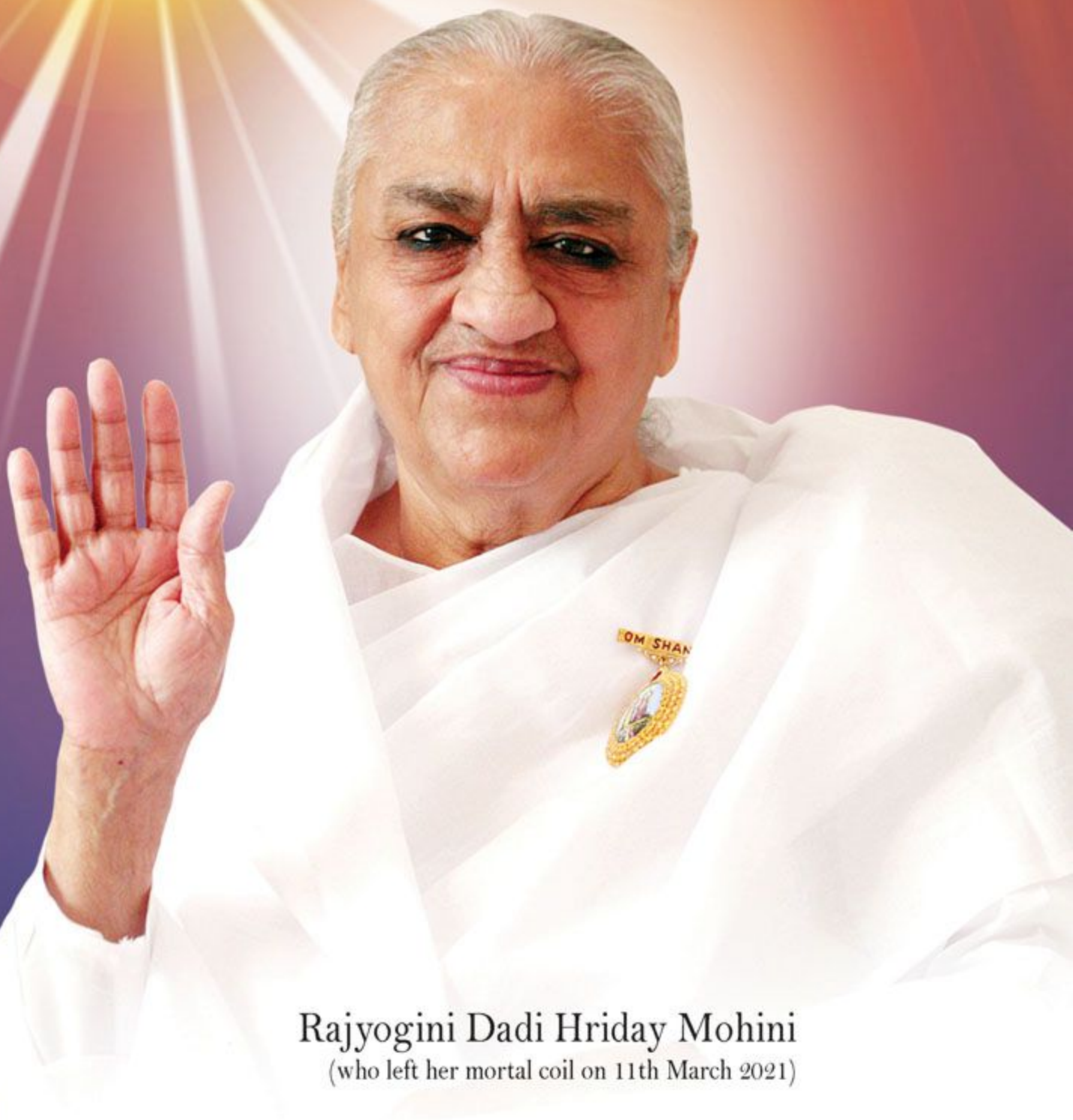




# *The World Renewal*

Monthly

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**Rajyogini Dadi Hriday Mohini**  
(who left her mortal coil on 11th March 2021)





With Dr A P J Abdul Kalam,  
former President of India



With H.E. Pratibha Patil,  
former President of India



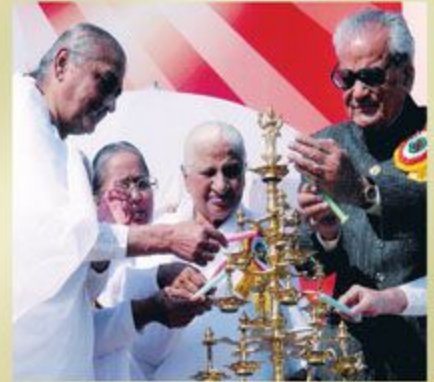
With H.E. Pranab Mukherjee,  
former President of India



With Mr. Narendra Modi,  
Prime Minister of India



With Mr. Jagat Prakash Nadda,  
National President, Bhartiya Janata Party



With Mr. Bhairon Singh Shekhawat,  
former Vice President of India



With Mr. Ranil Wickremesinghe,  
former Prime Minister of Sri Lanka



With Mr. Hamid Ansari,  
former Vice President of India



With Mr. LK Advani,  
former Dy. Prime Minister of India



With Ms. Vasundhara Raje Scindia,  
former Chief Minister of Rajasthan



With Ms. Sheila Dikshit,  
former Chief Minister of Delhi



With Mr. Prem Kumar Dhumal,  
former Chief Minister of Himachal Pradesh

# Auspicious Blessings

Dear Divine Brothers and Sisters,  
Sweet Divine Remembrance!



It is a matter of great pleasure and admiration that 'The World Renewal', the Monthly Spiritual English Magazine which contains imperishable gems of divine knowledge and inspirational wisdom has completed 51 years of its publication. It has been fulfilling the cherished aim of providing hope, happiness, positivity, harmony and divinity to its esteemed readers. **Now, the magazine is entering its 52<sup>nd</sup> year with this edition.**

By ripping away the darkness of evil, 'The World Renewal' is spreading the light of positive and pure thoughts in the hearts of the people. As it is a source of positivity and inspiration for the souls of all professions and backgrounds, we must do tireless service to make this magazine accessible to people in every street, locality, village and town of our country. This magazine has been inspiring the readers through its highly elevated spiritual articles, poems and experiences based on the Godly knowledge bestowed by the Ocean of Knowledge – God Father Shiva and His corporeal medium Prajapita Brahma.

It is our responsibility to become an instrument to spread the message of purity, peace, love and unity throughout the world. Let us for all time remain conscious of this divine task and bring hope, happiness and harmony in the lives of the souls. Let more and more souls get the nectar of spiritual knowledge contained in this magazine.

On this occasion, I congratulate all those who make it popular by reaching out to the people, who study it and increase the knowledge of themselves and others, who write articles with excellent ideas in it and who make its design attractive. May God Father Shiva shower His choicest blessings on you and provide enthusiasm, insight, will power and moral strength to enable you to walk progressively on the righteous path!

With Divine Love  
B.K. Ratanmohini

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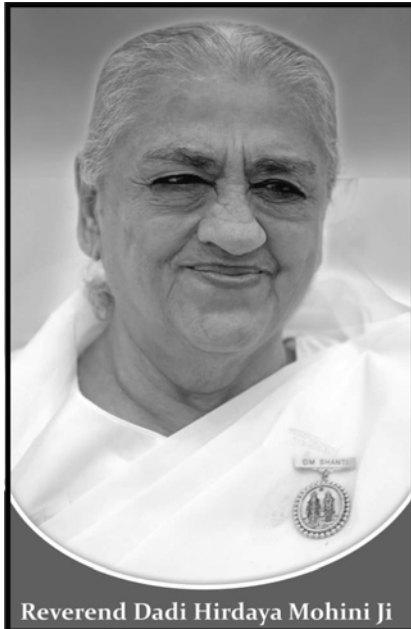
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## Revered Dadi Gulzar Enters Angelic World

—Prof. BK Onkar Chand, Shantivan

**R**evered Rajyogini Dr. Dadi Hriday Mohini, affectionately known as Dadi Gulzar, left her mortal coil at a hospital in Mumbai following a prolonged illness on the day of Mahashivratri i.e. 11th March 2021. She was 93 years old. She was the Global Chief of the world famous women run socio-spiritual



institution 'Brahma Kumaris' since March 2020 and was Additional Chief since August 2007. Her last rites were performed on 13th March in front of Shakti Bhawan, Dadi's residence in Shantivan, in the presence of thousands of members of the institution from different parts of India and the world. Her departure is not a mere departure but it's a clear signal for all of us to get ready soon for return journey to sweet Silence Home.

### At the age of 8, she dedicated her life

Born in 1928, Dadi's childhood name was Shobha. In 1936, at the time of inception of Brahma Kumaris organization in Hyderabad Sindh (in undivided India), when she was merely 8 years old, she recognized the Supreme manifesting through the medium of Prajapita Brahma and dedicated her life for the spiritual and social service of humanity. She was one of the original members of the organization. She was put in the boarding hostel set up by Brahma Baba in Sindh Province for small children. Her mother 'Dadi All-rounder' and maternal aunt Dadi Rukmani also dedicated their lives to the organization at the same time.

### Name of 'Hriday Mohini' was given to her by Shiv Baba

Within a few years, Dadiji was bestowed with the special gift of being a Trance-Medium, with the ability to travel to the Subtle Region with her subtle consciousness, and receive Godly messages from time to time for the betterment of individuals and society. She was named as 'Gulzar' by Brahma Baba himself and the unique name of 'Hriday Mohini' was given to her by Almighty Shiv Baba.

### She became the Corporeal Medium of Avyakt BapDada in January 1969

After the ascension of founding father of the institution, Brahma Baba, to the angelic region on 18th January 1969, because of her simple, pure and divine nature, she earned the role of being the corporeal medium of Avyakt BapDada (the combined form of Incorporeal God Shiva and angelic Father Brahma). For five decades she continued to play this wonderful role and millions of souls could enjoy the meeting with BapDada. Over a period of time she became the Director of Brahma Kumaris centres in Delhi NCR and neighboring areas.

### My personal experiences with Dadiji

I had the fortune of meeting Dadiji and receiving her *drishti*, wisdom and spiritual love

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several times at Shantivan, Mumbai(Gamdevi) and other places also. Whenever I think about her, there appears a flash of happiness and I smile instantly. I still remember my first interaction with her in Shakti Bhawan, when I was simply mesmerized and momentarily became spellbound, as something amazing began to unfold within me. I can not forget those moments when I felt very powerful and pure vibrations coming straight from her and making me vibrate in unison. Dadiji's words of wisdom became a blessing for not only me but also for many others after putting them into practice. Anyone could experience the positive energy filled with pure vibrations and divine aura in her presence.

### **She had a Magnetic Attraction for all**

True to her name, Rajyogini Dadi Hriday Mohini had such a charismatic and prismatic personality that everyone she came in contact with loved her the most. She had a magnetic attraction for all. Dadi's angelic vibes and rightful exchange of spiritual wisdom captivates everyone within minutes. She was like a mirror to many souls; seeing her we could know what we are at present and what we should become. She was a great spiritual leader. That's why her vision (*drishti*) of Godly love and radiant smile were able to change the atmosphere and uplift everyone.

### **Her strengths were: Silence, Innocence and Purity**

To pay her a glorious tribute, it is the best time to highlight her sterling personality traits and attributes. Just after getting one glance of her, the mind used to become bloomed. Her sweet smile had the power to attract the hearts. She was sitting on God's heart forever due to her innocence and purity. She had the God-given gift of subtle silence. The power of silence was her soft and kind strength. She expressed herself best in silence, with pure thoughts,

caring feelings and with the language of her eyes. And when she did speak, her words were sweet, soft and very few. In fact, she was the embodiment of many values and virtues such as purity, simplicity, love, truth, kindness, forgiveness, tolerance, etc. She practically demonstrated the incognito God Father Shiva to the world at large through her divine persona and service to the mankind. She experienced God as a source of pure love and wisdom and had made those qualities the foundation of her life.

Beloved Dadiji toured broadly across the globe, not only spreading the message of peace and goodwill, but also to give the experience of peace and bliss. She directed, guided, chaired and addressed numerous national and international events and met many dignitaries across the globe. Her speeches filled with divinity made a long-lasting impression in the minds of the participants.

### **Awarded D. Litt. by North Orissa University in 2017**

In recognition of her contribution towards spreading the message of values, spirituality and social service in her unique role as a messenger of the Incorporeal God, Dadi Hriday Mohini was awarded the honorary degree of Doctor of Literature by the North Orissa University, Baripada, Mayurbhanj, Odisha (India).

With these words, I pay my heart-felt homage to the most loving divine angel and the very prominent figure of this spiritual institution, Dadi Gulzar, for enriching us with divine qualities and unconditional love and providing us spiritual sustenance as well as Godly guidance for our holistic development by being a Trance Medium of the Supreme. The whole BK divine family will be indebted to her till eternity for playing a special role as BapDada's chariot. She will always be remembered for her outstanding efforts for establishing purity, peace, love and harmony into the hearts of people! ❖

## Condolence Messages Received from Dignitaries

**Leaders across the political line and dignitaries from various fields shared their condolences for Revered Dadi Hridaymohini, the Chief of Brahma Kumaris. Here are some of them:**

"I was pained to learn about the demise of Rajyogini Dadi Hriday Mohini ji, Chief of Prajapita Brahma Kumari Ishwariya Vishwa Vidyalaya. She made an appreciable contribution regarding Rajayoga Meditation and Divine Vision. She dedicated her entire life to service of humanity. She is known for following and popularizing the practice of Rajayoga. Her life will always inspire all of us to serve the nation and society."

**– HE Ram Nath Kovind  
President of India**

"Rajyogini Dadi Hriday Mohini Ji will be remembered for her numerous efforts to alleviate human suffering and further societal empowerment. She played a pivotal role in spreading the positive message of the Brahma Kumaris family globally. Anguished by her passing away. Om Shanti."

**– Mr. Narendra Modi,  
Prime Minister of India**

"I am deeply saddened by the passing away of Dadi Hriday Mohini. She dedicated her entire life to social service, spiritual guidance, and Raja Yoga. Dadi ji was a beacon of hope in these troubled times."

**– HE Venkaiah Naidu,  
Vice-President of India**

"The news of the demise of Dadi Hriday Mohini ji is sad. She was an example of compassion, love, affection and simplicity, who will always be remembered for the work of human service. My condolences to the Brahma Kumaris family and their followers in this moment of grief."

**– Mr. Om Birla, Speaker,  
Lok Sabha (Indian Parliament)**

"I am pained to learn about the passing away of Rajyogini Dadi Hriday Mohini ji. Her devotion and resolve towards the welfare of society and humanity will continue to guide us. She will always be remembered for her pioneering efforts to create a better world. My deepest condolences."

**– Mr. Amit Shah  
Home Minister, India**

"Dadi Gulzar ji, the Chief of Brahmakumaris, remained devoted to the society. She tried to make a positive difference in the lives of others. Her contribution to spirituality and women's empowerment is remarkable. My condolences to her followers in this hour of grief!"

**– Mr. Jagat Prakash Nadda,  
National President, BJP**

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“My homage to Rajyogini Dadi Hridaya Mohini Ji. She will be remembered for her role in inspiring spiritual awakening and her teachings will continue to guide Brahmakumaris across the world. Om Shanti!”  
— **Mr. Rahul Gandhi,**

**– Mr. Rahul Gandhi,  
Former President, Indian National  
Congress**

“Dadi Hirdaya Mohini devoted herself to the service of humanity and inspired people towards the spiritual path. My thoughts are with her followers. May God give them strength.”  
– **Mr. Ashok Gehlot,**

– Mr. Ashok Gehlot,  
Chief Minister, Rajasthan

“I am deeply pained and saddened by the shocking news of departure of Her Divinity Chief of Brahma Kumaris Rajyogini Dadi Hridaya Mohini Ji. Her Divinity will always be remembered for her prolific speeches which inspired many in the society through spiritual attainment, Education, Social work, spreading of Love, Peace, and Happiness....”

–HE Droupadi Murmu,  
Governor, Jharkhand

“Rajyogini Dadi Hriday Mohini devoted her life in the pursuit of intense spiritual endeavour, soul consciousness, spiritual attainment, meditation and to spread the positive message of the Brahma Kumaris family globally. She was a living example of virtues and had inspired millions of people across the globe. My thoughts are with her countless followers in this sad hour”

– HE Biswa Bhusan Harichandan,  
Governor, Andhra Pradesh

“As we bid adieu to a great soul and personality Brahmakumari Dadi Gulzar ji, I extend my heartfelt prayers on behalf of Sikkimese people. May her soul rest in eternal peace! My deepest sympathies goes out to her family, friends and devotees. Om Shanti !”

**– Mr. Prem Singh Tamang**

**–Mr. Prem Singh Tamang  
Chief Minister, Sikkim**

**The other prominent dignitaries who sent their condolence messages are:**

**Mr. Arjun Ram Meghwal**, Union Minister of State,

**Mr. Arjun Munda**, Union Minister of Tribal Affairs,

**Mr. Bhupesh Baghel**, Chief Minister of Chhattisgarh,

**H.E. Anusuiya Uikey**, Governor of  
Chhattisgarh,

**H.E. Arif Mohammed Khan**, Governor of  
Kerala,

**Mr. B. D. Kalla**, Cabinet Minister,  
Rajasthan,

**Dr. Raman Singh**, Former CM of Chhattisgarh,

**Mr. N. Chandrababu Naidu, Former CM of AP,**

**Mr. Rajat Sharma**, Chief Editor, India TV,

**Dr. Subhash Garg**, State Minister of  
Rajasthan,

**Mr. Bhajanlal Jatav**, State Minister of  
Rajasthan,

**Mr. Dharamlal Kaushik**, Leader of  
Opposition, Chhattisgarh,

**Prof. Sanjay Dwivedi**, DG, IIMC, New Delhi,

**Mr. Satish Punia**, President, Rajsthan BJP,

**Mr. Neeraj Dangi**, Member of Parliament,

**Mr. Sanyam Lodha, MLA, Sirohi, Rajsthan**  
and others.

## THE BENEVOLENT TIME OF TRANSFORMATION

As people endure the challenging chapters of Year 2020-2021, some ask whether these are the end times, and what is our future! The Knower of the Three Aspects of Time, the Master of the Three Worlds, the Ocean of Knowledge, the Almighty Authority, Supreme Soul, Supreme Father Shiva has bestowed on us the significance of the present time: **the most auspicious Confluence or Diamond Age.**

Human beings talk about the era of the Mahabharat War as the time when the God of Gita reincarnated to give humanity this message: *“Whenever there is utter defamation of religion at the confluence of the ages, I reincarnate in order to establish the true religion, and eradicate irreligiousness...”* This is a very deep and subtle aspect, which is not contemplated on by the lay person. The stories of the Mahabharat War or Ramayana or other scriptures are just read out, and seen as a memorial of the ancient culture of Bharat; some talk about the above as being imaginary, while devotees say it most definitely happened in the past, and then there are those knowledgeable scholars who share the spiritual significance of the same, but what is the truth behind these legendary stories, and who can possibly tell us the reality?

We perceive the Supreme Being as, 'God

is Truth', and some even believe the 'Truth to be God'. The Supreme Soul, who is beyond the cycle of birth and death, yet knowledgeable of the different ages that the Time Cycle of 5000 years passes through, alone knows the story in totality. As per His promise, He descends at the auspicious Confluence Age, between the end of Iron Age (*Kaliyug*) and beginning of Golden Age (*Satyug*). It is named so because this is the most blessed time when the Supreme Being comes to transform ordinary human beings to their most elevated stage. He alone is the Bestower of the True Knowledge of the Gita, and comes to enact that part, along with imparting the method of Rajyoga Meditation. It is through this Gyan and Yoga that human souls evolve from the present degraded, impure '*Tamopradhan Stage*' to their righteous, pure '*Satopradhan Stage*'. The most joyous fact of this time is that we are very close to the beginning of a new era of purity, happiness and joy: *Satyug*.

This religio-political drama of 5000 years is in constant motion, transforming from age to age and order to disorder, so the very natural question to ask would be, “Who has written this story or drama?” The Incorporeal Supreme Being reveals that the story has in fact not been written by anyone; it is a predestined drama, which formally begins at the peak of perfection and completion in the Golden Age with the glorious reign of World Empress Shri Lakshmi and World Emperor Shri Narayan. They have been revered as those '**complete with all virtues**', '**16 celestial degrees full**', '**completely viceless**',



'elevated beings upholding the codes of conduct', and 'living by non-violence as the highest religion'. They are Double-Crowned Sovereigns, who had ruled the entire world during the age of righteousness, purity, happiness and prosperity, commonly known as Heaven,



Paradise and the Land of Truth.

With the passing of time, and decrease in degrees of purity and soul-consciousness, the role and importance of scriptures, rituals and other paraphernalia of the devotion (*bhakti*) become prominent from the Copper Age (*Dwapur Yug*) onwards. Being a repetitive cycle, whatever had been enacted and unfolded 5000 years ago will repeat again, and so the Supreme Parent, Teacher and Satguru shows utmost compassion in descending to share the intricacies of spiritual knowledge. **None of this is imagination as traces of His elevated teachings, understanding and guidance bestowed at the precious Diamond Age is found in the memorial**

**of the holiest of holy scriptures: Shrimad Bhagwad Gita.** No human, be it Scientists, Philosophers, or Saints/Religious Heads, can claim to know any of these aspects of connecting with the Supreme or understanding the history and geography of this World Drama. As shared in the Bhagwad Gita, **it is only when the God of the Gita descends onto the world drama stage, and shares spiritual knowledge that human souls can begin to transform themselves, reform nature and recreate that Golden Era once again.**

The kingdom established by the Supreme is so powerful that the elevated deities live life with the highest codes of conduct, best of health, happiness and innovations for 2500 years! The other important religions come into being in the Copper and Iron Ages to sustain and protect human souls as they get more and more enveloped in materialism and the subtle five vices. It is surprising that over the ages, we the human race completely forget about our true selves, and also about the original eternal deity religion that existed for two full Ages! Residents of Bharat have no awareness that we actually live on the land what was inhabited by the purest deities at one point; we are worshipping the non-living idols of our beloved gods and goddesses who in fact are our ancestors! **The time has come when conventional religions can no longer enlighten human beings. Spirituality alone holds the answers to the questions of 'who is the Supreme Being and what is our relationship with**

that One?' and 'can anything be done to protect and heal humanity from the calamities it is facing?'

Though this truly is the crucial end phase of the Iron Age, it is not the end of civilisation. It is the very, very opportune time for transformation when the Almighty Authority is reminding every human soul of:

1) their original identity: You are souls, and not bodies; you are spiritual beings, children of the One,

2) how He had sent human souls in their elevated form of deities to play their respective parts on earth in sustaining the world of purity, peace and happiness, and how we have to now return to that stage free from vices and negative karma, and

3) the importance of the present time when the curtain is going to fall on the old destructive world, and the prosperous Age of Truth, *Satyuga*, is about to begin.

There is always an accurate time to accomplish anything; there is a time for every season, and a time when opportunities are in our favour, and so 'now' is the time when our beloved Supreme Parent is firmly yet lovingly motivating us to reform our selves. We had engaged ourselves in *Bhakti* for two Ages, but only received limited fruit for our sincere endeavours to experience the Divine; **the Confluence Age is the time when we actually witness the incarnation of the Supreme Being to carry out His unmatched divine acts on earth. His incarnation is so distinct because the Incorporeal Father Shiva alone can show human souls the path to Liberation (*Mukti*) and Liberation-in-**

**Life (*Jeevan-Mukti*), which was never possible through any of the other Religious Founding Fathers of the World Religions.** It is truly the most beautiful invitation that we, the human family, can receive from God: He wants to personally decorate us with His virtues and powers, purify us, and take us back to our eternal home with honour.

Any drama or play always has a great beginning and a memorable ending, so as this unlimited world drama nears its completion of 5000 years, let us use our time, energy, and resources to cleanse ourselves of wasteful/negative karma, accumulate in our account of charity, and forge a unbreakable, loving connection with the Divine, so that we are able to fly on the wings of Spiritual Wisdom and Yoga to our Eternal Abode, to be with our Supreme Mother and Father, and stabilise ourselves in that realm of infinite peace and bliss.

As the disturbing scenes of political upheaval, distress in relationships or sudden illnesses unfold, let us stay safe from the confusion of why, what and how. These are just obstacles to remind us of what we need to do on a spiritual level to make ourselves ready.

Let us use the power of Rajyoga Meditation to stay linked with our beloved Supreme Parent, or in other words, make '*Manmanabhav*' the constant principle of our lives.

May we use this glorious time in a worthwhile way for bringing benefit to the Self and making the dream of World Transformation a reality!

Om Shanti,  
– B.K. Nirwair

## REMEMBRANCE POWER FOR SUCCESS IN LIFE

– B. K. Surendran, Bengaluru

**R**emembrance power should be very strong in life. We also say that a strong memory power is a must for a successful life. But, we should also be selective of the remembrance process. We should know that only pleasant situations, events and good people are to be remembered. We should remember to do good things in life, to spread peaceful, loveful and happiness oriented mental vibrations. We should remember to forgive all those, who have created obstacles in our life, who have pulled our legs, who had made life very worrisome for us in the past. The moment we remember a person, our thought vibrations will reach him/her instantly. Remembrance creates thought vibrations based on the intention and mental attitude we have at that point of time. Therefore, forgiving all those, who had opposed and tried to destroy us, will release ourselves from further botheration of such people and we get rid of their remembrance which, if not controlled, will create disturbance in our mind. It is, therefore, imperative for us to forgive, forget and learn from such situations. Whenever we remember such people, we should make it a point to remember the lessons we learnt from such situations, which will further help us to tread the path of life successfully. Therefore, remembrance is an unavoidable act of life. However, experience has shown that with exercising the power of remembrance we personally enhance our decision making capacity, improve our memory power, make improvement in our physical or mental health conditions, or create better inter-personal relationship on a constant basis, increase our

happiness level and we also make our future happy and prosperous and so on. One more important aspect of remembrance is that when we think of waste or negative things and people, vibration of negativity and waste will come to us from outside nature. This world is full of worries and miseries. If we start worrying, anxieties, worries and miseries will be attracted to us from different directions.

### Miracles of Remembrance of God

When we have the remembrance of one person, we feel the taste of sourness; of other person we feel the taste of bitterness; yet, of another person we feel the taste of bland or dry and so on. It is also possible that when we remember a particular person, today, there may be a little sweetness; but, tomorrow, it may turn sour and so on. But, even if it is sweet, that will not uplift us in any way in terms of physical or mental wellbeing. But, experience has shown that remembrance of God creates peace and solace in our mind. Remembrance of none other has so much magnetic force. When we start remembering Him, we also experience a kind of sweet, juicy taste, which forces us to remember Him further and further. Remembrance of Him gives us supersensuous joy. We will experience that He is the Sweetest One. The thirst of Godly remembrance increases as we keep on remembering Him constantly. The act of Godly remembrance opens up a cornucopia of treasures. The moment we remember the Lord in soul-consciousness, we are automatically connected to Him instantly and the energy of peace, happiness and bliss start flowing to us. This energy cures the mind and intellect and the *sanskars* also. In the process, we also restore our ancient spiritual wisdom.

It is human nature to be always remembering some person, place, things, events or situations. Therefore, God says that instead of remembering all these paraphernalia,



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remember Him and Him alone. Therefore, there is no extra effort also because remembrance is the natural nature of the mind. **By remembering all other paraphernalia, one does not gain anything. In fact, such remembrance increases waste, negative and vicious thoughts. Remembrance of God, on the other hand, creates positive, pure and elevated thoughts.** Such thoughts itself create better vibrations, then, the mind and intellect become pure and purer as time passes by. The state of mind becomes stable and, thus, there is stability in life.

Our experience has shown that **as we keep on remembering God, we inculcate and enrich in us the attributes and powers of God.** Since we have His full introduction, remembrance of Him becomes very easy and natural because He is the Almighty, even though He abides in *Paramdham*, which is beyond the outer space and where God, who is a star of super consciousness, abides. Our mind and intellect can fully reach Him. Our lovely thoughts and feelings are instantly communicated to Him; consequently, our sins are purged and we enjoy supersensuous joy. One attains a self-sovereign stage, which will qualify us to reach the state of world sovereign. Each and every second of remembrance of the Lord becomes an occasion for positive and constructive investment. At a time, three most invaluable wealth of breath, time and thoughts are invested. The moment we start remembering Him, He will also remember us. Since He is personally helping us to remember Him and Him alone, He has also suggested a series of remembrance tips in addition to His own remembrance, such as remembering the new world of heaven, incorporeal world, subtle world, the confluence age, the mouth-born progeny of Brahmin clan, the 84 births and the

philosophy of *karma* and so on and so forth. This keeps us naturally in the track of remembrance in a quiet and easy way constantly.

In this process, our conscience is slowly unfolded to understand the reality of human existence. This is a miracle unheard of before. Nobody in the world, in the known history of the world, has ever told to the humanity to remember Him. It is only the prerogative of God, the Supreme, who unequivocally remonstrate the humanity to remember Him authoritatively. The Lord Himself can only promulgate such an ordinance in such a blatant style and tenor. God is the Original, Eternal Supreme Spiritual Father of all souls of all religions. He is the Closest, Nearest and Dearest to our life. He is the most Unique, Universal Relation whom we can call our own Spiritual, Divine Father and Mother.

### The Specific Miraculous Achievements

Even though people boast of many achievements through education, training and practice, it is found that the following achievements cannot be fully experienced and constantly made part of everyday life by such education, training and practice. Some of the achievements cannot be even dreamt of through man made techniques. These achievements are, in fact, miracles and they form part of the natural traits in our life. Further, these achievements will be there with us for the entire life time because of the constant remembrance of God, which has come to stay with us as a natural nature throughout our life. Consequently, we become the pride owner of a mercurial power.

### Consequential Benefits of this Simple Spiritual Endeavour

With this simple spiritual endeavour of Godly remembrance, we achieve freedom from vicious, waste and negative thoughts. We can experience the positive, pure and truthful

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thoughts charged with peace and love, and, thus, its vibrations start spreading to our surroundings. Those, who come in contact with us, also naturally experience the effect of such thoughts. Our thoughts will start materializing. We are able to convey peace and solace to those, who are needy. We are able to read the thoughts and understand the intentions and expectations of others. It improves mental and physical health. We all know the effect of thoughts on body. The thoughts are constantly carrying the seven core virtues of the soul – knowledge, love, peace, happiness, purity, power and bliss – to the different vital organs of the body.

As the mind produces positive, pure and truthful thoughts, its vibrations have the unique capacity to ensure mental, physical and spiritual wellbeing. It improves the power of concentration, decision making and memory. Remembrance of God is a constant concentration exercise naturally being practised. It is not a forcible practice of concentration. It is naturally done as easy as that. Its consequence is the ability to discriminate men and matters. Its cumulative effect is a powerful and sharp memory power. There is always the power of clarity at work because of clear focus and silence. It enables to gain ability to positively respond to people and situations. As there is a lot of silence and stability, the situations and people will not control us. The self is able to have self-mastery and also mastery over the situations and people's thoughts. There is always a sense of belongingness and the intense intention to do good and make others happy. These goodness oriented thoughts are conveyed in advance to those, who come in contact with us. Our learning capability, maturity and finer wisdom will improve. As the knowledge is constantly being used in day-to-day life, and the light and might from the Lord also are being drawn to the self, it

refines the level of wisdom.

As we come to understand the value of learning, efforts are put in a natural way and maturity comes on its own. Hence, learning and practice keep on moving, maturity and greater wisdom will unravel on its own. It helps to achieve better interpersonal relationship. Remembrance of God is an act to establish constant relationship with the Seed of the Human Genealogical World Tree or the Humanity. **When there is harmonious and loveful remembrance of the Lord, indirectly we are establishing a loveful link with all souls in the world, who are the children of God.** When we think that everybody belongs to us and we belong to them, harmony in relationship is experienced at all levels of relationship. We earn the wealth of pleasant experiences in life.

Remembrance of God gives us supersensuous joy, which cannot be experienced from any other person, field or source. It is a direct experience getting from the remembrance of God only. It is the prerogative of all those, who are the direct children of the Lord to experience this. We are able to maintain high self-esteem. High self-esteem is maintained because we are living with the Lord. We are not alone in the World. We are always in the company and companionship of the Lord as we are mentally connected and related to the Lord. Self-realization and God-realization becomes a reality. The surest and the shortest route to self-realization and God-realization is available in a package at this point of time. This package is blessed by the Lord Himself. He Himself teaches the way and the technique to reach Him, understand His personality and also to realize the personality of the individual souls by themselves. This is possible only during this most auspicious Confluence Age. In addition, we can come to know the subtle truth about the beginning, middle and the end of the Creation. ❖

## WHY IS THE NAME OF THE SUPREME SOUL CALLED SHIVA?

**T**he introduction of God becomes commonplace when He is simply called 'Father'. There should also be a name for the Father. Only God is named after the Incorporeal Supreme Soul. God is not one with a face.

Souls do not have names when they come to take a body. They get all their names after taking the body. Otherwise, they are just called souls. What can the soul's name be? It is just that: soul. The name of the Supreme Soul, however, is called Shiva. The rest of us are all named after the body like Shankar, who also has a subtle body; doesn't he? Brahma and Vishnu also have subtle bodies. Rama, Sita, Lakshmi, Narayan, etc., all have physical bodies; don't they? Just the One Supreme Spiritual Father alone, the Supreme Soul, never takes a body, and His real name is Shiva.

Some also state: "The Incorporeal Supreme Soul is the Father of the people of all countries, but the name 'Shiva' belongs to the nomenclature of India or Bharat. If Shiva is called the Father of all, how will people of other countries understand Him through the name Shiva?" Such questions arise. However, it needs to be understood that God has descended in Bharat. He has come, imparted the knowledge, and performed His tasks here, and so He will have a name from the nomenclature of Bharat; won't He? It is as though He has taken the body of a *Bharatwasi*, and so the name would also belong to the



nomenclature of Bharat; wouldn't it?

Bharat is God's birthplace. This means God has incarnated in Bharat. It isn't that He incarnates in any other nation. Bharat is the eternal land where God had played His noble, divine roles of Generation, Operation and Destruction through the Trinity - Brahma, Vishnu and Shankar. All these things must be understood. So, accordingly, the name of the Supreme Soul is Shiva.

### God is not Omnipresent

God is our Supreme Father; He is our Supreme Teacher and Supreme Preceptor (*Guru*). We have this joy that we belong to such a True Father, True Teacher and *Satguru*? So, He doesn't have any father, teacher or *satguru* of His own. Everyone else has their own father, teacher and *satguru*, but no one is above this unlimited Father.

There is no creator of a Creator. Who is our Creator and Director, now? It is He, who does not have any creator or director above Him. What is our practical relationship with Him, now? It is not just something said in mere words, but in practical realization of the relationship. You have all now established your relationship with Him, haven't you? He has come, practically, and is connecting with us.

He has also promised that 'whenever there is decline in religion in Bharat I will come at such a time'. So, He must be coming from somewhere! He must be coming from some place; mustn't He? If He could already be present here, why would the words 'coming' or 'will come' be spoken? Coming means going; coming and going. The word 'coming' is used for one, who isn't present here. If He were omnipresent, the word 'coming' wouldn't have been used. This is also to be understood. It is mentioned 'I'll come'; isn't it? So, if He is coming, that means He is the resident of some other place. As naked souls, we were also the resident in the same place, the Highest Metaphysical Soul World, from where He comes down upon the earth. ❖



# UNDERSTANDING AND OVERCOMING GREED

—B.K. Viral, Mumbai

**E**arning money is not wrong. One requires food, clothes, house and education; so one need to earn wealth to fulfill these needs and to meet contingencies like health, inflation, retirement, etc.

Hence, earning money is not wrong; it is, in fact, very necessary. But, when it takes the form of selfish desire to earn excess wealth than necessity, it's greed. People desire for more food, more clothes, new smartphone, the upgraded car, the bigger house, the 80-inch flat screen TV, the yacht and the list goes on and on. This desire for more and more in an excessive way is called greed.

Greed is harmful because of the following reasons:

- Greed results in feelings of stress, anger, anxiety, jealousy, etc., as one is caught in the pursuit of more and more money, affecting the emotional and physical health and not allowing him to give his best to works and relationships.
- It can lead to committing unlawful or illegal acts like cheating, bribery, gambling, etc.

Also, focusing too much on wealth may lead us to ignore other equally important aspects of life such as relationship, health and mind:

- **Relationships:** A greedy person will give first preference to his need for wealth, happiness, and gratification ignoring the needs of others. This selfishness in life will affect all his relationships adversely and he will have less time for family and friends.
- **Health:** He may compromise physical health, i.e., skip meals, miss exercise, sleep less, eat

fast food instead of fresh food, etc., and, in general, overwork the heart and body.

- **Mind:** He may not give time for recharging or empowering his mind, and be far off from the experience of original virtues of peace, love and happiness.

## Overcoming Greed

Wealth and material objects do not give happiness. If money and acquisitions of material objects would have given happiness, then:

- The richest people would have been the happiest.
- Even our happiness would have increased in direct proportion to increasing wealth.

Physical wealth can only give us physical comfort while it's the subtle wealth of right thinking, blessings from others, etc., which give us subtle happiness. Surely, new stuffs provide instant gratification, but they cannot provide life-long happiness. Having the latest version of the iPhone or an iPad might be nice, but one can rest assured that a newer and better one will follow, so the desire for more and better continues unabated. There is always going to be a better version of everything you own, so one needs to be happy with what one has. Some experience fleeting thrill while buying new stuffs or while acquiring status or position, expecting that it'll carry forward into the future, perhaps turning into some kind of contentment. But, what all these do is: causing feelings of distress, discontent and depression after some time.

## Techniques to get rid of greed

To get rid of this vicious circle of greed, follow some easy techniques mentioned below:

### Taking in pure and positive Information

The biggest realization that helps in overcoming greed is the fact that 'Objects don't give me happiness; happiness is my internal creation'. Happiness depends on the thoughts that we create in each and every situation. As is the information put in, so are the thoughts.

Listening to spiritual knowledge for at least 15-20 minutes daily, automatically creates pure elevated thoughts, leading to elevated feeling of happiness and contentment.

#### **Practice of Meditation**

Practice of meditation is, in itself, the process of creating elevated thoughts. It helps one to observe one's thoughts as if one were a detached observer. As one becomes aware of the thoughts, one can change the direction of thoughts to personal affirmations. These thoughts are: 'I am a peaceful and content soul. I am aware of myself as a special person with my own unique specialties. I am aware of myself being rich, full of many invisible treasures. I am aware of myself as a content being, overflowing with happiness.' This technique transforms our attitudes and feelings and influences us positively.

Hence, practice of meditation is a very rich and powerful technique of remaining full and content always. Practice of meditation is not difficult at all since there're numerous simple ways to meditate, as follows:

- Keep elevated thoughts of self-esteem, God's companionship and other elevated memories at the back of the mind while working.
- Remain in the awareness of "I, the soul, am using this body".
- While meditating, experience different relations with God, different titles of God, experience to receive different virtues and powers from Him, which gives varied and fulfilling experiences.

#### **Sharing with all**

Indeed, once we are full of true self-esteem, we automatically begin to share it with others rather than asking others for it. And the more we share it with others, the more it increases and we remain far from greed. ❖

### **FREE YOURSELF FROM ADDICTION OF OTHERS' APPROVAL**

We, the individuals, are unique and so is our journey of life. Getting approval for who we are and what we do certainly feels nice, it tells us we are doing something right. But, being a people-pleaser and constantly seeking validation makes us live in bondage, on other people's terms. We, ultimately, waste our potential and feel emotionally drained. Start living as per your desires and your potential. Life is so much easier when you are not worried about what others think about you. **Remind yourself this - I am a wise being. I am not dependent on people's validation or approval for my choices. It's my life. I am free to choose what is right for me, not what people approve of.**

Do you compromise on your choices, decisions, qualities or habits when someone you admire, does not like them? Is getting people's approval a higher priority than doing what feels right for you? Not easy to recognize or admit, but some of our behaviours may reflect an addiction of others' approval. The biggest traps most of us fall into, is trying to please people close to us. Who we are, what we do or what we have, should always be our decision. We need not tweak our personality to gain someone else's approval. Let's focus on living our values and do what feels right. We have all the answers within us. We only need to activate our intuition and follow our conscience. When we approve of our being and doing, we stop asking people to certify our worth. Otherwise, our self-esteem crashes. And, then, neither we nor others will respect us. You don't need to copy anyone. Be yourself all the time. You don't need people to approve of you, feel grateful for whoever shows you love or appreciation, but don't seek approval. Care selflessly, help without conditions. You need nothing from anyone. Inculcate the art of remaining stable in appreciation and in criticism. Teach your mind not to seek external validation, to only remain focused on your purpose, goals and plans that make your life meaningful. ❖

# Are You Only Three Steps Away From God, Paramdham, Peace And Happiness?



– B. K. David, Paignton, England

**G**od's Shoe Shop is soon to close and you'll be stuck, wearing your heavy Wellington Boots that are covered in the mud of vice. Only God can leave no footprints.

Life used to be 10 steps forward and none back. Then it slowly but surely became 10 steps forward and 9 backward and soon became 10 forward and 10 back. Life is now very much four steps forward and throughout any given day, you take eight back. Some take only one step forward and six back; such is their effort, understanding, wisdom and karma.

For sure, everyone on the planet is walking backwards continually and few realise it where they are going to end up. They wear out their souls by going nowhere except backwards. They are on the escalator of bad karma that only takes them backwards.

The result of this continual 'walking on the spot' and getting nowhere other than backwards is visible on everyone's unhappy and strained faces.

**A Sanyasi has fingerprints and sandals with us in the West having work and bank balances.**

We all leave an impact everywhere we go, even if we are just sitting down a corner trying to mind our own business. The trick is not to hide in the dark or a cave or in bed or in the pub or on your lounge sofa but to have good wishes for all

and to have spiritual vision towards those you meet and to constantly remember God as you walk and think. These two, act as protection and a barrier for you to stop leaving impure, negative or wasteful footprints in the sand or leaving negative, body - conscious vibrations in the atmosphere.

## Shadow

Life and its interactions are inescapable. Try and hide on the ocean floor and you can still get bit by a shark or feel seasick. You cannot escape the shadow of your karma which you have created and that follows you as your obedient servant, ready to wait on you hand and foot, and serve you either bitter or sweet foods by the packet or truckload.

**If you should wake to a sore neck, do not look to your pillow but your past hard karma.**

It's your past that will determine whether you wake up with a smile or pain in your back. Most wake up and go to work but live a life with some pain and little laughter. You are now a walking caravan guided not by the road of freewill but by the restraints and shackles that you placed on yourself in your past by performing bad karma that secretly steers your life here and there.

## Inner-man

People are searching for happiness but in all the wrong places. The one place they always seem to overlook is within – in their consciousness, which hides the answers to all their searching and can solve all mysteries and problems.

You can walk the world in search of happiness and only get sore feet. But step inside yourself and you can find a world of enlightenment, peace and happiness.

**This new world of today is only one step away from you enjoying it.**

To feel truly happy in the new world of today that's offered by God, requires just one pure



thought and then to live it for the day.

Stepping away from your old self allows you to step inside yourself and discover the new you.

Stepping inside yourself is the biggest step and journey you'll ever take, and which is often a secretive step but is the most rewarding step as you gain self-awareness. Your inner journey of discovery will let you see both today's world of wonder that contains God in it but even another world; a future world of constant love and happiness.

**You cannot book your inner journey online.**

No passport, visa, train, plane or boat is required for this inner journey. The only person that can take you to this new world is you! You cannot pick up your phone and book a seat to heaven but you can pick up God's good wishes and encouragement that inspires you to walk through one of His doors of discovery. Can you hear your inner phone ringing? You cannot go online and book a ticket of self-discovery or book a package tour that plans all the sights that will lead to enlightenment. So, take God's phone call and listen carefully to His advice and turn your back on this world and start walking towards His open door.

**No one can take you on the journey of your past, present and future.**

Only God can issue you with such a ticket, and He is never online to issue such a ticket and does not have a webpage. If God did have an email address it would be **lookinside@truth.now** and this could be accessed only via His website which would again be [www.listentomeandbecomepureandgotoheaven.ok](http://www.listentomeandbecomepureandgotoheaven.ok)

**Magic shoes.**

Man has lost the ability to walk in a straight line down the road of happiness and he does not

have the wisdom to step aside the narrow muddy lane of sorrow and walk God's sunny path. It's of little wonder man arrives home every day exhausted from stress and from his laces of worry often tripping him.

Moreover, his shoes have many holes and let in water and need repairing. They walk round in circles, oblivious to where heaven is or how to get there. God's Shoe Shop is open and all His shoes come with an instruction book and compass on how to find heaven and walk its path and knock its door.

Soon, His Shoe shop next door will close regardless of how many potential customers are waiting outside in a huge queue holding their shoes of regret. They will all be desperate to get hold of a pair of His Magic shoes, as they will be known by then.

Lucky is the one that knows the path and way to happiness and each morning walks to heaven and not round their park. You can still buy a pair of these shoes which automatically know the way to heaven once you put them on but you need to know where the shop is and its opening times. God's Shoe Shop is only open a few hours in the early morning and evening. Don't be fooled into thinking these are ordinary shoes as they do look rather ordinary and plain. You can buy fancy shoes any time anywhere but they will cripple you over time as they are made from sorrow and stitched with the thread of ignorance; they might look good but are made of plastic and will make your feet sweat and smell bad.

**These shoes can last you forever.**

Blink and it could be too late to buy a pair of God's heavenly fit shoes. Wearing these shoes enable you to understand all people and to speak a universal language – of love.

Very soon the only footwear left for anyone to

buy will be the boots of regret that once you've got them on, shrink to be 4 sizes too small. Everyone will walk round slowly with clenched teeth.

**“Help me to get my boots off. Help me”.**

No one will rush anywhere, as there will be nothing to rush for. The only concern on everyone's mind will be **'How to get the Wellington boots off'**? The only things they will speak of will be: **“Help me to get my boots off. Help me”**. And faintly in the distance will be heard the words: Step forward in the Lord's name.

**Welcome, leave your bags at the door and step right on in to God's world.**

Step forward in the name of the Lord and you shall step through the gates of heaven. The resurrection of truth has been initiated by God and can be found in the footprints of His followers. As most people walk to the butchers, God's children can be seen following God and walking towards heaven.

**If you're not tuned into the right station, you'll not pick up the music being played by God.**

God sings this song everyday: **Welcome to my world**. And for those tuned in to God's Holy Radio Station of Love, will continually keep on making themselves more and more worthy of listening to God's Broadcasts and Tunes that He's always singing.

Not all can enter heaven as they've let themselves become engrossed in listening to all the rubbish that goes on in this world.

**You cannot fill your car with petrol if you do not take it to the petrol station.**

Only a few drivers realise that they are driving on empty and need to fill-up their tank (soul) before it's too late. ❖

## Silence was the Strength of Gulzar Dadi

**I**t is said that everyone is blessed with a God-given gift. Dadi Gulzar's God-given gift was her



subtle silence. Her subtle silence became the ideal spiritual space for God to play the Murli. Every time the Murli was played, Dadi Gulzar's gift of

subtle silence was expressed in many wonderful ways.

From the tender age of 8, Dadi Gulzar's soft and gentle strength was silence. She expressed herself best in silence, with pure thoughts, loving feelings, and with the language of her eyes. And when she did speak, her words were soft, sweet, and very few.

Receiving her *drishti* was like seeing the many forms and shapes of spiritual light radiating from her eyes. Looking at her smile was like transcending the mundane things of the world and entering an inner world of indescribable feelings. Being in her presence was like observing the highest spiritual skills at work in an invisible and incredible way.

Dadi Gulzar's silence was like being in the safety of God's heart.

—B.K. Sis. Mohini, New York



# INNER WISDOM AND INTUITION



—Farha Sayed, Mumbai/Yemen

One of the most important relationships you'll ever have is with your own inner self. By connecting with that wise being that dwells within you, you tap into your full power, energy and insight. You learn to access your higher self, move beyond rational thought and create with clarity.

Your inner wisdom is innate and always present. When you learn to listen to your inner guidance, you'll find that it is much easier to create positive changes in your life. It simply takes a willingness to slow down, move beyond your conscious mind and connect to your inner guidance.

Inner wisdom means knowing the fact that you can trust your strong instinct. It means knowing which creative project to work on and which to park for the time being.

The truth is that you do have inner wisdom. You just need to learn how to access it and, then, how to trust it. If this seems ludicrous to you, then, the first step to developing and believing in your inner wisdom is to be willing to be open to the possibility that it is there.

Some thoughts can feel graspy, heavy or tense, while others can feel more expansive, light and open. When you're angry, frustrated or depressed, you feel your thoughts in a certain way. When you're happy, enthusiastic or curious, your thoughts will have a different flavour. I'm sure you've experienced a whole

range of moods in your life; so, you should be able to recognize this.

The challenging thing with intuition is that it comes with a thought. But, if you're not sensitive to the flavour of intuition, it will simply feel like any other thought, which you can easily ignore, dismiss or rationalize it to get rid of it.

In the same sense, when you think rationally it is felt in a particular way, while intuitive thoughts will also have a flavour of their own. This inner knowing from deep within us gets translated somewhere into words, and, then, we have a thought that fits the impulse.

Intuition comes from a space of stillness and silence, beyond the usual chatter of the mind, and, then, emerges into our awareness.

An effective way to get in touch with your higher self and inner wisdom is through a regular and routine practice of Rajyoga mediation. Through a simple daily practice, you'll learn to quiet your personality, create space and be open to your intuitive mind. You'll experience consciously connecting your whole mind and personal energy. And you'll begin to recognize your higher guidance in all of its forms – thoughts, emotions, impressions, words and images. When you quiet your mind, you get out of your noisy head and enter into your heart. Your heart knows the flavour and language of intuition.

In the process of meditation and quietening your mind, you're moving closer to the source of your intuition. You're building a personal relationship with stillness. *Rajyoga* meditation has great impact at reducing stress and anxiety, lowering blood pressure and helping insomnia.

Underlying it all, connecting to your intuition is really connecting to your heart and the flow of life. ❖





## SILENCE IS GOLDEN



—B.K. Shalini, Gurugram

Imagine sitting on the shore of a deep blue ocean and seeing the waves go by or next to a mountain spring hearing the birds chirp, and the gentle fall of the water. We all have experienced moments like these which we considered as peaceful, quiet moments giving us enormous joy and happiness. We loved and cherished them and wished they lasted forever. Very sadly, they waned in sometime since they were momentary. We kept searching for these moments outside in the world without knowing that the hunt for it starts and ends within us. In today's world, more and more people are wandering clueless to attain this, however, little do they realise how.

Silence in the material world shuts us to the 'noise' and 'hullabaloo' of the external world. But, what about the sea of thoughts that emerge within our mind every minute and the noise they create? They are so loud and constant, banging us all the time. What is, therefore, "the Real Silence"? We might be in the quietest, calmest, most serene place of the world; but, does that guarantee an experience of silence that we are looking for?

God's knowledge has made me realise that 'Silence', in true sense, is our state of mind where the mind is free of any unnecessary, unwanted, negative, critical, waste thoughts, free from any kind of disturbance. The picture perfect of the external world has to be created inside. It is the feeling within that will give us the experience we look outside. It has to be created and felt within. Silence, thus, is silencing the mind. **Once, we silence the mind (in which thoughts originate), we silence our words and actions automatically, which means they would be meaningful and pure.** Once, the mind (and its

thoughts) are taken care of, there would be no turbulence in our words and actions. It is rightly said, "We are what we think." I understand this clearly now. Thoughts are the seed. We need to nourish this everyday with God's divine knowledge and remembrance of Him. The seed becomes deep-rooted and gives way to a beautiful blossoming tree. There is no better nourishment than God's love.

Those, who conquer the mind, can conquer the World! With Silence comes immense Power. As we spin the discuss of self-realization, we can use silence for our self-development and growth. In our lives, we come across challenging and turbulent situations, difficult people and we do not know what to do. The lesson of silence has to be applied in these situations by listening patiently, by being calm, by avoiding arguments, by practising tolerance and forgiveness, by deferring our reaction, by not questioning, and by not being judgemental even though we are provoked and prompted very strongly to do so. *Maya* is not wanting us to win. However, *Maya* doesn't know that we have already created a win and success for us the moment we decided to stay in silence, stay in our stability and *Swadharma* in those situations during those few minutes.

This can only happen if we are able to silence our thoughts in those moments of absolute calmness and surrender the situations, our mind and thoughts to the Supreme. There needs to be 'No Thinking' time. In that moment, just answer one question: Will He be happy with what I think, say and do? Is this what He wants from us? We got the answer! This will give us a lot of energy to make well-thought-of decisions. Many situations do not require an immediate answer or a reaction. In such cases, we can defer our reaction by silencing our mind and take time to analyse the situation and people involved and come up with the best solutions. At that time, the first Power to be used is the Power to Pack up and, later on, the Power to Judge and Decide. At times, people,

whom we interact with, can also be challenging and difficult. The relationship, be it at home or in the office, can become dysfunctional if the matters are not sorted out. First and foremost, we need to tutor our mind not to create negative thoughts and impressions of people, which are more commonly known as 'Perceptions'. We must remember everyone has their own definition of "Right and Wrong" and it is okay to stay with that divergence. We need to stay neutral. This will come to our advantage. We will have more sanity, stability, neutrality and good wishes in these interactions.

Another important element in this direction is the practice of becoming *Swaraj Adhikari*. The mind and intelligence, the two great faculties of our soul, have to be treated as good friends, who listen and cooperate. When they do so, we must not forget to appreciate and thank them. We need to constantly share and discuss with them, so that they understand. Soon, they will think and judge what you want them to do. The five senses will also follow in line.

**We will realise sooner than later that these challenging moments and situations are futile, we have been wasting our precious time in these petty little matters. We are chosen by the Almighty for the larger purpose of bringing a change in this world.** We are so lucky to become his helpers in this task. There is nothing bigger than this. This will not happen, if we do not change within. The change within will change my world, both inner and outer! ❖

## Morning Musings & Night Notions



"Once people are not here physically, the spiritual remains. We still connect, we can communicate, we can give and receive love and forgiveness. There is love after someone dies." – *Sandra Cisneros*

"That's the whole spiritual life. It's learning how to die. And as you learn how to die, you start losing all your illusions, and you start being capable now of true intimacy and love." – *Eugene H. Peterson*

"Out of the quietness with God, power is generated that turns the spiritual achinery of the world." – *E. Stanley Jones*

"Live interaction with a crowd is a cathartic, spiritual kind of exchange, and it's intensified at a festival." – *Trent Reznor*

"A spiritual partnership is between people who promise themselves to use all of their experiences to grow spiritually." – *Gary Zukav*

"We are spiritual beings whether we want to admit it or not, and inherent in our DNA is a design to return us home - home to our true essence, our greatest self, our limitless self." – *Debbie Ford*

"I always say that people should not rush to change religions. There is real value in finding the spiritual resources you need in your home religion." – *Dalai Lama*

"I love both the thorns and flowers, and also the thorns that turn into flowers." – *God Father Shiva*



# EXPLORING THE INNER TREASURES



– B.K. Dr. Ashok, Ahmedabad &  
– B.K. Dr. Shiba, Pune

India was considered to be “Golden Sparrow”; it was the land of divinity, knowledge and virtue. The country was filled with divine power, natural resources, as well as engineering and scientific marvels. It is not just our beloved country India (Bharat) but the Indians (Bharatwasis) are also equally beloved, who strived to achieve the wonders and excellence.

**Explore Inner Treasures:** A miner used to be engaged and busy in identifying and exploring mines, till he explores the valuables; the valuables may be minerals, oil, gold and diamonds. If he quits in between, the whole effort becomes futile. Our life has treasures of creative thoughts, mind and muscle power. Our life is the embodiment of visible and invisible resources. It needs to be explored and to be used for multiplication. Renowned personalities have explored these resources and utilized them for betterment of self and the world. Unutilized resources become meaningless and worthless without any use for the self and world. One should not stop exploring and applying.

India has witnessed sports men and women like Mahendra Singh Dhoni, Abinav Bindra, Navjot Singh Sindhu and P. T. Usha, who have explored their inner treasures and shine like jewels in their field. Be a jeweller to transform the self into a jewel. One can witness wonders within the self.

**Safeguarding & Utilizing Treasures:** Each individual has resources like time, physical and mental power to do miracles. One has to explore and utilize them at the right time. Youth should

use their treasures to create and build their own personal self and nation. It is not just the use of them but one needs to safeguard them against adversities and odds. Holding treasure is not just great, one has to safeguard it also.

**Serving the Planet Excites one to Explore More:** Quite often it is found that one doesn't want to explore things for one's own self but when one decides to work for the social cause and the planet, it motivates one to explore own inner strength, skills and values. When one collaborates with others, one explores them even better. Working in a team or group motivates each other for the betterment. There are treasures within you and those must come out. Don't go to the grave with the unexplored and unutilized treasures.

**Not all Treasures are Silver or Gold:** It is not necessary every time you end up with silver or gold during exploration. But, yes, your muscles will become strong enough for future exploration, your experience will help others to develop a path. Your life will become a guide for others. You should do proper homework to analyse, survey, evaluate and scrutinize the past experiences of other explorers before diving into a new exploration.

**Create your Own Treasure Island:** Construct your own museum of life, display your specialities, strengths, values and uniqueness before the world. People should come to see and experience your treasure island. During the pandemic COVID-19, people got engaged in their own world of creativity of paintings, writings, dancing, toy making, scientific explorations, and skill developments and displayed them through social media. So, situations should not be a stumbling block or stigma in exploring and displaying the treasures.

**Healthy Mind is the Greatest Treasure:** Healthy mind means mind free from weakness and illness. Mental illness is the greatest threat

## The World Renewal

to the exploration, intellectual capacity and psychological treasure. These are the treasures of mind and valuable resources: good wishes for self and others, hope for the future, passion to do extraordinary things, curiosity to learn, knowledge and understanding of a process. The illness of mind and body slowly and steadily erodes or eats away the powers and treasures inside the self. The mind suffering from the attraction and addiction of marsupial and sensual pleasure, hedonism and cupidity slowly and steadily leak the valuable treasures. Treasures can be enriched and multiplied more and more by utilising and benefiting the self and others. This is the secret of successful life.

### **Enhance your Treasures through Others'**

**Blessings:** When one is free from jealousy and wants to cooperate with others, it grows faster. In the process of helping others, one develops a passion to learn and earn to serve others. It is just like that one may not be motivated to cook good food for self as it takes a lot of time, effort and arrangement; but, the interest to feed others motivates one to do with passion and ingenuity. By delivering happiness to others, one earns their blessings and enhances one's treasures. Have a desire to cooperate, love and care for others, which will inspire you to do more. Do not feel jealous of others' progress, happiness and success, rather be part of it. At the end, blessings and good wishes count.

### **Apply the Invisible Treasures for Prosperity:**

There are various invaluable invisible treasures such as creativity, perseverance, passion, intelligence, memory, emotional strength and judgemental power within us; but, we hardly use them for the self and others. If you are diehard to discover, develop and dedicate them for self-progress and societal changes, it will be a miracle. Going through the stories of great personalities such as Kapil Dev, Usain Bolt,

Brian Lara and Mary Kom, it is observed that they transformed their life and glorified their nation in spite of so many hurdles. The way Mother Teresa, Nelson Mandela, and Kailash Satyarthi utilised the invaluable human values such as sympathy, it transformed the life of millions of the poor, weak and desperate people. Similarly, Abraham Lincoln used the power of determination to safeguard the black Africans from slavery and servitude in the entire world. Today, we can witness the prosperity and progress of so many black people around the world in sports, art and administration.

### **Do not Lose Patience, Practice and Perseverance:**

In sports, Tendulkar, Usain Bolt, Abhinav Bindra, Mary Kom and Nadia Comăneci set the historical target for the generations to come out successfully through sheer determination and hard work. Bill Gates, Michael Dell, Warren Buffet and J. P. Morgan transformed the world of technology and business through intense efforts, explorations and intelligence. It is a continuous effort.

**The Crisis and Opportunity to Serve:** In the recent pandemic, Mr. Sonu Sood, the villain of the Hindi movie screen, became the hero to salvage the migrant labourers. The renowned actor took the front stage in identifying the social problem and acted upon with all empathy, commitment, sacrifice and responsibility. He coordinated among the financiers, migrant labourers, government officials, transporters and food suppliers to safeguard the life of thousands of migrant labourers and their family members. Like Mr. Sonu Sood, thousands of activists and social servers also served the poor and ill population during pandemic through sacrifice and courage. Exploring the empathy to eliminate the problems of millions, in the process, people discovered Mr. Sonu Sood and he rediscovered his own self.

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



# Why Does Everybody Deserve Respect?



– B. K. Saket Mehendale,  
Sadashiv Peth, Pune

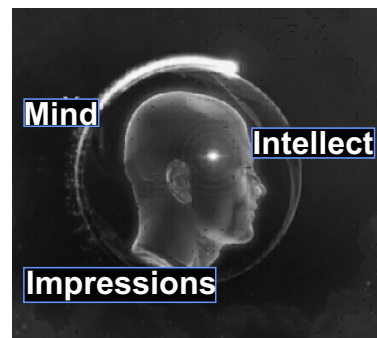
**T**hrough science, we have come to know a lot of things about the human body and the brain. We know that our thinking influences secretions of various hormones in the body. We also know that our mind generates thoughts whereas the heart is simply a pump which helps in purification of the blood. Heart does not think or generate any emotion. However, our thoughts have an effect on the heart just like other parts of the body. It is the mind from where those vibrations or the energy of love, excitement, anxiety, fear etc. are created and they manifest as illnesses in our body.

The roller coaster moment raises the hair on arms because of emotion of thrill generated in the mind. When you embark upon a tenth time on the same ride, the mind is no more in a state of excitement and hence, the hair on arm will not stand. It is the mind where all the thinking is happening and accordingly, the body is working on its messages. The body is working for the mind.

At a broader picture too, whatever we are doing in life, all comes back in the end to the single most reason that the mind would be happy, or we, in the end, would have that feeling of contentment, happiness or joy. So be it applying to specific university only or studying hard or working hard in office or going out for a walk, meeting friends, doing something for friends, exercising, swimming, collecting stamps, collecting art, jogging, sweating... Everything that we make the body do is such that in the end the mind- the main instructor, the king (the one who gave the orders) would be happy.

So, within the brain, have we actually located the mind? Can we pin point the spot that experiences peace, contentment, love, fear or hope? That entity is I, the soul. Mind is one of the faculties of soul. The soul is the living entity that thinks, feels and acts through senses. It is located in the center of the brain. If we draw a straight line from the center of the forehead between the eye-brows and another line perpendicular to it from the top of the head, wherever they intersect is the seat of the soul.

The brain is a processing machine. It is the capacity to solve maths problems, to process information in a deductive or an inductive way



and draw the residual conclusions which in turn are available for me, the soul, to make use of to my own benefit or otherwise or

even to not do anything of it at all.

If someone is good at both mathematics and playing guitar, what makes the soul happy becomes the career choice. If, for someone glamour and public appreciation is the reason to feel happiness then mathematics does not become a priority. For someone else, if life as a mathematician is more contenting then guitar gets a second priority. The soul, thus, harnesses the capacity of the brain to generate contentment and happiness. All decisions at physical level- the choice of college, choice of social circle, the choice to give how much time for which activity etc. are made as per what I, the soul, aim upon as a long term goal.

## It is the soul for which the body works

Science has not been able to discover or see the soul, because it is simply not visible to the

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eyes but it is the entity that gives life to the body. Without soul, body is immobile or not alive. That is what we call dead body. That residual or sediment is mixed back into the earth, be it by burying it or burning it and mixing the ashes into river water etc. Soul is something to be experienced as the only proof for its existence.

To experience it for yourself, take a moment off, sit back and just focus on the self, the inner being, the sparkling star in the centre of the forehead, behind your eyes, looking out at the world through them; just as a driver would be sitting in a vehicle and operating it. As a driver can change its vehicle, similarly the soul leaves the costume when its role gets over (death) and takes up a new costume and a new role (re-birth).

Soul is the answer to a very basic question- 'who am I?' It is 'I', the soul who is saying 'I'm happy' or 'I'm sad'. It is 'I', the soul which experiences emotions. It is I, the soul which analyses and decides. It is I, the soul who is telling people about the body- 'my leg is paining' or 'my hair are greying'.

A shift occurs when we change our consciousness from being a body to being a soul. It is the difference between living as a car, or living as the driver of the car. The scratch can appear on the surface of the car. The car can be black or white or red or blue. It could be an ordinary design or aerodynamic but I, the driver sitting inside the car am separate. I cannot say, 'I got a scratch' or 'I'm black or white'. There is a big shift in consciousness. It makes life easy, realistic and ego less.

The reason for chaos in the world is because all drivers have started living as, they are the cars. Then all Bentleys would consider themselves as different from Volkswagen, who would have a different self-image than all the Fords. Whereas, all of us are mere drivers in different cars. 'We' are not 'cars'. Eventually, we

do have to give up on the vehicle we are in and move to a new vehicle, which can be a different make, in a different country or a different region. The purpose of being in a vehicle is to have a safe, pleasant journey, without hurting anybody else, nor to get hurt yourself. This also means that I am the driver, I am the master of the vehicle and not the other way round.

### **I, the soul. We would not say, 'my soul!'**

It is 'I, the soul; and my body.' The body has a start and an end but I am eternal, immortal and imperishable. I experience life through my body – it is simply a tool to see, listen or speak.

'I, the soul, am a point of light. I am energy. I, the soul, do not have a gender. I, the soul, do not have a name. I'm not a Christian or a Jew or a Buddhist. I, the free soul, am not Indian or American or Asian or African.' The body has a gender. The body has a name. The body which I've taken up right now is in a particular country, belonging to a particular community or religion. As we understand that the different labels of caste, creed, religion, nationality, social status etc., all belong to the body, it brings the realization that we as souls are connected to each other through the common thread of our inner qualities of love, peace, purity and happiness.

Purity is a natural characteristic of all of us. We do not like lies and deceit. We like to be generous and non-calculative in helping others, in giving regards or encouraging others. It is a natural way for every soul to be, and for the soul, in turn is healing, empowering and healthy. However, when we forget that we are souls and start believing in the body- with its colour, name or profession as our true identity, then we are walking the path of lie and deceit. Our vision towards ourselves and others becomes cloudy and false. We 'look differently' at an Asian or an

African, at a Jew or a Muslim, at a doctor or a domestic help. We were not even aware that what we are perceiving is something untrue. The outfall of this false belief was competition, comparison, discontent or fear; discontent over unchangeable labels of the body, which we have to live with; and fear because of uncertainty of labels or outward characteristics upon which our current victory in comparison or competition depends.

Let's say, someone makes a comment, 'British are mediocre cooks. French are better cooks.' Now, if I have forgotten that I am a soul, a point of light, a point of pure consciousness who has taken up this body in a particular country of the world, but instead I am living my life as 'I'm British' then hurt, discontent and resistance to that comment are all going to line up and bubble out with desperation. Similarly, if I have forgotten that I, the free and independent soul who has currently taken up a body in the country France, but am living as 'I'm French', then the above comment would ring an ego based sense of pride and delight. But it is temporary and shaky. The continuation of that sense of pride and delight depends on continuation of cooking skills for all people of France; and that is unlikely. Many of us do not even have energy to firstly evaluate such a comment before deciding upon a response to it. We do not have mental stability to perceive any such comment as someone's personal opinion, independent of actual reality. So, is it even necessary to accept it as reality or take it seriously? Even if it was truth, how much is it meaningful when in fact a soul's natural characteristic is purity and generosity in caring for others or feeding others. Having working skills does not qualify any soul to be better than other souls. Sharing a meal with others, helping someone with cooking and in fact, appreciating and encouraging others is the puritanical and

natural way of living for a human soul. These things bring real happiness and a sense of contentment in the tummy and not winning at a comparison or competition that is based on making someone else feel low or less. This kind of delight is ephemeral like the effect of a drug that gives false happiness. Contrarily, a humble lunch made with true and selfless love brings that real, long lasting contentment in the tummy.

### **I am just a dot- a point of light.**

In India, people mark a dot on their foreheads to remind others as to who they are and whom are they really looking at. All of us are just dots. The temporal, external things, the physical attractiveness, skin colour, name and surname have no relevance. **Everybody deserves to be treated with dignity and respect. That is universal brotherhood in real sense. ❖**

*(Contd. from. page no.24 )*

### **What is Left in the World of Exploration?:**

The world has been exploring space, earth, ocean and what not. But, a few had paid attention to the inner self and space. The techniques of *Rajyoga* meditation, self-talk, positive thinking boost self-esteem and morals to understand and recognise our own potential. The world famous philosophers stated "know yourself", which is the most important aspect in one's life.

In the world of extroversion, materialism and superficiality, paying special attention to the inner self is diluted. Initiate the silent supervision of the self to explore your own inner emotions, feelings and abilities. Make systematic effort, give special attention and it will be extremely rewarding. You will wonder with your achievements, which will be spontaneous and natural, and the day will come when the world will celebrate your success.❖

# PEACE IS OUR TRUE RELIGION



– **B. K. S.C. Sunil Kumar**, Bangalore

Indian culture insists on living in harmony. Led by Mahatma Gandhi, India got freedom by following the path of peace, non-violence and tolerance. Nothing can be achieved through violence. Today what would be the result of modern scientific progress? The countries are in pursuit of nuclear arms, race for the power and pride of their own nation, and with the false notion that these warheads decrease the chances of crisis escalation, but the truth is this may cause destruction of the entire world. We have waged wars in the name of liberty and peace and made weapons to ensure stability. However, greed and lust for power spawn new conflicts or lay the seeds of future wars. Today, even poor countries spend their scarce resources on weapons and armies. Those who senselessly go after violent methods themselves become hostage to the forces of destruction they have unleashed. Behind most of the wars, there are three evils – anger, greed and pride which may later spiral into jealousy, insecurity, resentment and hostility.

The original nature of water is coolness. If we boil the water and then keep it aside, it goes back to its original state of coolness. Similarly, peace is the original nature and basic quality of man. It is impossible to live a happy life without peace. Peace is not a physical thing. This is a fundamental quality of the human mind. We cannot achieve anything by being jealous, narrow minded, and hateful, in fact we harm

ourselves. Jealousy, malice, is a fire that burns ourselves before we experiment on others. Just like a fire stick burns the stick first, similarly we first spoil our own peace and happiness.

The vices (lust, anger, greed, attachment, and ego) are the main enemies of the soul that result in misdeeds. Human beings today, have become blind and corrupt due to these vices. Today, Man is subjugated with anger and commits misdeeds and sins. The testing of the atomic bomb on Hiroshima and Nagasaki during the Second World War was the result of anger which resulted in deaths of millions of innocent people.

Being peace lovers, we need to spread the message of peace in the world. We need to understand that it's by waging an inner war to rid our minds of evil, that we can radiate vibrations of love, peace and happiness into the world. The call of this time is a call for peace. If we sit in silence, we can hear the call of the peaceless world for peace – not just to bring an end to conflict, but for a deep inner stillness and calm, where all souls remember their original state of being peaceful beings. To move into this state of profound silence, we must train the intellect to create pure, good thoughts; remove anger, greed and pride from our minds and foster the positive values of peace, love and harmony. When we are in this state, we can connect to the Higher Source and feel the flow of love for humanity and share the divine energy of God's love and powers with the whole world. In this state of inner calm, when we look at the world, we will see through our original nature of benevolence and experience compassion for the world. Peace will come naturally to us. ❖



# THE POWER OF EMOTIONS

—B. K. Sujoy, Durgapur (W.B.)

Oscar Wilde stated, "I don't want to be at the mercy of my emotions; I want to use them to enjoy them and to dominate them."

Emotion is an energy, which has forces and moves. It is the nature of the soul to come under influences, to be affected and coloured by what it is in contact with. Emotion is the soul's reactions to stimulation or provocation. **Emotional maturity means to understand the subtlety of this process and to position the self to minimise destabilizing influences and the ups and downs of the material world.** Practise and affirm repeatedly that all events, people's activities and behaviours are sense perceptions of an event or behaviour as pleasant or unpleasant, advantageous or disadvantageous to us; they have less impact and their power to affect how we feel diminishes. Neutrality in the face of different stimuli and provocation allows us to maintain ourselves in a stability and turn to the inner dimension more easily.

When we have a strong emotion like fear or despair; we should know how to take a good care of it because it can be overwhelming. At that point, we cannot say, "Present moment is a wonderful moment" because our emotion is so painful and so overwhelming. But, learn how to deal with that emotion to embrace it, because in each one of us there is the seed of mindfulness.

Whenever we experience stresses, there are three phases to our response: i) the stressful event; ii) our inner appraisal of it; iii) our body's reaction.

What makes the stress response so difficult to

handle is: once, the stress begins, the mind has no control over it. In totally inappropriate situations such as sitting in a traffic jam or being criticized at work, the stress response can be triggered with no hope that its intended purpose - fighting or running away - can be carried out. Modern life is full of external stresses that cannot be avoided.

*The Bhagavad Gita* (2: 62) explains about the complete process of origination and transformation of various human emotions. The process starts with materialistic thoughts (*Vishaya Chintan*). The quality of human thoughts is dependent on 'Vasanas', the inherent tendencies of each individual, which act as seed for thoughts. Thought, if consistently pursued, give rise to *Kama* or desire, in order to acquire the thought object.

At this stage, we start accumulating the energy in the form of desire and focus to fulfill our goal of acquiring the thought objects. If we succeed to fulfill our desire, the same energy gets converted to fear of losing the acquired object. In a situation of failure to acquire the desired object, this is transformed into anger and we start blaming others for our failure. If anger is nurtured persistently, this energy makes us completely deluded, followed by loss of memory; and we end up doing actions, which are detrimental and self-destructive.

Various spiritual methods have been prescribed in different literature to cleanse the suppressed emotional energy. *The Bhagavad Gita* proposes various methods like Path of Knowledge (*Gyan, Yoga*), Path of Surrender (*Bhakti Yoga*) and Path of Selfless and Dedicated Actions (*Karma Yoga*) to exhaust this deep-rooted negative energy inside us. Depending upon the individual capability and level of development in body, mind and intellect, a person can adopt an appropriate path to achieve the desired goal.

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However, it should not be construed that emotions are not desirable. The human life is manifested and experienced through thoughts, desires and emotions. There is no life without these experiences. However, we have to understand that life is not limited to these experiences only. Pure consciousness is our true nature, which provides the requisite life force to the above mechanism for perpetuation and sustenance. A person, who remains identified with this intrinsic pure consciousness, lives in this world without getting disturbed by its trials and tribulations. We should strive to look for this state of absolute happiness.

Any emotion that we feel simply comes to pass! And like clouds move across the sky, "these too will pass". And they always do eventually! The more we engage the emotion, which also means the more we resist the emotion as a feeling, the more we do not want the stranger it will become.

The more we identify with our emotional state, the more we expect them to come and we expect to feel them. And if we expect them, they will come. If we have experience of depression for sometime, it means we have made depression a deep habit. It's usually the accumulation of many moments to sadness over time. Perhaps, we have been prescribed some form of temporary medication to kick-start the chemicals in the brain. This may alleviate the mood but it won't give us the power to change the thinking patterns that originally created and sustained the mood in the first place. These thought patterns come from a deeper place within our consciousness. Sometimes, if the habit of depression is deeply embedded, a balance of medication and meditation is more effective. Once, the meditation restores our ability to control both the quantity and quality of our thinking, the medication can be lessened and

gradually eliminated.

The state of a tree during a storm can be a good illustration at this point. During a storm, we see the branches of the tree and its leaves are swinging back and forth violently in the strong wind. We think that the tree will not be able to withstand the storm. We are like that when gripped by a strong emotion. We feel that, like the tree, we, too, are very vulnerable and we can break at any time. But, if we direct our attention down to the trunk of the tree, we see things differently. We see that the tree is solid and deeply rooted in the ground and because it is rooted in the soil, it cannot be blown away.

Similarly, each of us, in a sitting or standing position, is like a tree when the storm of emotion is passing by. Do not stay in the heart of the storm, at the level of the brain or heart; it is quite dangerous.

For those, who can not stand strong emotions, their suffering is so great that they believe the only way to end it is by killing themselves. That is why many young people commit suicide, because they cannot see any other way out; they do not know how to take care of their strong emotions. But, **if we know that an emotion is just an emotion, and it comes, stays for a while and, then, goes away, it will be easy for us to handle or control it.**

Through practice of Rajyoga meditation, we will learn to handle or control emotion, to resist the temptation to consume something and to alleviate the emotional discomfort. As a form of escape, many people seek some sensual stimulation like music, or movies are certain 'sustenance' while others over work in order to avoid the subtle discomfort of their self-created unpleasant moods, or they need the company of others to seek from them the drugs of approval and reassurance. If there is already a close

*(Contd. .... on page no.32)*

# Steps to Lead A Stress-Free Life

– B. K. Manjula Baijal,  
Begur, Bengaluru

It is commonly believed that a life without stress and worry is impossible to exist. While some of us consider stress as natural, there are others who say stress is good and some even go to the extent of saying that becoming stressful and worrying will provide solutions to problems. While the bandwidth of common views and opinions is vast, it is fair to say that there is no common consensus on the word 'stress'. A shift of consciousness at 5 levels can lead to a stress-free life. Let's take 5 such steps:

**Step 1 – Relax! It's All Happening for the Good** – When this was told to some worriers, they laughed it out. The demotion at the office, the critical illness, the absolutely negative relationship with my spouse, where nothing but disagreement exists – and you say it is all happening for the good. Spiritual wisdom when learnt makes us relaxed and easy that whatever is happening at the current moment is right. Also, anything happening will strengthen us, make us wiser spiritually and emotionally, will settle our karmic bondages created by us in the past and make us lighter. Also, most important of all, it is a test for us, by passing which we will create better future realities for ourselves. So, always remember the slogan – “What has passed was good, what is in front of us now is very good and whatever future we create by remaining stable and content in the present difficult situation, will be very good. Why? Because we are born winners!” Starting the day with this consciousness will make us a self-success story, which we take pride in.

## **Step 2 – I Am Not On Time ... It's Alright**

Every step of our life today is about completing tasks and making things happen faster and better. What we fail to realize is that every thought of hurry and the associated worry is influencing our mental, emotional, spiritual as well as our physical health. Also, it is better to be late for that meeting, for the assignment or even for a meal or getting ready but it's worse to hurry, because a hurried consciousness will further bring tight schedules on your way, because that's the energy you radiate, which will come back to you. The more the hurry, the more people will feel the energy of it and feel uncomfortable with you. Also, remember a short-term failure is a better deal than long term harm to our mind, body and relationships. So, perform the tasks of significance, drive your car to office, finish your house work and office routine and even have a busy social life, but do all of it in a relaxed, unhurried and untired state of mind. This way, we will enjoy life's moments, receive long term success at all levels and not feel the pressure of deadlines and people's time driven expectations from us.

## **Step 3 – All The World's A Stage And We Are All Merely Actors**

Every morning we should tell ourselves that 'I am an actor on the world stage and everything I do here is my role to play'. An actor on a drama stage never identifies with his role. He knows the role is temporary and he has to return home to reality after the role is played. One of the most significant causes of stress is the thought – “I am the role” which is also called an inverted consciousness. The correct consciousness instead is that “I am a spiritual actor and the different roles that I play is my act.” My role is temporary and not my real self. My real self is me, the soul or being, full of qualities and powers. The more the detachment with the role, the lesser the stress while playing the role, or when things don't go the way I may

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want or expect. Also, everyone else is also an actor and sometimes their act will not be as I may expect or predict, but I remain light because I know that positive influence is easier than negative control. If I try to control the other person's act, I will create a stressful mind, relationship and environment. If instead I influence the actor sitting within, by radiating good wishes to the soul, then the other person will change and act positively and I will also be free from stress.

**Step 4 – I Gave My Inner Control To Someone Else ... Take It in Your Hands** – Stress is commonly caused because we allow another person or situation to control our thoughts, feelings and attitudes. Imagine if we were told that in the whole day, we have to lift our hand or shut our eyelid when someone tells us to do so! Would that thought not make us feel uncomfortable? Don't allow someone else or an external situation to move or control your thoughts, which give rise to feelings and attitudes. Take the control in your hands. What that means is we create our thoughts. We are the Masters of our mind and we have the ability to respond positively to actions of others or to events changing around us. People will be negative and situations will not be as I desire at times, but I have the power to create thoughts which are positive, peaceful and powerful at all times. Stress will disappear when we begin to be our own master at every moment. So, create a stress-free affirmation every morning – “I am the ruler and controller of my own thoughts. I will not allow anyone or any difficult situation to overpower my mind. I will always respond positively.”

**Step 5 – Stress is Normal ... It's High Time we should Challenge This Belief** – Freedom from stress will never take place until you stop accepting that a little bit of stress is good or

normal. We are all used to holding on to stress and allowing it to overpower our mind so much that it suffocates us mentally and emotionally. Stress is an unnatural emotion. The reason why we feel it is normal and good, because we have been conditioned by the world around us, the information it provides and the lifestyle it has set for us. Problems and challenges are normal in our current lifestyles. But we feel that it is impossible to overcome them by keeping a light mind, which is free from stress. For some, stress thrills, but do remember that in the long run it kills and definitely it is not a motivator but reduces the efficiency of the tasks we perform and adversely affects our relationships.

So, let's follow these \*Five Steps\* to lead a Stress - Free Life.

*(Contd. from. page no.30 )*

relationship with someone, i.e., a history of subtle dependency, we might seek relief in that relationships, perhaps, without realising the fact that it is our relationship with that person that is triggering the emotional waves in the first place. The solution, here, is to face up to the emotion, only to acknowledge it, learn to recognise it and name it.

Gradually, we will begin to see and know the cause of emotions and naturally learn to disempower them. This does, however, requires some regular time in reflection and contemplation as we cultivate self-awareness, which really means emotional awareness. Unfortunately, it seems most people won't do this until the emotions become intense, so powerful, and are forced upon them. That's why, the words 'too busy', the *mantra* of our modern age, are more often the code tag for 'I don't really want to see and understand why I am feeling like this'; it may mean 'I will have to admit something and change something'. ❖



# GOD FATHER SHIVA

## The Only True Friend

– B. K. Subramanian, Avadi

**T**here is a saying : A friend in need is a friend indeed. One who helps someone at a time of need, is certainly a precious asset. However, there are occasions when a friend also can turn into an enemy or may try to sink the friend's ship during the course of journey in life.

In Shakespeare's play 'Julius Caesar', there is a character named Brutus. Julius Caesar is the hero and Brutus is his friend. In a particular scene of the Play, Julius Caesar is betrayed by his friend Brutus who plots his assassination and together with his enemies, stabs him with knives.

Julius Caesar is greatly shocked to see his friend Brutus also amidst his enemies and painfully utters, "Hey Brutus you too.... They are all my enemies so they have plotted to kill me. But you! My best friend, you too...". After a few minutes of his utterance Julius Caesar falls down and dies.'

Friendship is one of the greatest needs and one of the most exalted blessings of the human heart but at times we find that people who betray us, deceive us or fail to meet our expectations. The love of our fellow human beings, no matter how noble and lovable, is always weak and imperfect but what if we find love which is completely pure and unconditional, which holds the highest good, containing in itself every good, every beauty, everything amiable – all the sweetness that could give us all that we desire! And who can it be!!!!

Rajyoga meditation taught by the Brahma Kumaris is about experiencing all relationships with God Father Shiva, even that of a friend. God is the most trustworthy of friends; there is really

no comparison. Too often we see God only as Father and Mother. But He is also my True Friend, and this relationship brings lightness and easiness to all my relationships with God. It is said that a friend of God is a friend of all. Friendship with God teaches and inspires me to be a good friend to others. With God as a friend, you can be open and know that in that openness, there is a loyalty and an understanding of everything that is within the heart.

Friendship means availability. A friend is available at all times and never says, "I do not have time", "wait", "later", "don't bother me now"; when there is a great need, a friend rushes there to help. We cannot expect the worldly friend to be present on the spot always, particularly during emergencies. But God is always available, every second of our life. With God, you are never alone.

Friends always have a deep closeness to each other even if they are physically apart. This companionship conquers distance, time or any other type of separation. Their mutual empathy is the basis of the communication. The communication with God is something more than just speaking, it is the ability to tune the self to His powers. With God we can share all our fears, insecurities, secrets or misdeeds and He accepts us as we are. God's vision for us is always pure and elevated.

There is a Tamil film song, the line of which is reproduced below in English.

*'A Ship that will never sink is the only Ship of Friendship'.*

God is our Boatman who is taking us across – from the Ocean of poison (Vicious World Kaliyug) to the Ocean of nectar (Satyuga). It has been said that the Boat of Truth will shake but will never capsize and sink. All we need is a pure and honest heart, and love Him unwaveringly. There is no greater love than this that we can give to our beloved, precious Friend. ❖

## From the Mighty Pen of Sanjay



### UNDERSTAND THE GREAT IMPORTANCE OF PURITY AND BECOME GREAT



**W**hen God, the Bestower of Blessings, and the blessed souls constantly remain combined, there will automatically be the canopy of purity. When you have the company of the Almighty Father, you cannot even have dreams of impurity. Constantly remain in the combined form with the Father. Don't remain single. When you become single, you lose your auspicious mark (*tilak* or *suhaag*) of purity. Constantly keep your tilak of purity and elevated fortune with you. Constantly remember your original and eternal form of a pure soul. When you look at anyone, see his/her original and eternal form.

Realize your real self and you won't create anything impure. Sorrow and peacelessness arise out of impurity. Where there is no impurity, there can be no sorrow or peacelessness. All of you are master purifiers, the children of the Purifier. Those who purify others, would naturally be pure themselves. Such purifier souls would definitely experience peace and happiness. So, you are the pure, elevated and special souls, who are the greatest in the whole world. The greatest specialty of all is to be pure. Even today, people bow their heads to this greatness of purity. Constantly, keep your original form and your blessed form in your awareness and all

traces of impurity and forgetfulness will vanish. You should not have even a trace of impurity and waste because these *sanskars* are not of your present birth, but acquired in your previous births. You are, now, the Brahmins, whereas those *sanskars* belong to the *shudras*. To experience your form and *sanskars* as a peaceful soul is what is known as being loving and detached.

The soul and the body are two separate entities. However, because of the ignorance of true knowledge, people have confused the two. People have mistakenly considered their physical bodies to be themselves while actually they are souls, the spiritual entities or energies. Because of this mistake, they experience distress, sorrow and peacelessness.

In order to become equal to the Supreme Father and to come close to Him, no impurity in the form of lust, the greatest enemy, should attack you even in your dreams. You should easily, naturally and constantly have the awareness of the spiritual brotherhood of human souls. Do not come down to the stage of body but remain ever established in the original stage of the soul and become the embodiment of all virtues and powers. We have different expansion – that of body and bodily relations. However, in essence, one has to be in the state of the bodiless, soul conscious form. You should have constant checking if your body, mind, thoughts, intellect, vision, words, etc. are pure or not. Only such pure souls, who have made their body, mind, intellect, words and actions pure are, really, the great souls. ❖

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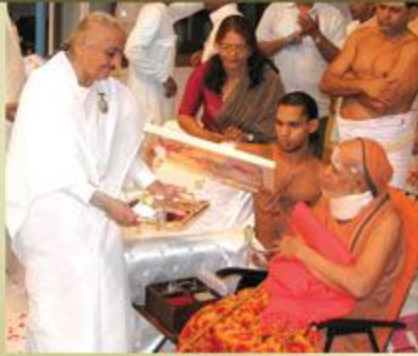


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