus grows and develops physically and, at a right time, it starts showing the signs of life-energy taking charge of that foetus. Otherwise, it would have been just like a tumor or appendix of flesh and blood of body growing without any life-energy. So, we can say the parents create the body and, then, give it to the life-energy. When something is given to someone, he can say, 'I am that' or he will say, 'That thing belongs to me.' That is what happens with almost all of us! When we say, 'This is my thinking, this is my decision' putting hand on our chest with confidence, it is evident that we mean or refer to our 'body'. Throughout our life, we behave as if we are body. Whereas we, now, know that only the body is created by the parents but not the soul, the life-energy. The soul, the life-energy, enters that body and takes over later on.

What is body? Body is a big machine, in which many tiny machines are installed. Eyes are like video camera, which is constantly recording. Ears are like hearing aids and mouth is like a mike! Heart is like a pumping machine, kidney is like a water filter, etc. All are machines! No machine functions on its own, automatically, without energy. To function any machine, what is required is energy. Thus, the life-energy that animates the body, the machinery, and enables it to function is known in Christianity as 'soul' or 'spirit'; '*atma*' in Hinduism, and '*Ruh*' in Muslim. So, this concept of soul as life-energy is accepted in different religions too. Various religions may differ in their ideologies but on the

concept of soul they are more or less agreeable.

The above argument explains that the body is created by physical parent but the soul is not so. Now, the question arises: who is the boss – body or soul? body is made up of matter, the five elements of Nature in which 70% is water and the rest are air, fire, earth and space. In life in every moment, we think, we weigh the thought, consider its implications, pros and cons and, then, take a decision. Then, we translate it into action. Now, which part of the body thinks and which organ takes a decision? Can water think, can air take a decision? If water can think, then, there won't be any flood. If fire thinks, then, no wild fire can take place. If air thinks, no storm can result. So, body can't think and run life. No part of body can also do this. Thus, even the brain, being a part of the body, can't think or decide. Mind thinks and intellect decides. Are they parts of the body? Can anyone show his mind, intellect or sub-conscious mind or soul? No! Even the invisible things within the body can be seen by x-rays or scan, but not these – the soul, mind and intellect. Because, these are not physical energies and are not made up of matter. These are immaterial or metaphysical energy. The metaphysical energy can't be explored by physical energies or physical means.

The mind, sub-conscious mind and intellect are within the soul as its faculties or components. The soul is the boss and handles life with the help of these faculties. When I say it is my thought, it is my decision, then, who comes forward to take responsibility of my decision? Who claims it is my thought or decision? It is, infact, the soul! So, who am I? I am the soul. The soul, the boss, handles the subtle aspects with

Our humility shows not our weakness but greatness of our spirit.

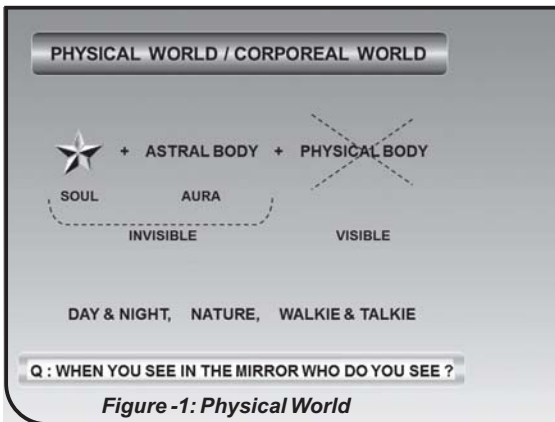
mind and intellect and translate into action with body organs through the brain.

Now, take a moment, sit in silence and visualise this inner mechanism on the screen of your mind – who am I and how do I act? Now, after understanding and realizing the self, let us move forward to understand the discus of self-realisation and the act of spinning it. The discus of self-realisation is the sum total of Infinity and Eternity. Infinity is limitless space and eternity is endless time. The infinity, limitless space, consists of three worlds.

The Physical World

The world where we stay is known as the physical world, the corporeal world. It is known in Hindi as *Sakari Duniya*, *Sthool Vatan*, or *Vyakt Lok*. Here, we stay in the combined form of soul, astral body and physical body.

The soul and astral body are invisible. Whereas what is visible is the physical body. On this planet, there is Nature of five elements and



there is arrangement of light, day and night. Here, with the help of physical organs, we can perform many activities. We can walk and talk. So, this physical world is also known as the 'Talkie World'.

When we stand in front of a full size mirror, who do we see and who do we decorate? Considering this question, I realize that I can't

see myself; I can't decorate myself. However, the fun is that we want to see God, our Supreme Father, the Supreme Soul, with our own eyes!

Now, consider another question: When I drop my body, what will remain with me? It is the soul; the soul, being a spiritual energy, can neither be created nor be destroyed. So, what dies is not me, the soul, but my body, the dress of the soul. So, when the body dies, it is said: end of a body (*Dehant*).

After the death of body, what remains is a combination of 'soul' and 'astral body', a subtle body of light, like an aura, which an angel has.

The Subtle or Angelic World

What will an angel do on seeing his own dead body? When we are confronted by any situation or problem, we consider what choices we have. So, what choices a soul, who left the body, has? These choices are (i) Returning back from where it has come; however, it can't go there as it has forgotten from where it has come and how to return back and, unless purified, it has no entry back home. (ii) Go ahead and take another body (a) by forcefully entering into someone else's body, or (b) by going for a brand new body of one's own. (iii) Just wandering in ignorance. Which one of these three choices will it select?

To understand this, we have to take another question into consideration: Why does a soul, a point of light or point of spiritual energy, take a body and, then, all the lifetime it grumbles, saying: "I want *Moksha*", meaning I don't want to come in the cycle of life, involving birth, death and rebirth. If that is so; then, why do we, the souls, take the body in the first place and start grumbling later? Why does a soul take a body?

What is life? Life is meant for exploration, enjoyment, experience and expression! With the help of body, the soul explores and enjoys. With the help of body, the soul can 'experience' itself and 'express' different aspects of life. All these

A man and life without mission are burdens upon the earth.

four actions – to explore, to enjoy, to experience and to express – are so beautiful that after leaving one body, after dropping one machine I, the soul, want to take another body and that too the body of my own.

Meanwhile, the soul in transit after leaving one body and before taking another, remains earth-



Figure-2: The Subtle World or Angelic World

bound and goes for the next body, another machine. He takes it, uses it, enjoys it and when it is not useable anymore it drops it and goes for another. As a consequence, the repetitive and cyclic journey of birth, death and rebirth starts. The soul, being eternal, its journey is also eternal. We, the souls, are all eternal travelers on an eternal journey!

The Metaphysical Soul World

This repetitive journey of the soul continues according to the repetition of the cycle of 'birth, death and rebirth'. However, when it is the last body in the cycle of life and death in Age of Transition (*Sangam Yuga*) at the end of a *Kalpa* (a period of 5,000 years), the soul has to be purified with spiritual knowledge and practice of Rajyoga before it returns back to the original home, the metaphysical Soul World (*Paramdham*) from where it descends down on this planet in the first place to begin is role in the eternal world drama of life.

In summary, the body is a big machine made up of matter, created by physical parents.

Initially, it is just like a biological growth of no consciousness.

The machine needs energy to make it function. The energy which, makes the body function, is known as soul, spirit, *ruh* or *atma*.

The soul takes body to explore, enjoy, experience and express. Without the soul, the body can't do any of these. And without the soul, the body perishes. The combination of body and soul is an inevitable necessity to do all these acts.

However, between the soul and body, the soul is the master of the body. Because, the body is created by parents and given to the soul for playing its roles in the drama of life.

Spinning the discus of self involves contemplation of the Infinity and Eternity in their perfect blend. Infinity is limitless space and eternity is endless time.

Within the limitless space, the three different worlds exist. To explore these worlds, the soul needs to drop his physical costume and get purified with spiritual knowledge and practice of Rajyoga meditation.

(To be Continued...)

AVOID NEGATIVITY

I cannot afford to overlook the influence that other people have on me. To what extent do I check that I am not being influenced by negativity and gossip? Avoid negativity in the mind, which is like a poison. Don't create negative thoughts are the seeds of negative actions. Gossip and guessing bring sorrow, heaviness and distrust. So, think no evil, hear no evil, see no evil, speak no evil and do no evil.

AN URGENT NEED OF PARADIGM SHIFT IN THOUGHT PATTERN



– Farha Sayed, Mumbai

There is an urgent need of paradigm shift in our thought pattern: a change in thinking leading to self-transformation; leading from self-transformation to world-transformation within and outside, which will be reflecting in a proactive way. Thoughts may remain in us; but, the nature of the thought pattern changes from impure to pure, from negative to positive, and from evil to good. It is a path of insight into our true self or spiritual identity, the nature of reality, thereby leading to self-realization and also to a path of truth-realisation. In order to solve our problems, we have to see our situation as it really is. We must learn to recognise the superficial, apparent reality, and also to penetrate beyond appearances so as to perceive the subtler truths, then, the ultimate truth, and finally to experience the truth of freedom.

The only way to experience truth directly is to look within, to observe oneself by diving deeper in ward. Throughout all our lives, we have been accustomed to look outward. We have always been interested in what is happening outside and what others are doing. We have rarely, if ever, tried to examine ourselves, our own mental and physical structure, our own thoughts, words and actions, which form our own reality. Therefore, we remain ignorant of and unknown to ourselves. We do not realise how harmful this ignorance is, how much we remain the slaves of forces within ourselves of which we are quite unaware for so long.

The inner darkness must be dispelled to apprehend the real truth. We must gain insight into our own inner nature in order to understand the nature of outer existence. The entire universe and the laws of nature by which it works are to be experienced within oneself. They can only be experienced within oneself by self-introspection, self-contemplation, self-analysis and self-realization.

As in the current situation the pople and governments are dealing very crucial moment being fearful of the Corona Viral Disease, 2019 (COVID-19) attack, we, as human beings, have forgotten our true, essential and spiritual nature and stopped believing in our own; it's time for greater shift in our thinking from negative to affirmative or positive thoughts and for making attempts to heal the world. The practice of Rajyoga meditation definitely makes you aware



of your own self and other self-brothers and also makes strong in your own spiritual sense, sensibility and capacity. The power of Rajyoga helps us in healing ourselves within thereby enabling us to understand our true inside nature

and outside reality. By observing and understanding ourselves, we become aware for the first time of the conditioned reactions and prejudices that cloud our mental vision and hide the true reality from us. With daily affirmations of our spirituality and with positive approach of this meditation, our minds become pure, peaceful and happy instead of panicking, complaining, grumbling and struggling. ❖

One can offer charity not only with money but also with love and sympathy.

TIME FOR THE FINAL TEST IN THE WORLD SPIRITUAL UNIVERSITY



–B.K. Vijay Bhasker, Bhubaneswar

Prajapita Brahma Kumari Ishwariya Vishwa Vidyalaya (PBKIVV) is a very wonderful and a unique university of its own kind. It was established by Incorporeal God Father Shiva, the Supreme Soul, in the year 1936 at in Sindh Province (Hyderabad) near Karachi. It is purely a World Spiritual University. Initially it was known as "Om Mandal".

As per *The Bhagwat Gita*, Incorporeal God Shiva promised to mankind, "*Yada Yadahi Dharmasya, Glanirbhavati Bharata, Abhyuththanam Dharmasya, Tadatmanam Srujamyaham*", which means that whenever righteousness declines in Bharat (India) in particular, He descends here on Earth in the body of an old man, His corporeal medium, to wipe unrighteousness out, which goes rampant, thereby creating chaos in the world. He re-named the old man as Prajapita Brahma, who was known in society as Dada Lekhraj Krupalani, a famous jeweller and diamond merchant. God Shiva brought this University into existence by establishing it through him.

It is truly universal. Here, the admission is free for all, irrespective of the differences in caste, creed, age, nationality, religion, gender, language, financial (rich or poor) status, and with no bar of any sort. Since the seats are limited here, the entry test is very tough. Only the worthy can get through. Here, God Himself is the Supreme Authority to select the human beings (souls), without any question of outside

recommendation. He is the Teacher and the Preceptor too.

He imparts spiritual knowledge to the human spirits (souls) as a Compassionate and Beloved Father and as a Spiritual Teacher but, at the same time, He becomes like an extremely strict Judge during the examination.

Here, there are only four subjects of study such as *Gyan* (Wisdom), *Yoga* (Meditation or Union), *Dharana* (Inculcation of Virtues) and the last is *Seva* (Service to Society) by practical application of *Gyan* by the self in one's own life.

The admission test is called a 7-Day Course. From the 8th day onwards, the actual study begins. God never wants to reject anyone. He allows all to attend regular spiritual *Murli* classes for sometime. During this period, the fittest and most confident students continue to attend the classes and the rest, who think they cannot do so, slip away because God, the Supreme Teacher, is Lawful while He is Loveful too. He is quite Impartial with all without any discrimination.

There is an aim (objective) of this University: "Transformation of this vicious world into viceless one by self-transformation from body-conscious human beings to soul-conscious deity beings." Achievement of this aim is possible only when the students imbibe the divine qualities replacing all the demoniac qualities already existing in them. The foundation of success lies in maintaining purity in thoughts, sweetness in speech and being celibate and pure in actions, manners and behaviours. Keeping away from committing sins is a must after commencing this spiritual education.

Since the past 84 years, God started imparting this knowledge. Now and then, he

One, who evaluates and rectifies himself, is the most cheerful person.

keeps testing every individual by making him to face people with different mentalities, with materials of comfort causing pain, and situations putting them down with worries. One has to pass through all these tests successfully with confidence.

However, God never announces the Time Table of final examination because it is never common to all. It is always sudden but He keeps hinting and making them alert to be ever ready.

Until 1969, He used to teach daily through Prajapita Brahma Baba. Later on, since 1971, He started speaking through Rajyogini Gulzar Dadiji, that too on particular dates from October to April, maybe once or twice in a month, 10 to 12 times at the most. Presently, since 2017, Gulzar Dadiji is in hospital due to physical illness. She is now 95 years old. So, the descent of Incorporeal God in her body-chariot has stopped. Now, this period is like a study vacation given for a month or two before the annual examination; during this vacation period, the students revise whatever has so far been taught to them throughout the year. They work very hard with rapt attention to pass with honour in the final test.

The time and days are running faster. The unknown final date is coming closer and closer. Almost very little time is left for each student. Any day or any moment may be the last one. The rule of this University is to pass with honours in all four subjects in the annual (final) test in one sitting only. There is no provision or chance for the supplementary test. It is just like *Tapasya* (Penance) done to acquire the celestial weapons to fight and win the war with Devil/Satan/Ravan and his evil forces. The Bestower of those Weapons (Powers and Virtues) is the Supreme Soul, the Ocean of all

Qualities, Values, Virtues and Might.

So, be holy and be yogi; Be brave and be the winner of the Universe. It is time to get up and tighten the belts to pounce on the subtle enemies (the inner evil traits). Time is running out. If we don't awaken, now, we will perish. Every moment is a God-given opportunity to win the war against the Devil and his evil forces. Then only, as a winner, we can enter the pure portals of Heaven, the Kingdom of God (*Shivalaya*). ❖

PLAYING WITH PEARLS OF VIRTUES

– B.K. Urvashi, Mt. Abu

Ganeshji, the deity acclaimed for being Destroyer of Obstacles, became so after God severed the false head of ego. What a powerful reminder of how detrimental ego can be! Ego pushes me towards all that is temporary and mirage-like, i.e., connected with the body (high or low education, good or ordinary physical appearance, status at home and work, professional experiences, etc.). It traps the mind in limited, petty thinking and prevents me from recognising the value of virtues because they seem worthless in today's materialistic, competitive world. A humble person may have to swallow bitter words and actions from time to time, however he or she is guaranteed to receive God's unlimited blessings and love. What more could one ask for?

One, who evaluates others and sees their faults, is the most sorrowful one.

NEED OF ONLY ONE PERSON TO LOVE ME



—Sister B.K. Shivani

As we play our roles on the stage of this world drama scene after scene, situations and people may not be our way always. 'I am a peaceful being. I respond to them with the energy of understanding, patience and acceptance. I understand they are different from me. I accept the difference. I respond with acceptance and respect.' And as we choose this response, we shift the world from strife to peace. Our each and every response is influencing the world energy. Thus, we are also the creators of this world.

We all accept that we want to see a shift in the world. And we all accept that we are ready to take the responsibility to create the shift. And that responsibility lies in the way we respond to every scene daily, i.e., a simple scene about a traffic jam. We cannot even call it the situation of life. It's one of the normal common scenes that we cross. We may not be able to change the scene or control the scene, but we have a choice, how to respond in that scene. And our response lies in (i) how we think about it; (ii) we feel about it and, then, (iii) what we say and (iv) how we behave – these are the four levels of response. And each time we respond, we are radiating energy into the world.

Suppose, there are three thousand minds sitting in a hall including us. So, if someone had to come and check the energy of that hall, it will be the total of the three thousand minds in that hall. Now, if 3,000 minds believe that worry is normal, stress is normal and that's what we are carrying in our energy field; then, what would the

energy field of the hall be? Peace? No. Happiness? No. So, our mind is not just our mind, our mind will be one of those 3,000 minds, which create the energy of that hall.



And when we are creating our every thought and feeling, we will need to remind ourselves: "It's not just about me, rather this is what I am radiating out; I'm not just causing pain to myself, I'm lowering the vibration of the whole world."

And, tomorrow, when we are listening to the world news and we hear or watch that someone somewhere in some corner of the world has done a *karma*, which we believe is incorrect, whether it was violence or terror, we just sit back and say how could he/she does this? We never say: "I have also contributed to what has happened here." Just visualize this and we will understand how to shift the world. If right now the energy of a room is stress and strife and pain, it's vibrating at a very low frequency. And if someone had to walk in with a little 'emotional baggage' and a brother/sister at the door says something bad: It's a situation for the person coming in. It's a stimulus. Collective energy of the whole vibrating at a low frequency, a person walking in, troubled mind, situation not pleasant, how do you think he would respond when he hears something not good. Anger. Do you think he can use abusive language after that? Yes? Do you think he can do something more than that? Yes? Can you visualize this scene?

Let's say or suppose, now, we meditate and clean our emotional baggage, and right now we are at a very peaceful vibration. So, what would be the energy of the house or the energy of the office? Calm, ease, peace. The collective energy of the place is peace, walks in somebody

Don't live with the aim of being special but also be pure and practical.

with the troubled mind, but the energy of the place is peace, how would his response be? How many of you believe that there can be a change if there is a change in the energy? And do you think he can be a one bit more understanding than what he was in the earlier option, be one bit softer than what he was in the earlier option?

And who brought about that one bit shift in him? He was the same, his mind state was the same, the stimulus was the same, then who brought about that one bit shift in him? "I can contribute towards the shift in others, towards eradicating peacelessness from our homes or office." I contribute towards eradicating stress if I am acting at a higher frequency and when I am at a lower frequency, I contribute towards creating stress and anger at our homes or in workplace too. Now, one shift in me is changing the energy around, is influencing the people, who are troubled, and, thus, they are shifting from violence to one bit peace. In this way, tomorrow, a little more peace; a day after, a little more we are contributing.

Can we eradicate terror from the world? Eradicate abuse, greed and corruption. Can we? Terror in the world is triggered by terror in our minds. So, we may not be a part of creating physical terror in the world, but we have to ask the self: "Am I a part of creating terror in my mind? Yes, I create." Terror means hitting myself with every wrong thought.

Even as simple as, we walk up to a sister, and smile at her. But, she just turns away. Simple situation. 'I hit myself after that, saying: 'How could she do this to me? I've always been nice to her and is this what she does to me and that too in public? She insulted me, disrespected me, walked away, I hate her.' Thought after thought after thought and, then, we create another series of thought: 'Tomorrow again I'm going to meet her in office. What if she does that again in

front of everybody? What will everyone think of me? Nobody else will respect me.' Do we create thoughts like this? Yes? And who's hitting us, creating the terror for us? Who's responsible for our fear of tomorrow? We ourselves. We are terrorizing the self with our every thought. And when we are doing that, we hold others responsible for what we are feeling, and we continue to create that thought of fear and terror. We also completely avoid our responsibility that we are also radiating that terror into this room, out into the world and we are contributing towards terror inwards, terror in behaviour, not just terror in thoughts. Now, to change the world, please ask yourself if you are ready to do this to shift the world to peace.

When she ignores again, can we create a thought of peace? Yes? And what would that thought be? What options do we have? Send her good vibrations; yes, we have to send her good vibrations, so what's that thought going to be, which will send her good vibrations because every situation demands a response. We are thinking always, even while we are sleeping. There is no time when this (mind) stops, which means we are responding to every scene life has to offer.

We all know that we have to send the positive thoughts but, today, we are going to be very clear what that positive thought is going to be, so that tomorrow if that scene comes before us, our thoughts are ready. So, we will not give the mind that gap to allow our thoughts to pop up on the screen of our mind, so we want our new thoughts ready for tomorrow. She ignores, then, what can our thought be?: "She must be busy", it is good. One thought of understanding, higher vibration: "I know she loves me but maybe she has something thought else to do right now." Look at the difference between this thought and the following one: "She disrespected me, she insulted me." Can we see the difference in the

True labour never tires us but turns to satisfaction and success.

response? Is it easy to create this? The positive one is easy to create? Why is it not easy? It's only a thought. It's only a thought.

Over a period of time, repeated habit of creating a lower vibration has set our mind into an automated way of living where a situation comes up and we respond instantly at a lower vibration. But, for a few days, we need to make a conscious effort to create a higher vibration even in situations, which are not according to our way. This means even if our mind says, "How could she do this to me?", we'll just stop, pause, and say no to the negativity and affirm: she loves me. And our mind will say, "People, who love me, don't do like this to me." There's a very nice conversation that goes on inside and, then, I have to tell my mind, "She loves me and she doesn't need to behave perfect, she can just be herself with me" and, then, our mind will say, "What was she so busy doing that she could not pause for 10 seconds to smile?" And, then, I have to again answer my mind, "She is family to me. She doesn't need to pretend to be perfect and be politically correct every time and courteous. She can just be herself."

So, there is this conversation that's going to go on inside. We just need to take care. The right one wins. There are two thoughts, which are going to go on always, and, then, we have to take our final decision. How are we going to behave with her now? One option could be: "She doesn't want to talk to me, I'm also not interested. Walk out." And when we do that, we've just chosen a lower frequency. Not just in self, we've radiated that vibration to her and we've also radiated out in the world. This is one way or option of living.

The other way or option is: "Either she's busy or she's hurt because of something that I must have said in the past or she's troubled inside right now; either ways she needs my love and care. It's not about whether she loves me or not, I love her." How many people do we want on our list whom we love and respect? So, every time

when the mind says: "They don't love me," tell your mind: "Never mind, I love them." And when the mind says, "They were not nice to me, why should I be nice to them?", then, tell your mind, "I have to be nice because I love them." And, then, the mind says, "They will take you for granted and they will always behave like this." Finally, tell your mind, "If they take me for granted, I have achieved." Today, people can take your goodness for granted. It's very difficult, nowadays, for someone to be able to take us for granted, which means we have achieved.

Let the world treat you anyways, you were always going to be kind and loving: what an achievement! So, why do we get scared? Rather, we should be happy if people can take us for granted because that means we have reached a stage of unconditional love. We started with love and we continued being the lovely being irrespective of how they behaved with us, and, then, our feelings were not dependent on what they did to us; so, we came out of the boundaries of their behaviour, their moods, and their feelings. We came out of our comfort zone. We came out of our old programming, which said, "Be nice to those, who are nice to you, the rest you can leave them alone." We came out of that, and when we did that, we shifted from conditional to unconditional.

Don't we love this word when we hear "unconditional" love? How does it sound? And don't you think it would be a beautiful experience when we achieve it that we are able to respect people even if they are not right to me. And what would that say about our frequency? If we are nice to those, who are nice to us, we are at the same frequency as them. If we are nice to those, who ignore us, we've just gone a bit higher. If we are nice to those, who wrong us, we've gone a bit higher. And if we are nice to those, who have done the worst to us, we are really an achiever. This means now our vibration has nothing to do with them. What we are feeling is not dependent

Living with value, virtues and original qualities of soul is true living.

on surroundings and when it's there, it's unconditional. It's our 'unconditional' love.

When we vibrate at a higher frequency, we also radiate pure vibrations to our body, as our every cell starts vibrating at a higher frequency. Our every cell receives love and respect.

When we hold resentment, anger and hatred in our mind, our every cell receives that lower vibration and it is only when the cells of our body receive a lower vibration, that manifests into a disease in the body. So, just by respecting others, we are going to get healthy, and be happy. We are also going to have a beautiful powerful family, which means our house and our family start vibrating the energy of harmony, by shifting from conflict to harmony. So, we should be grateful to them. Thank those, who help you to raise your frequency. How many have one person on the screen of your mind? But, you know the wonderful part, whether it is one or whether it is many, the effort has to be done only once, only once. 'I raise my frequency only once and I will benefit with everyone.'

Now, when we create hurt or resentment in mind, why did we create that? Because, we believed that their behaviour was the cause of our pain. And there's a very common line, which is not true but it's a very common line that all of us use, which is: "You hurt me." "The lines – you hurt me, he hurt me, she hurt me – are like a background music in our life that just goes on and on and, then, sometimes when we are very hurt, we say: "Everyone hurts me, no one loves me, no one loves me." And we don't even realize the damage we do to our self when we say this to our self. You know what radiates to every cell of the body? Rejection. It's not about their rejection of us; rather, it's about our rejection of our self by saying: "No one loves me, no one respects me." "Even if no one loves



me, which is not true, I need only one person to love me, in order to be happy and healthy always. That one is either God or me." What is the meaning of "love yourself"? Even if people are not right to us, let us be nice to ourselves in how we talk to self. So, if we choose to say to self that "She insulted me", then, we create destiny of pain and disease. But, if we say to self, "Never mind, she was busy, never mind, she was not in a good mood today, never mind she did not feel like talking to me so what? So, she did not feel like talking to me." Then, we create the destiny of happiness and contentment.

Is it okay if some people don't feel like talking to us? Does that mean we are not good enough? It just means they are not in a nice mood just now. But, we connected their mood to our self-esteem and we said to us: "I am a nice person only when everyone is nice to me." So, I keep seeking public approval, thus: "love me, love me, love me, love me, respect me, love me, approve of me, accept me, appreciate me. Even my new dress has to be approved of and appreciated by everybody in order to be a nice dress." That's how much we stand for validation from people. And that's one one thought or feeling, which lowers our frequency; because, in that case, our self-esteem is dependent on everybody being nice to us. People, sometimes, may not be able to be nice to us not because of who we are and how we are, but only because they are going through some internal pain. And, then, instead of holding it against them, what should be our role?

Our role should be to heal them. Creating that right thought heals them. So, we are going to shift from being a victim to being a healer. 'And I am the healer. When I heal myself, I heal others. And while I'm doing these simple healing techniques, I don't even realize I'm healing the world. I'm just doing my role: I'm healing the world.' ❖

Be cautious of your weaknesses because they attack you hideously.

(....Contd. from page no. 3)

we not take any one of these steps and just forgive him and forget about his criminal acts?

What are, after all, the lowest and highest life of one's anti-social, evil, vile or wicked acts, which we should overlook and pardon and forget about? Is there any moral norm in vogue, or fixed standard in use, or commonly accepted measure of one's bad behaviour, impoliteness, rudeness, wickedness or crime that can be forgiven? Are there any signs in the evil-doer, which bid us to forget about his mischievous conduct, loose character or harmful and injurious acts?

These are some of the questions, which generally come up in the mind of people and, especially, the spiritual seekers. They are, at times, on the horns of a dilemma. In the absence of a widely accepted norm, they are hard put to decide as to whether to take a suitable action or to observe sweet silence.

There can be many answers to each one of these questions and Shiva Baba has thrown light on them. But, to discuss all these questions in detail would be moving outside the ambit of this small leading article. Baba has said that if the tendencies to slander or misbehave is within tolerable limits and are not likely to obtain a boost by our action of forgiveness and if the



person, who is charged with misconduct, expresses sincere regrets and apologies; then, we should forgive and forget else we should take such preventive, non-violent, non-aggressive steps that do not downgrade our worth as a Rajyogi. And, let us also remember that vengeance, vindictiveness, violence, virulent acts, vile and guile or wickedness and wrongdoing are not the ways of a yogi. The only courses open to a Rajyogi are: raising the conscience of the people, taking the legal remedy provided by the collective will of the people, educating the people about formation of the public opinion, taking the safety and security measures and having alacrity so that the wicked man cannot wrong us again and if he does it again; then, everyone knows that he has done it again or over again and, finally, the public opinion and law should take their own course.

If one is likely to cause a serious dent in or damage to our individual or collective reputation or if one is likely to defraud us of a substantial amount of money or if one is suspected of causing a physical injury to ourselves or our friends and well-wishers, and if he has no sincere repentance after having caused sufferings to us nor does he beg apology and show a change in his behaviour or one repeats a harmful act again and again; then, our forgiveness of the man becomes that much less. There is no question of our feeling unnecessarily worried or obsessed because of the man's acts; yet, we have to feel reasonably concerned and take suitable remedial actions. ❖