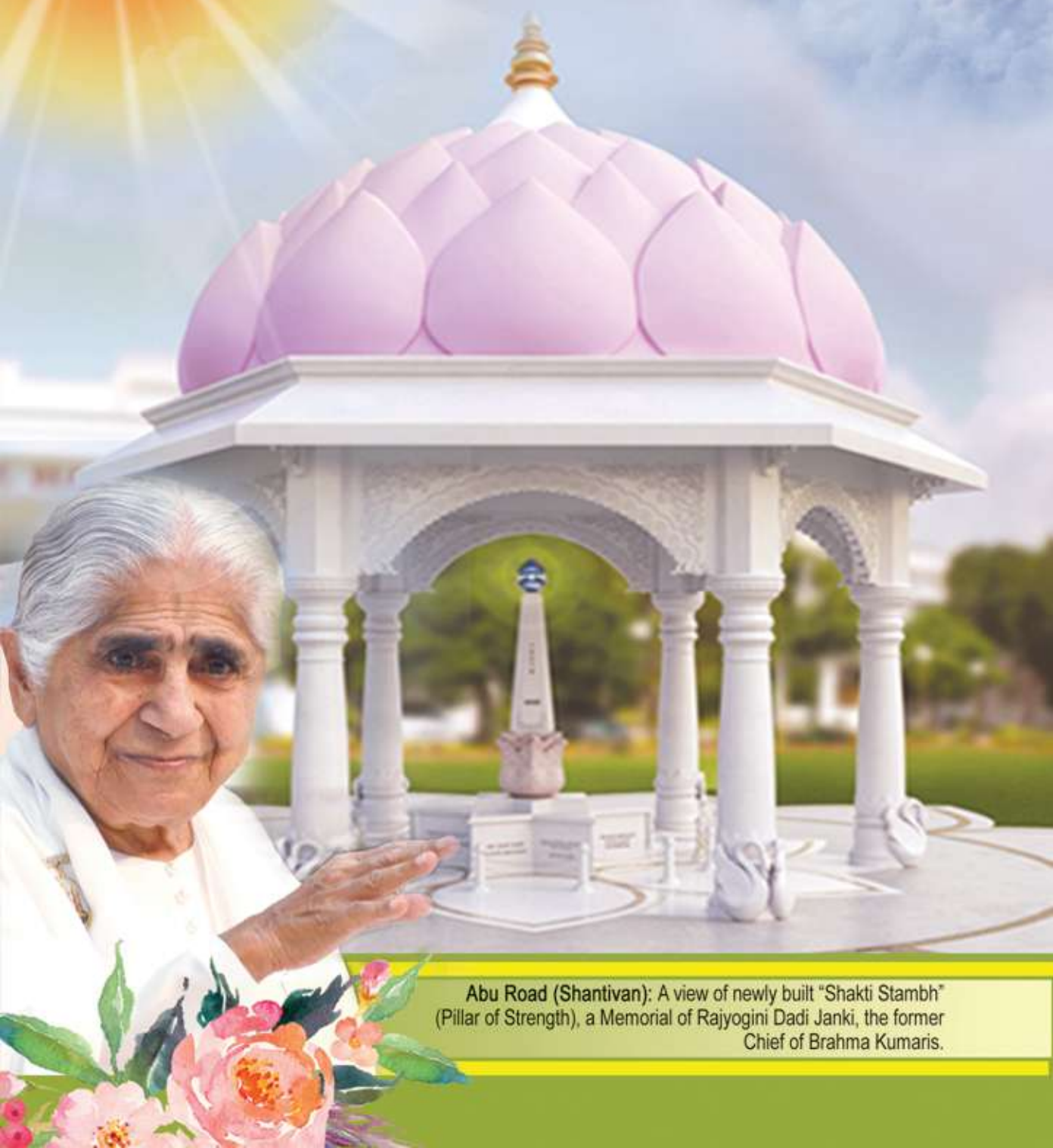




The World Renewal

Monthly

Vol. 52, Number 2, May, 2021,
Price Rs. 8.50, Yearly Subscription Rs. 100/-



Abu Road (Shantivan): A view of newly built "Shakti Stambh"
(Pillar of Strength), a Memorial of Rajyogini Dadi Janki, the former
Chief of Brahma Kumaris.



Abu Road (Shantivan): Rajyogini Dadi Ratanmohini, BK Brijmohan, BK Munni, BK Jayanti and others are paying tribute to Rajyogini Dadi Janki on her first Remembrance Day at Shakti Stambh.



Shimla: HE Bandaru Dattatreya, Hon'ble Governor is being presented Godly gift by BK Bharat Bhushan, BK Sunita, BK Laxmi and others.



Guwahati: In a celebration function for Release of Commemorative Postage Stamp on Dadi Janki, Prof. P. J. Handique, Vice Chancellor of Gauhati University, Mr. R.K.B. Singh, Chief Postmaster General and BK Sheela are launching the stamp.

From the Mighty Pen of Sanjay



SPIRITUAL WISDOM BASED ON HISTORY



The books on history give us only a piecemeal view of events. We have separate books on political history, cultural history, economic history, and so on. We do not, therefore, get a blended view of events of our past. There are some school textbooks and college textbooks on history which give something of everything--political, economic, religious, social and administrative states -- of a particular period of a nation but, often, these are not integrated in such a way that they may yield an unambiguous meaning nor are they often interpreted to give us a useful point of philosophy or metaphysics.

Philosophy of History also has not led to any better understanding

It is true that, during the last five or six decades, there have been some books on philosophy of history but these too have not contributed remarkably to our better understanding of men and matters nor have they unveiled unto us a clear and beatific vision of the universal truth. These have neither led us to discovering some new social, moral or any other kind of laws nor have they interpreted events, or laid down some methods of interpretation, that should give us better insights into human action, human nature and social groups. Moreover, historians or philosophers of history have not tried to relate events with their results in such a manner and with such a purpose as a physicist or a researcher in chemistry, studies the events in his laboratory so as to come finally to a conclusion as to what kind of an action or change leads to which result. In fact, one can say, in general, that historiographers and philosophers have been believing that historical action is altogether different from, or very dissimilar to an action in natural sciences.

Is the course of History determined by Moral Laws or Chance?

There is no denying the fact that human action is, in many respects, different from physical action, but it would be too much of agnosticism to deny that human actions obey certain kind of laws which are known as 'moral laws', 'laws of human action' or 'metaphysical laws.'

(Contd. on page no.33)

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Rates of Subscription for “THE WORLD RENEWAL” INDIA FOREIGN

Annual Rs.100/- **Rs. 1000/-**
Life **Rs. 2,000/-** **Rs.10,000/-**
Subscriptions payable through Money Order/Cash or Demand Draft (In the name of 'The World Renewal') may be sent to:

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

For Online Subscription

Bank: State Bank of India, PBKIVV, Shantivan; **A/c No.:** 30297656367, **A/cHolder Name:** 'World Renewal', **IFSC:** SBIN0010638

For Detail Information:
Mobile: 09414006904, (02974)-228125
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■ Editorial ■



ENJOY FLYING SPIRITS UNDER GOD'S GUIDANCE



The whole world is presently facing an unimaginable challenge in the form of the Corona virus menace. Due to getting infected by COVID personally, I had to be admitted to the Sterling COVID Hospital in Ahmedabad from 23rd March 2021. As the virus trajectory is changing all the time, the treatment is something very new, but I have experienced first-hand the magic and dedication that our experienced doctors and paramedical staff have been wielding over the past year in Bharat especially.

While in the ICU for about a week, it was heart-warming to see that the atmosphere is kept purposely in a jovial, happy and light mood, with someone sharing a story or singing a song, or commending the work of the front line staff all around. Within 9-10 days, I was very fortunate to have recovered from the onslaught of the virus. There are hundreds and thousands of citizens of Bharat who are presently fighting this battle with COVID, either personally or while witnessing their relatives and loved ones go through the same, so I wish to share my experience having come out of it myself.

Of course it was the doctors, strong medication, loving and tireless carers, and the right atmosphere that helped immensely, but at the same time I feel what helped me tide over the situation was the '*will to be well*'. I remember my friend, Brother Neville Hodgkinson of UK, who had written a book on a similar theme. The will power of any patient needs to be high and positive, and they should surround themselves with courage, good wishes and help from the medical fraternity.

I was elated on reading the encouraging motto of Sterling Hospitals, which was printed on my medical file: **Hope, Health & Happiness**. This touched my mind soothingly; if a person has the mental agenda of living a very purposeful life full of service to humanity, he or she receives tremendous help in the most delicate moments when one's parameters may be fluctuating a lot. It is essential that patients do not lose hope. Once the critical first week is overcome, and a person is declared negative from the virus, the next phase begins with the patient starting to walk, of course with support of Carers, performing breathing exercises with the help of a few gadgets, and taking wonderful guidance of the physiotherapist, who in my case was Mr. Vinodbhai. These professionals are very, very helpful at such times as they encourage the patient to keep up their morale, and motivate them to practice the exercises. My physiotherapist used to advise me very scientifically about the treatment, and especially said, "**Neither hurry nor worry!**" Walking was tiresome in the beginning, and after returning from a little walk of 100 or 200 steps or 500 steps, my body used to feel exhausted but Vinodbhai would continually share calming words like "Just relax, just breathe deeply..."; he would give me short breaks of 5 minutes each before re-beginning the chest extension exercises. As we know well, the Corona virus affects the lungs and when recovery is taking place the patient needs to inhale a lot of oxygen, so the doctors and physiotherapist both play an important role in this process.

I wish to acknowledge with sincere gratitude the wonderful care and sustenance that I received from a number of angelic personalities during this journey back to good health: Dr. Harjit Singh Dumra (Pulmonary & Respiratory Medicine), Dr. Ketan Patel (who

visited me every day to take account of how I was doing, and adjust the medication), Dr. Sudhir Shah (Senior Neurophysician Consultant), Dr. Tejas Patel & Dr. Sanjay Shah (Senior Cardiologists) at Apex Heart Institute, Dr. Atul Patel and many more. Dr. Pratapbhai, B.K. Karunabhai, Dr. Banarsibhai, Dr. Haribhai and others paid constant attention in different ways. B.K. Kamalben and her team of Memnagar Centre, Mohanbhai (who attended to me 24 hours of the day while taking all precautions), Shyambhai, Ravibhai, and Ram Avtarbhai were all my backbone during the 4 weeks.

B.K. Munniben, B.K. Shashiben, B.K. Mruthyunjayabhai and other seniors of Madhuban were constantly in touch to send good wishes from the Brahmin family in Bharat and abroad. I feel extremely blessed.

However, there is one secret that none of the doctors shared, and they probably don't share with any patient in case one gets disheartened: It's only after the treatment is over, and we return to our respective homes that we come to know that recovery will take place for sure, but very slowly... True to what we've heard in the past, any virus or disease comes with force and speed, as we have seen how COVID has spread across the entire world, but it doesn't leave soon. Most COVID patients require at least 2-3 months before they can return to their original routine. So let us accept this and channel our thoughts in another direction: **the more we are motivated, courageous and above all connected with the Divine Being, I can say with faith that our most beloved Supreme Father & Mother help us in amazing ways.**

God is remembered as the Supreme Doctor or Surgeon, who comes to the rescue of those affected by physical illnesses as well as the

more subtle ones of vices and weaknesses that have a direct impact on one's physical health too. Our Supreme Parent descends to restore us to our elevated level of pure and powerful consciousness. I have been very, very fortunate to have received a most beautiful, powerful blessing directly from beloved Bap Dada, who spoke these words to me when I was hardly 28 years of age; they can never be forgotten as they have provided enthusiasm and hope to me throughout my life: **"Sweet child, there can be no rest until the Golden Age is established on earth..."** Imagine the vision, encouragement and faith in the self that Baba instilled in me that day! I would recommend everyone be guided by these words, and not allow anything to deter us from our goal.

Whatever chaos is unfolding today is blatantly shared in the media, however no one knows the reason why we have reached this point: **People have forgotten to live their natural lifestyle based on Spiritual Principles.** Due to the change of attitude and priorities in life, instead of remaining naturally soul-conscious and enjoying life as a spiritual being expressing moral principles in every thought, word and deed, human beings were misguided by short-lived achievements, that did bring temporary happiness, but became the root cause behind all the mischief people do in life, thereby subjecting themselves and humanity across the continents to intractable suffering.

Though we are children of God, and God created humans in His own image, human beings are just the opposite today in many ways. Hardly anyone wishes to discover the beauty of soul-consciousness, and connectivity with the Supreme Being. **If these were kept in focus even now, human beings**

would be able to live virtuous, empowered lives, as is sung for the worship-worthy deities. Today, they are so far from the life that was meant for human beings; they are in the deep end, and their problems have further manifested in the form of the Corona virus. Some relatives are even ready to part ways with the patient, or be disruptive and callous in behavior just to get treatment or facilities for their loved ones, because everyone is really scared... It's a very strange situation; people used to feel honoured to join in the final ceremonies and light the pyre, but there is a limited number who can attend the funeral and moreover, there is no space at the funeral grounds, and so it's become a torturous ordeal rather than a time to pay tribute with peace and love. **However, after learning spiritual knowledge in depth, and practicing Easy Rajyoga Meditation, which the Supreme Teacher has explained to us through the medium of Prajapita Brahma, we truly can take benefit from 'Yaad ki Yatra': The Journey of Remembrance.** The Divine Being's clear instruction to all of us at the end of Kaliyuga is: When you are consciously keeping the spiritual company of your Eternal Supreme Father and Mother, and remembering and feeling that eternal bond between self and the Supreme, the soul is slowly empowered to conquer weaknesses from within, as well as prolong this life in order to perform good, productive and charitable actions during this *most auspicious age of the Confluence or Purushottam Sangam Yug.*

I have realized how valuable human beings are to other humans, living creatures, animals and birds because the world can only return to its golden era when human beings realize their own worth, and stabilize themselves in the true self-respect of being children of the Almighty

Supreme Parent. Though humanity talks about the beauty of the human spirit and its relationship with the Supreme Being, there is more talk and less experience, more divisions in thought and heart rather than unity and compassion in the community. While a major percentage of the population is going through tragedies, we also see that greed in humans doesn't disappear easily; there are some who are deceiving others by selling fake medicines and facilities just to make money in unethical ways. However, one of the positive things that has come out of COVID is that I see most of the super powers being very cooperative to their own people, and to neighbouring countries in this crucial time of need. **We are passing through the worst time in recent centuries, but we have to just look at the positive side of human nature and the circumstances.** After all, each human soul is originally like the eternal Supreme Being. That goodness in human souls can be hidden or buried for a while, but it remains for eternity. The layers of ego, greed, and anger etc. have to be scraped away so that we can return to our original divine consciousness. We are at the last stages of *Kaliyug*, where people are rampantly engaged in hoarding money, assets and power, or using resources for wrongful means but we have to understand that human beings are not in control of their minds or emotions or judgment power anymore; fear and uncertainty of their future is making people do unimaginable things like jumping out of 7- or 8-storey buildings to avoid quarantine or treatment for the virus. On 5th May 2021, I read about a young girl in Barmer, Rajasthan, who while performing the last rites of her father who died of COVID, was so distraught that she jumped into the pyre as well! People pulled her out but she still sustained 70%

burns. It was destiny that she survived and is recovering. **These are just few examples of how severely people have been impacted physically, emotionally and psychologically in the past one year.** Emotions are overtaking good judgment, and individuals are not able to use their intellects or thought power wisely. There is a strong wave of despondency all over, and so now it's our duty, '*dharmā*' as per the words of Shrimad Bhagwad Gita, to live an exemplary life of purity of mind, peaceful feelings and unconditional love for all, and then use whatever resources are available to support people and organizations to care for our spiritual sisters and brothers through this crisis.

It is humbling to know that there are many well-to-do philanthropic people in all corners, hardworking and gentle doctors, compassionate volunteers and social service workers who are doing so much for COVID patients. I must mention the names of my immediate contacts: Dr. Pratap Midha, Dr. Banarasi Sah, Dr. Satish Gupta, Dr Sachin (Global Hospital), Dr. Hari and others have been saving lives and supporting patients in Mount Abu, Abu Road, and neighbouring districts for the past year. B.K. Yoginiben, Dr. Narayan Khandelwal, Pratibhaben, Mohanbhai Patel and others in the Brahma Kumaris' BSES Hospital, Mumbai, which is now a COVID facility have done and continue to do great work too. Similarly GHRC Trustee Bro. Rashmi Upadhyā of Gandhinagar has been on his toes for providing oxygen generation facilities and essential requirements at Abu. It is extraordinary to see how human beings truly share a quality that runs very deep: positivity. **Though the present situation is overpowering, people are choosing to live with compassion and**

generosity of spirit, and are offering unconditional support to patients and their relatives, be it providing finances, oxygen supply, medications or even space to house COVID Care Centres.

The Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya's spiritual family is happily providing a 500-bed facility in their Man-Sarovar Complex near the riverside, Abu Road, for COVID patients. Of course there have been some causalities, but 95% of individuals who were admitted have recovered and returned home happy. Global Hospital & Research Centre, Trauma Centre and certain buildings on our Shantivan campus are also heavily engaged in COVID care. Those BKs facing delicate health were referred to bigger hospitals in Ahmedabad in April. A small number did depart from their old costumes, but a majority returned to Abu safely.

In Rajasthan, though we have been under semi-lockdown from the end of April and are under 100% Red Alert from 3-17 May 2021, mere lockdown doesn't work; we have to make available the right guidance and facilities, as well as Allopathic or Ayurveda medication, both of which are effective at this time. Let us continually show gratitude and respect for all our Doctor Friends and Nursing Staff who dare to face all eventualities in order to save the valuable lives of the people of Bharat. We should never fail to be thankful to our beloved Supreme Father, God Shiva, for giving us the understanding of how special every moment of this Brahmin life is, so let us remain connected with the Supreme Source of Life Energy and keep spreading powerful vibrations of Godly wisdom, spiritual love and peace in Bharat and across the globe.

– B.K. Nirwair



VICE PRESIDENT RELEASES COMMEMORATIVE POSTAGE STAMP IN THE MEMORY OF RAJYOGINI DADI JANKI

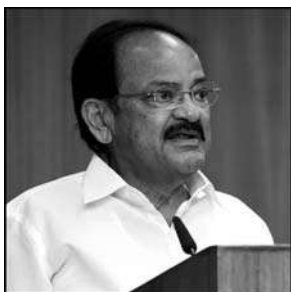


H.E. M. Venkaiah Naidu, Hon'ble Vice President of India, released the Commemorative Postage Stamp in the memory of Rajyogini Dadi Janki, the former Chief of Brahma Kumaris on 12th April 2021 at 5 p.m. from Vice President's House, New Delhi. The event was attended by the Union Minister, Mr. Ravi Shankar Prasad, former Director of CBI, Mr. D.R. Kartikeyan, BK Brij Mohan Anand, BK Asha, BK Shivani, BK Mruthyunjaya and others. Members of Brahma Kumaris from across the world also joined the event virtually.



Address of H.E. M. Venkaiah Naidu, Hon'ble Vice President of India

I am very happy to release special postage stamp in memory of Dadi Janki ji, the former Chief and Pioneer of the Brahma Kumaris spiritual movement. Dadi Janki who left us a year ago at the age of 104, was one of the foremost spiritual leaders of contemporary times.



I was blessed by Dadiji in 2019

I had the good fortune of meeting the revered Dadi, as also being blessed by her on my visit to the Shantivan campus of the Brahma Kumaris in 2019. It is a befitting tribute that the Ministry of Communications, Government of India is releasing this postage stamp to mark the first anniversary of an extraordinary spiritual teacher.

Inspirations from Dadiji's life

We should draw inspiration from Dadiji's life which was devoted to God and to selfless service of humanity. The world needs more healing voices like Dadi Janki who, cutting through the dogmas and rituals of all religions, firmly believed in the essence of 'One God'. Her teachings centered on Rajyoga, her virtues of kindness, 'sewa' and simplicity and compassion are indeed worthy of emulation by all. Everyone should take a cue from Dadi Janki by following in her footsteps and fight social evils like gender discrimination, casteism and communalism to build a better India where everyone has equal opportunities and lives in complete harmony with others.

Brahmakumaris are the champion of empowerment of women

Whenever one met Dadiji, one felt peace radiating from her ever-smiling and peaceful face. She was an embodiment of calm and composure,

who till the very end, always practiced what she preached. The Brahma Kumaris spread across the world are a living example of the values and principles epitomized by Dadi's life. What makes Brahma Kumaris so special is that the organisation is led by women, demonstrating the fact that spiritual attainments transcend gender-based distinction. This worldwide movement has been an exemplary champion of empowerment and independence of women.

India has a rich history of women leaders

Sisters and brothers, it is worth recalling that India has a rich history of women leaders in every field. In Vedic times, we had renowned philosophers like Gargi and Maitreyi whose fame travelled far and wide on account of their mastery over complex metaphysical issues. We must remember that in ancient India the divine feminine was worshipped in the form of '*Shakti*'. Over centuries, there has been a decline in our values as reflected in widespread discrimination against women in society. This needs to change. Society needs to be educated on equal rights to women in every field of activity, not merely in letter, but in spirit, as well.

The Government has initiated a host of programs to ensure equal opportunities to the girl child. These include '*Beti Bachao-Beti Padhao*' and '*Sukanya Samridhi Yojana*', among others.

Dear friends, Spirituality is the basis of all religions and the same spiritual thread binds

them together. People need to understand that only spiritual knowledge can ensure true peace, unity and harmony in the world. Indian civilisational values of 'share and care' and '*Vasudhaiva Kutumbakam*' (the world is one family) are the pathway to lasting world peace.

Brahmakumaris have shown the path of spirituality to the humanity

In today's individualistic life, the possibilities of our conflict with social or natural environment have increased. I am satisfied that organizations like Brahma Kumaris Organization is removing this distortion of the society. In easy and simple language, these are addressing our doubts and helping us to solve our questions. Brahmakumaris have truly revived the tradition of Gargi and Maitreyi. You have shown the illuminated path of spirituality to the hurt humanity, for which the society will be grateful to you.

Dadi Janki's philosophy of taking joy in serving others is the *mantra* for a happy and satisfying life. Currently, the whole world is going through a global health crisis and multiple attendant problems in the wake of the Covid-19 pandemic. I would request everyone to help and support the needy and alleviate their suffering during this critical phase of our lives.

I am particularly delighted and satisfied to release five rupees stamps printed by the Ministry of Communications, Government of India in the sacred memory of selfless service of humanity by Rajyogini Dadi Janki Ji. Thank You.

Address of Mr. Ravi Shankar Prasad, Hon'ble Union Minister

A postal stamp is being released today in honor of Dadi Janki ji, a great sage of the country, so I welcome all of you as the minister of the postal department.



India is a land of culture, *sanskars*, saints and spirituality. If we try

to understand India from our point of view, then we always see three principles. One is said in the *Rigveda* that truth is one. The second is *Vasudhaiva Kutumbakam*. This whole world is a family and is our own. We do not have to look back and forth. We have to see the whole world as one family. Third is *Survey Bhavantu Sukhina*... If the whole world is a family then everyone is happy and satisfied. God also makes someone a medium to bring all this truth

to the ground. God made Dadi Janki this medium. Inspired by God, Dadi Janki spread the truth throughout the world.

Dadi's aura, thinking and prayer attracted me

She went to England in 1974, but at that time she had not even the basic knowledge of English, yet there was a feeling from within that the importance of Rajyoga should be awakened all over the world where there would be no negativity in a person. The simple way by which she kept India's philosophy is a big thing.

The first face to face I had with Dadiji was during the Jayaprakash Narayan movement. When Jayaprakash ji died in 1979, Dadi Janki was also present in his prayer meeting. And at that time all of us were in student life with Jayaprakash Narayan ji. The element of Dadi's aura, her thinking, her prayer, attracted me a lot.

Once, the Brahma Kumaris Institution called me for an address at the IT professionals program in Gurgaon. There was a spiritual camp for 3 days and I was told, "You are the IT Minister; you should address the IT professionals". I had addressed IT professionals throughout the world from California to Mumbai several times, but to address these people at the spiritual gathering of Brahmakumaris, for me it was also the subject of an experience for the first time.

Address of Mr. D.R. Karthikeyan, Former Director of CBI

I have had the privilege, pleasure and honour of meeting and receiving the *drishti*, love, care and blessings, a number of times from all the three great Dadis: Dadi Prakashmani ji, Dadi Janki ji and Dadi Gulzar ji. The unconditional love



and grace they bestowed on me is invaluable and remains evergreen in my memory. They were all indeed

The task of gender justice done by Brahma Kumaris is praiseworthy

There are many people who talk about gender justice in the world, but the task of bringing the gender justice to the ground, which is done by the Brahma Kumaris Institute, is very praiseworthy. Nowadays, we discuss the materialistic nature of the world a lot. It is a very admirable subject for the daughters of the country to renounce their personal selfishness in a very spiritual way and utilize themselves for social welfare and world welfare. I went to Mount Abu and the way 25 to 30 thousand people get and live together in Mount Abu was a very pleasant experience for me.

Postal department is honored by releasing a ticket on Dadi Janki

Your movement has been very successful and we all salute Dadiji. Perhaps God gives 100 years of age to such His disciples. She lived her meaningful life for 104 years. Today, the postal department has taken out this ticket in her name. The postal department is not honoring her, but our department is being honored by it. It has been the tradition of our department that we release tickets in the name of such qualified personalities of the country. Today, I once again salute Dadi Janki ji and I wish you all the very best for your movement.

embodiment of grace, love and divinity.

Today, everywhere is the talk of empowering women all over the world. But even 8 decades ago, Brahma Baba, the visionary founder of the Brahma Kumaris movement entrusted the entire responsibility of the now famous global movement in the hands of chosen women. In the last 50 years, these great Dadis together inspired thousands of spiritual minded and dedicated sisters and brothers, spread the messages of peace, harmony and spirituality, far and wide all over India and many other countries.

**Everyone loved Dadi Janki as a mother,
guide and friend**

In the year 1986, under the supervision of Dadi ji, 'Million Minutes of Peace' appeal was organised by the United Nations (UN) on the international year of peace. I had the privilege of being invited to join Dadi Janki ji's 90th Birthday celebrations. I enjoyed her hospitality, grace, love and blessings being her guest both in London and in Oxford. That was my greatest opportunity to see, feel and learn her unique Divine qualities. Dadi's nature was very sweet, tolerating and co-operative. She was hard working and does all the service of *Yagya*, like attending spiritual seminars, giving lectures, opening centres, and even preparing food for the visitors. Everyone loved Dadi as a mother, a guide and a dear friend. The specialty of Dadi however, was the feeling for everyone as one big family. No one is a stranger; all are children of one Father.

Today, there are nearly 9,000 centers in 150 countries spreading the message of Baba and promoting peace, harmony, compassion, kindness, service and purity. Each center abroad is taken care by the local dedicated members following all discipline, purity and dedicated spiritual service.

**Everything is efficiently planned and
organized**

She ensured that there is a Brahmakumari centre everywhere in India and many big and small cities in most of the countries around the world. I had the privilege of visiting many of those spiritual centers in many countries like America, Australia and Europe and also in major cities and even in remote villages in our own vast country. Without much of formal education, the Dadiji ensured perfect administration of the global movement in remote countries and in

remote villages in India. The hierarchy is hardly seen or felt. Everyone is trusted fully and they all perform their roles with total involvement and dedication. Even the global gatherings that happen very often with over 20,000 meditators from all over the world are most efficiently planned and organised.

There are over a million dedicated members of the world-wide BK movement. In turn, they all attend various conferences at Abu Road. Over 20,000 guests are comfortably accommodated while attending week long courses and conferences. I used to declare that even if ten percent of the personnel in the government and corporate function with so much of integrity, efficiency and dedication, our country can be transformed into *Ramarajya*.

**Only a powerful soul can offer love and be
humble**

Dadiji described herself as an instrument of Shiv Baba, to serve human beings by reminding them of their innate virtues and powers and that it is through the awakening of these inner qualities that we can collectively transform our world. She believed and lived with her philosophy of love and love flourishes when it is nourished with trust and respect. She used to say "Only a powerful soul can offer love and afford to be humble. If you have the feeling that you belong to everyone, and look after everybody as a trustee, you are enabled to do the righteous actions."

Her socio-spiritual service for the cause of peace and happiness of individuals and prosperity and harmony for the entire world will need to be remembered and promoted by all of us on this memorable occasion. Dadi spent only three years in formal education and then went on many pilgrimages in her search for truth and the understanding of God. Dadi Janki was a person of wisdom, a woman who, through understanding

spiritual truths, had reached a position of personal peace and power.

Dadi lived a life of sacrifice and unconditional love

Dadi Janki maintained an unrivalled daily lecture and touring schedule even at the age of 103. Dadi lived a great life full of sacrifice, unconditional love and service to humanity, giving the message of God to souls of all religions living around the globe. Those who were close to Janki Dadi know that how she served everyone tirelessly.

In 1978, Scientists at the Medical and Science Research Institute at the University of Texas, USA examined the brain wave pattern of Dadi Janki. She was described as the most stable mind in the world as her mental state remained completely undisturbed even while performing complicated mental exercises. The EEG (Electroencephalogram) of Dadi Janki continuously showed delta waves, while she was cooking, while eating, while giving lecture, while doing arithmetical calculations, while talking, while sleeping, all the time!

Her tips for a calm mind

She attributed her mental state to Rajyoga meditation. Sharing tips for a calm mind, she said, "We waste a lot of time criticizing others instead of focusing on ourselves." Her advice was always to work with purity, as it will bring peace that will usher in love; love will bring in happiness and happiness will bring power or energy. She said my focus is on reforming people through self-realisation. She, being Companion of God, saw only the goodness of each human being and awakened people to fulfill their highest potential. She has pioneered, exemplified and shared with countless number of people a structured and disciplined method of

spiritual development that has had a profound impact on the lives of millions across the world.

At the Royal Albert Hall, London, again on October 5, 1997, 5000 people watched a unique programme: A spiritual encounter between renowned psychic Uri Geller and Dadi Janki. In this encounter, Dadi Janki relied more on her power of silence. They sat facing each other for 45 minutes, in deep concentration. Uri praised her psychic prowess and the audience experienced a state of rapt exhilaration. "Constant practice of Rajyoga Meditation" was the answer of Her Holiness.

Dadi said quoting Baba, "There is nothing to be sad or shed tears. We all are Godly children who know that the 'soul' is immortal. 'I am a Soul'. I, the soul is playing my part using this body, and then there will be a time to leave this body to play another part at another place with another body."

Top 10 secrets for her staying young

Here are the top 10 secrets for her staying young even at the age of 104 years of age:

1. Sense of Purpose;
2. Inner Connection;
3. Spiritual Discipline;
4. Control over Thoughts.

Dadi has a well-developed control over her mind (through the daily practice of meditation);

5. Selfless Service;
6. Living with Others.

Throughout her life, Dadi has lived in community with others;

7. Early Rising. Dadi had always woken early each day (3.00 am). Morning meditation gave her time with herself and her connection with the Divine;
8. Simple Life. In contrast to the aims of many people today to accumulate and acquire, Dadi has very few possessions;
9. Healthy Living. Dadi's food has always been vegetarian;
10. Laughter was part of life. Despite her heavy work schedule, Dadi always found time to laugh. ❖

IS THE ALMIGHTY GOD OMNIPRESENT?

– S. C. Sunil Kumar, Bengaluru

One morning, a group of people gathered on the road to our house. When I asked one of them, he said, "Nothing Sir, someone jokingly called his seven-year-old child a 'monkey, a donkey, and they are taking it seriously."

I am mentioning this above incident here because we cannot tolerate even a small child in our house jokingly called a monkey or donkey. The Holiest Supreme God is the *Sarveshwar*. Is it fair to assume that He is everywhere, in all living souls, in things, in thorns, in us, in you, in pigs, in crocodiles, in turtles, snakes, and in particle by particle? And many people believe that the God is present in five elements also, i.e., in water, air, fire, earth, and sky; and also regard Him as a *Jaldeva*, *Vayudev*, *Agnidev*, *Bhudev* and *Surya Dev*.

Just think, according to his deeds, man is called holy spirit, sinful spirit, *mahatma*, *dharmatma*, *punyatma*, and *devatma*. If the Supreme God is present in a person, can he commit murder, robbery, rape, corruption, adultery and such evil deeds?! The glory of God is immense. If God is present everyone, is it possible to do such lowly, sinful actions? If we have the Supreme Father in us; then, why do we worship, pray, recite *Namaz*, etc. by building a temple, church, mosque, and *gurudwara*? Why do we build a room for worship? If He is in sages, then, why should sages seek God and wander in the Himalayas for peace of mind? If God is in us; then, what is the need to remember Him in case of sorrow, pain, and illness? Why do we pray for health, wealth, employment, happiness, peace and satisfaction for us and all our relative and family members? Why would a beggar beg if

God is present in him? Is that Almighty Donor (God) a beggar? Is that God is so cruel to torture others as people do....?!

Then, how is it fair and appropriate to consider God as present in the entire living organisms and their many incarnations such as pig, crocodile, monkey, dog, turtle, snake, etc.? What do these kinds of creatures do? Does the Holy Spirit eat filthy things like a pig? Does God eat meat like carnivores and crocodiles? Is He poisonous like snakes?

One saint said, "Seeing a stone image of the serpent, a man anoints it or pours milk upon it; but, when he sees the living snake, he starts killing it."

If we keep thinking like this, it is only a superstition to believe that God is omnipresent! Is He naughty as monkeys? Is He a mosquito or insect, or pest? Does He like violence like a cruel beast? Does He spread dirt like dirty germs? If He is present in thorn, stone, and each particle; then, why do we only pick up the thorn and throw it out of the way, which causes pain? While discussing and thinking like this, it becomes clear that it is only blind to say that God is omnipresent. To say that the Supreme is omnipresent is a great insult to Him and is disrespectful to His existence.

If it is said that God is in air, fire, water, sky, earth, which are called *Panchatatva*; then, why does the air turn into a wind as in a storm, fire into a flame, water into a tsunami, and earth cause earthquake, and the sky element also give pain in this hellish period of time?

In this way, from the above discussion and argument, we realize that the Almighty God is not omnipresent. So, we need to know these facts: Who is the Supreme God? And where is his residence? The essence of *The Vedas*, Scriptures, *Puranas*, *Granthas*, Bible, Quran, *Guru Granth Saheb* says, "One Supreme *Paramjyoti* is the Supreme Soul, the Spiritual Father of all souls." But, the methods of worshipping and remembering Him are different with different names: We, the Hindus, worship

Him by doing *pooja*, prayer and lighting the lamp on special days. In the same way, the Muslims offer prayers by saying *Allah*, *Khuda* and *Noor*; similarly, the Christian brothers say, "God is Light." Thus, many religions have many types and different methods of worshipping and remembering Him. In fact, the Almighty *Sarveshwara* is the One Supreme God, who is the Supreme Spiritual Father of all human souls.

If the qualities, temperament and personality of the father are seen in son; then, the son should be like his father. But, to say the son is father is inadmissible. If we adopt all the qualities, powers and glories of that God; then, we can become worthy like Him having such qualities, glories and powers; but, it is unfair to call us the Supreme God. There is a proverb known as: "*Vaidya Narayana Hari*." This means that a physician, who is like Narayana, can treat a person in a disaster or illness. But, here the physician or doctor (*Vaidya*) is not a Narayana. Once, the *Guru* of the devotee Kanakadas asked him to eat one Banana at a place where no one is to see him. Then, Kanakadas says that there is no place without the glances of God. That is, the Supreme God is the Master of the entire Universe and He is the Omniscient. He is able to see every one's *Karma-Vikarma-Akarma-Sukarma*. But, this does not mean that He is present in everything, everyone and is, therefore, called Omnipresent.

We glorify the Supreme Lord as the Ocean of Peace, Ocean of Bliss, Ocean of Kindness, Ocean of Courtesy, Ocean of Virtues, Ocean of Power, and as the Great Forgiver, etc. He is the resident of *Paramadham*, the Third World, the Universal Brahma *Mahatattva*, *Moolavatan*, *Shanti Dham*. He is the Lord of the three worlds. Just like this gross body is a gross house to us, similarly, the house of the Bodyless (*Ashariri – Akaya*), *Abhokta*, *Ayonija*, *Ajnama* is the Highest Supreme Metaphysical Abode. Actually, the

permanent residence of all souls is also that Supreme Abode. So, *Paramdham* is the original home of the Supreme God, and the Almighty is Omniscient but not Omnipresent at all. ❖

FALSE ATTACHMENTS

Are you aware that whenever you lose your true self-awareness (soul-consciousness), you will identify with and get attached to something that is not you? It could be another person, your work, or some material possession. Let's say you are attached to your job and one day, due to rising costs, your company decides to downsize and starts laying off thousands of its employees – all of a sudden you are asked to leave. **The attachment to and identification with your position in the company, which has become a habit (personality trait), causes the creation of fearful and angry thoughts** (e.g., I'm going to lose my job (fear related to the future) or How dare they downsize the company and damage my position (anger towards the company and its leadership)). The destructive energy of these thoughts becomes emotion (energy in motion) which then invades your entire mind so you cannot have clear and calm thoughts (the prime requirement of that moment). It hijacks your intellect so you cannot make correct, wise decisions and choices (also the prime requirement of that moment) for the future. Any connection you had with your inner peace is broken. All this happens because you forgot who you really are and had begun to think you are what you do. When seen from the point of view of this example it sounds ridiculous that we should identify with what we do or what we have, but this is currently how the world and its people work. So, never forget who you truly are!

– *Awakening with Brahma Kumaris*

THE HUMAN TONGUE IS NOT STEEL BUT STILL IT CUTS DEEPER

—B. K. Ram Singh, Rewari

An ascetic saint lived in a hermitage (*Ashram*) with all his pupils. One day, a curious pupil asked him, “Why in this world many people do quarrel, argue, show anger, scream and stand against each other with red-eyes? Why do such peculiar acts happen? The saint answered with a smile, “When people quarrel with others by using their sharp tongue, distance between their hearts increases and this increase of distance is the main reason that they scream at each other, even though coming physically very close. In this way, the human relationship gets snapped. So, it is said, “The human tongue is not steel but still it cuts deeper.” The saint continued, “But, in love, the exact opposite happens. Their physical forms (bodies) may be miles away but their hearts always remain intimately close. This is the reason that the lover and beloved never cry but murmur and talk sweetly and silently. They even communicate without their tongue and understand each other with feelings of body signage or language. For them, the speaking mode of interaction is not at all required as they understand what is going on in each other's mind, no matter, whatever be the physical distance between them.”

Anger radicals are there in our own selves

Every angry person wants to quit his anger, or wants to get rid of this bad habit. His interior also demands to be free of anger because this instinct brings for him criticism from others and it

puts a negative impact on his personality. Also after exchange of furious words, when his anger is quenched he regrets his behaviour and realizes that though the roots of anger were within his own self but the dose of fertilizer and water for anger were nourished in the roots by others. In this way, he shifts the responsibility to others and blames them without rectifying his own fault.

Repeated anger causes hypertension

The blood pressure (B.P.) of a person rises when he becomes angry and, because of this, he quarrels with others or leaves the ground. But, when the anger subsides, this elevated blood pressure also normalizes. Repeated occurrence of such situations results in permanent enhancement of B.P., and if we intend to get some relief, we have to change the aspects of ups and downs in our life, because anger is a sign of weakness that reflects our immaturity and loss of self-control. So, one must command will power and be courageous, if one has to overpower anger.

Anger spreads like a virus

Anger stimulates dry behaviour and sensation of insult. Such feelings create poisonous effects in body. Man becomes violent and this excitement spreads like a virus, initiating disappointment, restlessness and agitation. Adrenaline hormone is released, which activates quarreling instinct, thereby resulting in formation of new hormones that cause stress.

A won battle is lost

A quarrel generated by anger can be mitigated. To defeat someone by arguments cannot be termed victory. The victory is that which enables a person to make his opponent think as per his ideology. If a person overpowers some with force or anger, it is not his victory but is his defect. A victorious person is one, who regularly amends/quits his ill habits, but not one,

who searches for weaknesses in his opponents. In this searching of other's weakness, a won battle is lost. You cannot keep others under your control but can definitely make your own self strong by shedding all evils, thereby strengthening your own personality.

Special attention in old age

One of the habits that worry you in old age is anger. In this stage of life, you find your body incapable to respond as per your expectations. In the delivery of some performances, you make mistakes and these mistakes provoke anger. This anger in your own self makes your life still bitter. So, think of linking your soul to Incorporeal God Shiva, the Ocean of Peace, who is the "Omnipotent" one through practice of Rajyoga meditation and get relaxed to find that your aged body has found an opportunity to learn "Easy Rajyoga".

Always keep in mind the following points:

- (I) Attempt to refrain from excessive pride, anger, livelihood worries, and revenges. They cut short your life.
- (ii) An object dropped in ocean can never be traced; so, any unheard comment always goes waste. Similarly, the knowledge bank of a learned person, in a state of anger, is of no use.
- (iii) Anger encroaches only upon him, who fails to express his plight clearly to others. So, it is better think ten times before you utter any words and thousand times during the influence of anger.
- (iv) Tears that are shed and the faith that is lost can never approach their initial destination. ❖

PAUSE, CHOOSE AND RESPOND

There are things coming to us from outside, and those that we are sending out. Situations and people come from outside, so what we get from them is not in our control. But what goes out from us – our thoughts, words and behaviour in response is always our choice. We think someone else caused our happiness, anger, pain or fear as we are in a habit of blaming. Also we are not aware that our response is our internal creation. Let's consciously choose to respond with peace, calmness and happiness today. Nobody else can create our emotions or make us feel a certain way. We create them but wrongly believe others are responsible for how we feel. No emotion is obvious and no response is natural. Let's take personal responsibility of our thoughts, feelings and behavior. He wronged me so I was obviously upset, her behavior angered me should not be part of our vocabulary.

Our situations do not determine our happiness; our response to the situation determines it. The response begins with the thoughts our mind creates. Feeding the mind with good thoughts to begin the day is like planting healthy seeds in a fertile space. The outer environment is often a reflection of our thoughts. We reap the fruits of happy thoughts that attract happy experiences. Sit back and program your mind for a perfect day. Set the foundation of emotional stability to build your responses. Situations and people can be imperfect but your state of mind should remain perfect – calm, happy and peaceful. Your thoughts, words and actions should radiate positive vibrations which in return attract more peace and happiness. ❖

EXPERIENCES OF MY SPIRITUAL LIFE

–B. K. Banshidhar Sahu,
Bhubaneswar

When I look back at my life, I feel really lucky to be in Baba's lap. I was born in a village, which is 40 km away from Balasore in the state of Odisha. I started my early education in a village school, went for college study to Balasore and graduated in Mechanical Engineering from University College of Engineering at Burla in the district of Sambalpur. I joined Government service as a Junior Engineer in Irrigation Department in 1970 and, in the same year, I got married. In the beginning of 1975 when I was serving in the Jobra workshop at Cuttack, I was introduced to this divine knowledge by a neighbour. At that time the Brahma Kumaris Ashram was 7 km away from where I was staying; but, I would regularly attend morning and evening *Murli* classes.

I began practising meditation and my journey of deep connection with Shiva Baba began. In 1986, I was deputed to the IIT, Roorkee for higher education where with the blessings of Baba, I got Gold Medal for standing 1st in Master in Mechanical Engineering and was also awarded the certificate of merit.

I faced some resistance from my seniors, but my adherence to spiritual principles always helped me. **Once, one of my immediate officers gave me a false bill to enter in the accounts. I took the bill and in remembrance of Shiva Baba, told the officer that being a spiritual person, I will not indulge in wrong practices and returned the bill immediately.** The officer was so pleased that he apologized for his actions, embraced me and tore the bill immediately. From that day onwards, he treated me with a lot of respect.

Another incident occurred when senior Executive Engineer sent a proposal that my sub-division would be audited by his audit staff. He informed that he would be accompanied by his own spouse and the spouse of his immediate boss (Superintendent Engineer). But, this message was followed by another message through my junior officer that non-vegetarian meal was to be cooked and served. On the morning of audit, again this message was passed on. But, **I was determined that only Sattvik meals would be served. When they came, I told them politely that being a vegetarian, I would not arrange such food, which I do not eat and surprisingly they enjoyed the meal and thanked me for the cordiality I showed to them. This strength I got from my Sweetest Baba.**

From the very day I came to knowledge, I used to take my meal at my home and when I used to go for tours for inspection I used to cook my own food and I had not eaten even once in any hotel and restaurant. I preferred to take fruits if any B.K. Ashram is not available nearby. While studying in the University of Roorkee, I used to cook my food in my room, but I had not taken food in the hostel or hotel. Even in study tour, I preferred to eat fruits and beaten-rice for 15 days.

Once, my daughter and son were playing in the terrace of our then single storey apartment with a small wooden cart. The terrace had no boundary wall. Both of them slipped and fell from the terrace but with Baba's grace, they escaped without any injury. The ground where they landed was filled with sand; so, no harm was done. Surely, this was the blessing of Baba. The daughter is, now, in charge of a B.K. Centre at Jagatpur in the outskirts of Cuttack city.

Once in 2010, while returning from Madhuban, I suffered from Pneumonia, and had to be admitted to ICU in unconscious condition in Bhubaneswar. The condition was severe as my lungs were filled with the water. But, with the light

and might of the Supreme Surgeon, Shiva Baba, I recovered senses within 20 hours and was discharged from the hospital within a week. The Brahmin families of Bhubaneswar and Cuttack did meditation during that period and I must thank them. I felt Baba saved me so that I could make a lot of contributions in Godly services.

While meeting BapDada in August 1975, they also gave me blessing that this child would be a cooperative (*sahyogi*) hand in various Godly services. And true to His blessings, I have the fortune of serving Baba by opening different centres and organizing various seminars and conferences in educational institutions. I am also a regular contributor of Odia spiritual monthly magazine "*Gyan Darpan*", published by Cuttack branch of Brahma Kumaris. About 13 articles also have been published in "*The World Renewal*", the monthly English magazine, published by the International H.Q. of Brahma Kumaris at Shantivan.

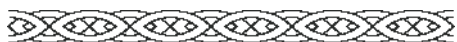
Rajyoga has taught me to live a positive and fearless life under the canopy of protection of the Supreme. I firmly believe that a life with divine principles can lead us to become like the Supreme Father (*Baapsaman*). Everyone, who wishes to experience peace and power, should practise Rajyoga meditation taught by Brahma Kumaris. In this life, we do not renounce society or our family but renounce our vices and cultivate inner powers. I never give up anything with temporary setbacks but I am able to do everything for the constant progress of the self. God Himself shows the path to live in an 'oasis' amidst the desert. ❖

BE LESS JUDGMENTAL AND START LISTENING MORE

We may all be great speakers; but, are we good listeners? A perfect conversation is not just about our ability to speak well and make someone understand our words. It is more important to listen to others. By listening well, we will recognize people's intentions, resolve issues and build strong relationships. Do you often find yourself speaking more and listening less to others? Do you mentally start building your response even as the other person is speaking? At times do you even interrupt someone if you have a different opinion? "**We have two ears and one mouth, we should listen more than we speak**", is a common quote. But, with our increasing age, position, role, and responsibility, we are losing the art of listening. We may hear others' words, but our mind internally starts judging their words and starts preparing a response. Since our mind is talking, we're not listening; rather, we're already radiating vibrations of rejection. Listening means we silence our mind, understand they have a different opinion, detach from our perspective, respect their opinion and accept their words. There is no distraction outside or in our mind. We introspect on their views and, then, express ours. Listen to people with an open mind, keeping aside your views, even if they seem to be wrong.

To have beautiful relationships with the people you live with and work with, master the art of good communication. When someone is speaking, pay attention, put aside distractions like phone, TV or computer and make eye-contact. Do not focus on their appearance, accent or language and listen to every word. Feel their vibrations, understand them as they are, do not interrupt them, but wait for your turn to speak. Also, listen calmly and patiently, ensure that people feel comfortable talking to you. Your listening skills help you to understand what they say, what they intend, and what they want. Wait for an appropriate time even if you have questions and ask politely. This will keep your communication harmonious, transparent and peaceful and make every interaction a pleasurable experience for you and for other people. ❖

DESTINY COULD BE TRANSFORMED THROUGH PRACTICE OF *RAJYOGA* MEDITATION



– B. K. Subramanian, Avadi

Of course, the world drama or the cycle of birth, death and rebirth has been predestined and the role and character of each and every human being in the eternal world drama has also been predestined irrespective of the sect, region or religion to which he/she belongs. In the world of negativity, *Kaliyuga*, where sensual pleasures are prodigious and predominant amongst the humans, mere belief in God alone won't serve the purpose of all human needs and satiate their longings either with or without any goal or ambition in their life. We come to know from media that many Very Important Persons (VIPs) and well-known Icons of various fields including social workers and religious leaders do come forward to meet the people and teach lessons on 'positivity' and how to deal with different kinds of people under whatever relationship they are in, either with or without any contractual obligation.

All seasonal changes and such other occurrences including phenomenal acts over the entire globe are governed by the Law of Nature; So, also all acts and deportment of human beings, irrespective of the fact that there have been disparities and differences amongst them in the social, economic, religious and cultural background, are governed by the Law of *Karma*. There has been no standard or authenticated books in the market on the subject of Law of *Karma* other than those published by

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya.

It is a matter to be recognised and realised as to what is positivity and what is negativity? The negative qualities in human beings such as lust, anger, greed, ego, attachment, laziness, fear, suspicion, jealousy, inattentiveness, hatred, avenge or revengeful feelings and actions, etc. were acquired by the people only during midway of the world drama, i.e., from the Copper Age (*Dwaparyuga*) onwards and those negative qualities were not found with men and women at the time of inception of the Eternal World Drama in *Satyuga*.

The men and women, who lived in *Satyuga*, had positive attributes and they were pure and virtuous with refined/sterling qualities such as soul-consciousness, everlasting peace, pure love, bliss and happiness, purity, knowledge with sixteen celestial degrees and power; they were also free from all types of bondages, sorrows and sufferings.

There has been a 'common belief' amongst all human beings across the world that destiny/fate of human beings cannot be changed or transformed. In this connection, I would like to recollect and remember an old saying in Tamil, which reads: "*Vidhiyaimathiyavellalaam*" the English meaning of which is reproduced below:

**"Fate could be conquered through
knowledge"**

God Father Shiva has explained everything in detail (i) about Himself being the Supreme Soul and World Benefactor (ii) about the souls with human bodies and also (iii) about the eternal world drama passing through three stages, i.e., *Satto*, *Rajo* and *Tamo*, of course, at varied degrees in each human being through instrumental human medium called Pitashree

Prajapita Brahma. Mamma, Jagadamba Saraswati, spiritually known as the Goddess of Knowledge by the Hindus in India, attained the stage of being worship-worthy because of her august, loveful dedication and sacrifice in following God's Directions (*Shreemat*) right from her childhood stage till her last breath.

Let us look into the saying: "Fate could be conquered through Knowledge." What is the knowledge that is referred to there in it? Is it about worldly knowledge or Godly Knowledge? Through worldly knowledge, a man or woman can earn money and physical wealth. Money and assets in physical form cannot change the destiny of human beings. It is the Godly knowledge (*Gyan*) and practice of Rajyoga meditation that have the immense power to transform/change any human being and thereby the so called destiny or fate of him could be conquered or overcome. All doubts in the human minds would be cleared during the seven day Rajyoga course imparted by the Brahma Kumaris/Kumars at the respective Rajyoga meditation centres located in more than one hundred and fifty countries across the world.

There is a plant by name "Touch Me Not". At this critical time of crisis over the entire globe, 'Touch Me Not' is the true mask, which all human beings need across the world to be on the safer track of journey in order to keep themselves away from the dreadful Corona Viral Disease (COVID-19).

Late Dadi Janki had already said, "Keep God Shiva as your best Friend and Companion." Who else could save you in any adverse situation? "A friend in need is a friend indeed" is the right proverb.

Let us be internally 'cool' during the on-going hot summer season, now, in India. Because, our inner cool nature will sustain ourselves by surpassing the outer heat of Nature. ❖

NEGATIVE CONTROL AND POSITIVE INFLUENCE

The power of influence in relationships is extraordinary, but it practically disappears when we try to exercise control and force.

You can influence anyone positively in many ways:

- Encouraging,
- Sharing, – Listening,
- Communicating in the right way.

In negative control we generate stress, frustration and anger. In positive influence the energy flows in a relaxed way with harmony and is not threatening, respecting each one for their specialty and allowing each one to be as they are.

In order to influence positively we need the power of discrimination and judgement in relation to what to say and what to do e.g. when you believe that the other person is the problem; generally the problem is not what others say or do, but rather how you perceive them. The way that you judge is what creates your negative feelings about them. We have the choice to perceive others as a threat, as a problem, or as an opportunity; an opportunity for learning, for change, for dialogue and understanding. We can choose to have compassion (kindness); to feel that the other is a problem indicates a lack of compassion.

MY EXPERIENCE WITH DADI GULZAR



—B.K. Shubhkaran,
Pandav Bhavan, Delhi

I first met respected Dadi Gulzar in Pandav Bhavan, Delhi, in 1981, when the Brahma Kumaris had organized a large public programme at the Red Fort grounds. I had come to Delhi from the Jalandhar Centre in Punjab to do Godly service for the programme, and I got the opportunity to serve in the kitchen in Pandav Bhavan. In those days, Dadi Gulzar used to oversee services in the kitchen. I had no experience of working in the kitchen, but Dadiji's humility and her sweet words made such an impact on me that I did the service with great joy and enthusiasm, and I got to learn many things.

Let me give one example of Dadiji's humility. One day, it was quite late by the time the guests, who were there for the Red Fort programme, arrived for dinner. Dadiji had not yet had her meal, and the mother who was making chapattis said that she was going to cook fresh chapattis for Dadiji. Dadiji heard this and told the mother not to make any more chapattis. "I will eat the



leftover chapattis", Dadiji said, and that is what she had for dinner that day. I was so touched by Dadiji's simplicity and sweet nature that I went to Baba's room and requested Baba to give me the opportunity to serve in Pandav Bhavan in future.

Loving Baba fulfilled my wish.

I retired from my government job on August 5, 1986. I went to Madhuban, where respected Dadi Prakashmani asked me if I would like to do service in Brother Brij Mohan's office in Pandav Bhavan, Delhi. I happily agreed to it as I already knew Brij Mohan Bhai Ji. I very much liked his quality of remaining happy and keeping others happy with his behaviour. At that time Brother Bakshi used to work in the same office.

The day I arrived at his office, brother Bakshi handed over all the work to me and told me about doing various other kinds of work in the *yagya*. I said to Bakshi bhai, "You are telling me everything on the first day itself, as if you are leaving Pandav Bhavan." He said, "That is right. I have to leave for Madhuban tomorrow to attend a *Yoga Bhatti*."

I thought that doing the office work was alright, but some of the other *yagya* work I had been asked to do was of the kind that I considered lowly. I had never done that kind of service before. I was in a fix and started thinking that Dadi Prakashmani had sent me to do service in the office, why was I being asked to do other work as well!

I met Dadi Gulzar and told her about my dilemma. Dadiji very gently and lovingly asked me to come to her for half an hour every day for seven days, saying that she would tell me about the importance of *yagya* service and the joy of the attainments it brings. I did as she said and in those seven days she removed my ego. Dadiji's genuine love and sweet words filled my mind with new energy and I felt as if I had come down from the height of body consciousness, and I started doing the service with loving heart.

Once someone complained to Dadiji about me and Dadiji called me. I went to her, nervously wondering whether she would admonish me. But I was surprised when Dadiji very lovingly and in simple words, told me about my mistake, and her feelings towards me remained unchanged. I thought Dadiji was naive, and I started speaking cleverly to defend myself. Dadiji was detached

as she listened to me. When I got up to leave, Dadiji smiled, and I realised that she was a wise soul and understood everything. That made me realise my mistake.

Once I said to Dadiji that some of us came for the early morning meditation while some did not, so it would be good to mark everyone's attendance in a register and I would show her the register sometimes. Dadiji said there was no need to show her the register. "From time-to-time Baba keeps telling us in the Murlis about the importance of the early morning meditation. Why should I cause any kind of thoughts in the minds of those who do not come for the meditation? Drama will resolve

everything at the right time", Dadi said.

I never heard her use the words 'I' and 'mine'. She would only say 'Baba' in connection with everything. She used to say that if Baba were not there, we would not know where you and I would have been. Dadiji had so many divine virtues. She would say that we should all pass with A1 grade, remain happy and reveal Baba through our happy face.

I salute and bow before that great soul, our angelic Dadi. It is my wish that we all become angels and subtly serve the world with Dadi, and be ready for the coming Golden Age. This would be our tribute to our loving Dadi. ❖

Demise of Rajyogini Ishu Dadi Ji

Rajyogini Dadi Puranshanta, affectionately addressed as Ishu Dadiji, who was the Additional Spiritual Chief of Brahma Kumaris, reached her angelic stage and left her mortal coil at 8.05 pm on 6th May, 2021. The 93 years old Dadiji was diagnosed as COVID-19 positive few weeks ago and was hospitalized in Sterling Hospital, Ahmadabad.

Dadiji chariot was brought to Shantivan, Abu Road in the early morning of 7th May 2021. The body was kept in her room at *Vishwa Kalyani Bhawan* for some time. The funeral took place at *Muktidham* Crematorium following strict adherence to all protocols of COVID-19.

She was among the founding members of the Brahma Kumaris Organization in 1936 and was Brahma Baba's (the founding father) most Loving Right Hand who handled all the correspondence of Baba at that time. She was also the Treasurer of this Divine Institution. Baba used to call her as *Gupt Ganga* (Secret River) due to her divine qualities of introversion, honesty and loyalty.

The sync which she displayed in her thoughts, words and actions will always keep inspiring love for God in all the human hearts. While one of the most precious gems of the Supreme Authority departs for a journey of world awakening, the entire 'The World Renewal' team recollects all the golden moments shared with her and expresses heartfelt gratitude for all her divine services. She will be always remembered for surrendering everything of her in God's love and her invaluable contribution in the smooth conduct of Baba's Yagya!



MY VISUALIZATIONS DURING MEDITATION



– Subhash Chand Garg,
Khelgaon, Ranchi

It is my experience that mind feels boredom if I gave it the same type of foods, thoughts or scenes. A person from plain area going to hill station feels thrilling to see hills, forest, animals and waterfalls. But, for a resident of hill station, all this is quite normal. This aspect also applies to Rajyoga meditation.

I have found Rajyoga in five different stages such as: Brahmin in soul-consciousness, Angel in astral world, soul in *Paramdham* (Incorporeal World), Deity in the Golden Age and Statues of deity in *Dwaparyuga* and *Kaliyuga*. These stages are the most promising ones as these provide opportunity of different visualizations. In the beginning of Rajyoga, I, as a soul, visualize myself sitting at hot seat of body in the forehead in the form of sparkling star light. I visualize soul entering and exiting from this physical body. I repeat again and again to my self that this body is made up of five elements but I am a soul, which never dies, never ages, never generates and never finishes. I see a series of physical bodies in which I, as a soul, am entering and exiting out through four Ages. I also remember all the seven inherent qualities of soul like peace, power, happiness, love, knowledge, bliss and purity. Almost 5-10 minutes are utilized in this process of firming up in soul-consciousness form.

Secondly, I visualize the stage of an angel, made up of light, which is a subtle replica of physical body and in which soul is seen like twinkling star. I start rising from room, house, colony, city, country and earth. I pass through sky, stars, moon and sun.

I reach the astral world made up of light like moonlight. Here, Brahma Baba, the king of angels, is waiting for me with open arms to receive and welcome me. He takes me in his arms and meets like as if a father meets his lost son after a long time. We both sit in this astral world on lotus seats just facing each other.

There is a big round of senior B.K. sisters and brothers all in angelic forms. Baba introduces them to me. I am in the middle of round and all angels are showering love vibrations upon me. Brahma Baba is moving both his hands on my head, shoulders and back. I am feeling that the love and powers of Baba are transmitting into me. I am just saying, “Baba, loving (*pyare*) Baba and my (*mere*) Baba.” Baba is also chanting, in return, “My child, sweet child, lovely child.” He puts a victory dot (*tilak*) on my forehead and give enormous blessings.

Sometimes, I change my visualizations that I am a small kid of one year and I am lying in Baba's lap in the astral world. He is moving his hand on my whole body. I feel totally secured and relaxed in his lap. I get up from his lap and revolve around the Baba chanting “Baba, Baba”. Again, I sit in the lap of Baba and he is transmitting his love by moving his hand on my head. I feel that I am a small child of 3-4 years, Baba is feeding me from his hands. He catches my finger and takes me on a round of astral world. Baba puts me on his shoulders and shows the numerous angels in this world.

After coming down from shoulders, I am playing with Baba. I am running and Baba is catching me. This type of visualization goes on for 15-20 minutes. This exercise fills me with supersensuous bliss, (*Ati-Indriya Anand*) beyond the five senses.

I feel that all of us can have all type of relationships with God. In our history, we found great saints and followers to have different

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relationship with God. The devotee (*Bhakt*) Dhruv desired God as his father and his ambition was to sit in God's lap. Tulsidas liked the worshipping of child Rama. Meera Bai loved Krishna as her husband. Gop and Gopi loved Krishna as their companion. Sugriv took Rama as a friend. Hanuman surrendered to Rama as his servant. The deities worshipped God in the form of Mother Durga. For varieties, we may also have different relationships with Shiva Baba in Rajyoga.

After enjoying Baba's love in angelic form, I move to *Shanti Dham* in soul form only. I see millions of souls in star forms in various sections. There is no limit of this *Dham*. The golden-red light and peace are prevailing in whole of *Dham*. There is no noise in this *Nirvaandham* as it is built of metaphysical *Brahm* Element unlike earth, which is made of five natural or physical elements of Nature. I feel relaxations in the very proximity of Baba. I, the soul, feel absorbing love and power from his divine light. All the alloys or mixtures are vanishing away from me, the soul, and the vacuum is filled up with divine light. I feel pure and lighted as I am in very original form. I, the soul, have become viceless, bodiless and egoless. I am prepared to take next birth in the Golden Age upon the earth.

I, the soul, am travelling from *Shantidham* to *Sukhdham* in a very blissful situation as I will get birth in the house of Lakshmi-Narayan as their son. I am playing in the lap of my father Narayan and getting enormous love from him. He is feeding me from his hand. At the age of 2-3 years, I am walking with my parents by catching their fingers. In the age of 5-6 years, I am going with them in their court and sit in between them on their seat.

Sometimes, I sit with them in chariot made up of gold and diamonds and visit the kingdom.

Sometimes, we go to picnic in the countryside through aeroplane. We have dance and music with citizens and their children. After taking eight births in *Satyuga*, I find myself in *Tretayuga*, where I enjoy 12 births.

In *Dwaparyuga* and *Kaliyuga*, I found myself totally blank with little knowledge of soul and God. I started worshipping my own images of the first two *Yugas*. In the *Sangamyuga*, I feel that my statue of Gayatri Devi has been built in a beautiful temple. Hundreds of people are worshipping and praying me for blessings so as to overcome their pains, sufferings and difficulties.

Shiva Baba through my statue is giving blessings to these devotees. Shiva Baba in my last birth has given me Godly knowledge through Brahma Baba. Baba has adopted me as a Brahma Kumar. In the remembrance of Shiva Baba, I am removing all the vices of lust, anger, attachment, greed and ego from me.

My old vicious *sanskars* are reducing day by day. I am becoming a pure, peaceful and powerful soul. In this birth, I move with Brahma Baba in the sky in angelic form. I sit on hilltop with BapDada. I am receiving love and powerful vibrations from BapDada and transmitting the same to five elements of Nature, one by one. I am also showering vibrations to a number of souls appearing from hilltop.

All these different types of individual or personal visualizations during Rajyoga are felt by me not only during *Amritvela* Yoga (Nectar Time Meditation) but also during the morning and evening walk, during leisure time in office and at home. I am feeling that my secret earning is adding to my account. I have become one diamond in the victorious garland or rosary of 108 of Shiva Baba. ❖

CHOOSE RIGHT ACTIONS

–B.K. Manjula Baijal,
Begur, Bengaluru

Life is a beautiful journey, with a number of twists and turns. It brings along different scenes in which our ability to face adversities with strength and stability is tested. This is because uncertainties in life are immense and challenges in life are to be overcome regularly. A negative situation in our present life is a sign of an incorrect action or actions performed in past lives or in this life. Also, good actions performed now, will nullify the influence of these negative actions of the past and help to reduce the sorrow or discontentment that they might cause. **What are good actions and what are negative actions and how can we differentiate the two?** Let's look at their meaning.

1. Good actions are those actions which are based on the original qualities of the soul – peace, joy, love, bliss, purity, power and wisdom. On the other hand, any action which takes us away from these qualities, is a negative action. Suppose, today my office colleague was angry with me and I lost my temper back at him. After becoming angry, how do I feel? I feel a lack of peace, love and joy and I also know that my action lacks wisdom. In the same manner, today I have been very egoistic and shown false pride while talking and behaving with others. In such a case, I can never feel powerful because the one with false pride will also feel insulted easily, if someone talks negatively about him or her. Also, the one with ego is bitter and critical, which is a sign of lack of love and wisdom.

2. Good actions and negative actions are two

sides of the same coin of life. The more our life is full of positive and nice actions, the happier and lighter we will feel. Very often people who are unhappy and discontent with life are ones who have a negative past of bad actions, either in this life or previous lives. Also, the more we perform positive actions now, the more we become important mediums to radiate goodness in the world, which is our true religion and duty given to us by God. Let us ask ourselves: Do we live our life only for ourselves or do we fulfil this task of – Be positive and spread positivity? So, positivity does not remain hidden and it radiates out to the world. This is a beautiful benefit of performing good actions. Bad actions, on the other hand, make us lose respect in society, in our own eyes and in the eyes of God, as we move other people towards negativity instead of goodness.

3. Presently, negativity in the form of vices – lust, anger, ego, greed, attachment, hatred, jealousy, revenge etc. has become prevalent. When the soul came on to this earth for the first time during the Golden Age, it was completely pure and vice-less. That is why it is said that God made man in His own image. The original goodness of the deities was the reflection of God's nature and today's negativity among human beings is a reflection of the Devil or Ravan as they say. The Devil or Ravan is nothing but the vices and weaknesses which are inside us.

4. While performing different actions in life, do we ever stop to think how many of our actions are positive or good and how many are negative or bad? Suppose you attended your office today and met many people over there in your work sphere. You share something different with them at the level of thoughts and feelings as well as at the level of words and actions. With some people, you share positive feelings, with some you are just neutral and with others you can be negative. So, in the middle of this, do you review

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your actions every day and then make corrections for the future. First, the knowledge of good and bad is important and then based on that knowledge, your actions begin to get shaped accordingly. It is important to do self-checking every day.

5. We are all spiritual travellers also and we are carrying *sanskars* of everything we do today into our next births, into the future. We are the creators of our destiny and it depends on us whether we wish to carry the baggage of

negative *sanskars* or negative actions or we want to travel light, with lots of blessings. We do not take our relationships, our physical body, our wealth or our position into our next birth. All these change when we leave this physical body. What goes with us are our *sanskars*, based on our actions, which ultimately decide our destiny. God gives us wisdom to create positive energy in our thoughts, words and actions, which manifest into healthy body, beautiful relationships, prosperity and happiness in our life. ❖

MOTHERS-THE STRENGTH OF MANKIND

– B. K. Neena, New Delhi

At Home, you are The World, The Pioneer

That those little munchkins rely and revolve around

At work, you are the disciplined emperor

**The sovereign, a spear header
No, not a law- maker; albeit, a homemaker.**

**The strength of a Mother is second to none
Resolves life's problems like no one;
With the aplomb and grit of a successful woman.**

Thus, know your worth and believe in yourself

**The pivotal role that you play,
Trust that the Time will repay**

**Keep the spirit soaring, the fire burning
The soul shining every morning sans any rue**

**An embodiment of power and virtues;
Love, Care and Compassion**

personified;

Imbued with sterling qualities; be she a rustic or a qualified!

An indefatigable workaholic with strong resilience

**Perseverance, endurance and patience;
Indeed a spectacle to watch;**

An ideal example cum sample for posterity

An epitome of royalty, simplicity and humility!

Sporting a winsome smile, beautiful comely

**As gentle as a dove, so loving and kind
However the formidable one, when principles at stake**

An able administrator, the torch bearer in the make

Ah the poignance with poise; stable equipoised

Indeed the very strength of mankind!

EDUCATION FOR DEVELOPMENT OF PERSONALITY



– B. K. Dr. Ranjit Singh Fuliya,
Associate Editor

'Education' appears to have originated from Latin word 'Educare' which means 'to bring up' or 'to nourish'. Another origin of this word may be Latin word Educere, i.e., to lead out or to draw out. Training, teaching and inspiring are essential ingredients of education. Students acquire knowledge of new concepts and develop their skills and talents through education. Human beings face various problems in their day-to-day lives. Education equips and trains them to face various adversities and obstacles, efficiently. Student life is the foundation of our life. It is the formative years of student life that influence our mental and intellectual capabilities. Education is the means to transfer the talents, skills and techniques acquired and adopted by people, from one generation to another. According to Noble Laureate Rabindra Nath Tagore, the process of education is noble and divine and it does elevate our entire personality: "The highest education is that which does not merely give us information but makes our life in harmony with all existence".

A Historical Perspective

India has a very ancient and rich cultural heritage. It is, perhaps, one of the most ancient civilizations of the world. It is also well known that the education system in India was highly developed. Students not only from all parts of India, but also from other nations of the world were attracted to the Universities of Nalanda and Taxila. Certainly India had acquired spectacular achievements in the field of education. The

education followed the tradition of *guru-shishya* wherein the students learnt various life-skills. The teachers would lead a life of sacrifice, simplicity, sincerity and honesty. Monetary attainments were no consideration for those dedicated to teaching profession.

Education must Enhance Life- Skills

Rabindra Nath Tagore and Mahatma Gandhi emphasized the role of manual and productive work while imparting education. National policies on education in India paid some attention to it but the desired results could not be achieved. This is an area which needs to be dealt with urgency.

Welfare of the Masses

National policies on education in India highlighted the welfare of the weaker and backward sections of the society, physically handicapped, minorities, etc. Of course, one of the main aims of education must be to develop the rational faculties of students, so that they rise above the limitations of the old pattern of thinking, gender-bias, blind faith, superstition etc.

Role of Parents and Teachers

Parents and teachers must play an active role for betterment of students. They must nurture and guide students in such a way that the latter become responsible citizens. Students must also be made to realise their social responsibility. Students should be made aware of the importance of the company one keeps. They must be inspired to inculcate values—Discipline, Punctuality, Unity, Harmony, Respect, Co-operation, Patience, Contentment etc. This can be done if parents and teachers become role-models. School authorities, parents and the governments must provide proper guidance and relevant facilities conducive to all-round development of students' personality. Sincere efforts must be made to remove impediments in their studies. With proper support, cooperation

and guidance, students can prove beneficial to the society, the country and the world. Students must also be taught the importance of having a positive attitude in life. When they are aware and vigilant about their shortcomings and deficiencies, they make extra efforts and try their best to improve their performance. They must be given guidance to equip them mentally, so that they stay calm and composed even in adversities. Patience and perseverance must be practised by them regularly.

Importance of Communication Skills must be Highlighted

Another area neglected in student life, in most of the educational institutions, is lack of proper attention on Communication Skills. Students find it difficult to read, write and speak, appropriately. There are errors not only in writing spellings but also in correct pronunciation. I am fortunate to have an opportunity to guide, motivate and teach lakhs of students in over 500 schools, colleges, Industrial Training Institutes and other educational institutes, in seven States of India, voluntarily. It has been my experience that students in most of the educational institutes are inspired to get high marks by memorising the concepts, rather than understanding the same systematically. Even very intelligent students are found lacking in use of Communication Skills. A few months ago, I was invited by a voluntary organisation working for betterment of students, particularly from rural background, in a State of Northern India. There were about 700 students. They were good at studies but found it very difficult to communicate in English. Most of them could speak in English just within fifteen days. Their performance was recorded periodically, so that they themselves get motivated by observing their own development in the recorded videos. Not only

that, they were also taught the basic concepts of English Grammar and some fundamental topics of general awareness, Indian History and Political System in the country. They got a great boost in their morale and found themselves ready to face the competitive examinations they were preparing for, successfully. So, there is nothing that cannot be attained by sincere and committed endeavours. If more and more teachers are inspired and motivated to educate students in enhancing their Communication Skills, it will prove highly rewarding and its results can be charismatic.

Values in Education

Value- Education is of utmost importance for a holistic growth of students' personality. There are several NGO's and voluntary organizations which should be involved for betterment of education in schools. National Council of Educational Research and Training (N.C.E.R.T.) has introduced courses on value-education which have been adopted by various schools. Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya has also been providing its services in the field of value-education, for many years. These courses prove quite useful in enhancing the standard of education, as these help students in their overall development. Increasing incidents of moral turpitude, indiscipline, misuse of electronic gadgets and other forms of technology are rampant nowadays. Value-education can prove to be an effective tool to enlighten and educate students. It is values that give meaning to human life and enable us to adopt a balanced approach amidst various life-situations. Apart from enhancing our character, values also beautify our social life. Values enable us to excel in any field and make us successful in our academic and professional lives. ❖

Practice of *Rajyoga* Meditation Ensures a Better Immune System

–Dr. Priyanka Surana (M.D.,
Guwahati)

What is immune system and how does it work? In simple terms, the immune system, is the “Protector” of the human body being exposed and attacked continuously by the “foreign invaders”/microbes (germs) like bacteria, viruses, parasites, and fungi present in the environment. So, as we cannot change what exists in the environment, we become naïve. The key to a healthy immune system is the system's ability to distinguish the self (body's own cells) from the non-self, and that is the normal state of the system and body functions peacefully. The organs of the immune system are positioned throughout the body. They are called lymphoid organs because they are home to lymphocytes, small white blood cells that are the key players in the immune system, e.g., bone marrow, thymus, spleen, lymphatic system, clumps of lymphoid system in the appendix, adenoid and tonsils. There are two components of the immune system:

- ▶ Inherited or the Innate Immune System
- ▶ Acquired or the Humoral Immune System

The Emotional System

Anatomically speaking, the emotional system is represented in human brain by the *limbic system* that deals with emotions and memory. It regulates autonomic or endocrine function in response to emotional stimuli and also is involved in reinforcing behaviour.

Psychologically speaking, the emotional system is related to the personality of a being. For Sigmund Freud, daily living was the result of

a compromise between what one really wants and desires (the id) and what society expects from us (the superego). Carl Jung was very interested in patterns of daily living, and he defined two different attitudes called 'extroversion' and 'introversion.'

Spiritually speaking, there are two kinds of emotions – positive (purity, peace, love, happiness, bliss, enthusiasm, etc.) and the negative ones (ego, anger, lust, attachment, greed, jealousy, hatred, laziness, etc.). Based on how the human beings feel, they react or respond accordingly and keep swinging in between these emotions, until they become in charge of their own mind.

Connection between the Immune and Emotional Systems

Feeling good and feeling healthy goes hand in hand. Both are interconnected and by developing proper understanding about both the systems can definitely help us to make our body and mind healthier. In 2017, Fulvio D Acquistio published an article on a new field of research called 'affective immunology' where emotions and the immune response converge. The highlights of this interesting research study were as follows:

- ❖ Affect and emotion are defined as “an essential part of the process of an organism's interaction with stimuli.”
- ❖ The emotional and immunological system share more than a similarity of functions.
- ❖ Research in this field will allow a better understanding and appreciation of the immunological basis of mental disorders and the emotional side of immune diseases.
- ❖ Adopting a healthier diet, developing a stable emotional intelligence, improving one's socio-economic conditions, and ceasing unhealthy habits such as drinking or smoking have all been reported to be beneficial for both the emotional and immunological responses.

Translating the ideas of Freud's id and Superego and Jung's extroversion and introversion into the field of immunology, one would say that the *innate immune cells* are 'extroverted', as they are always looking out for something new coming from the outside world and continuously engage with the external environment. Macrophages patrol tissues or organs, monocytes and neutrophils quickly migrate to the site of infection during inflammation.

But, *adaptive immune cells* have an 'introverted' personality because of their increased concern about creating an inner experience of life events, especially if they have been deleterious for the host. This is what immunologists call 'immunological memory'. The innate and adaptive immune cells both work toward trying to adjust the body to accommodate the requests of the external (the superego) and internal (the id) environments.

It is noticed that both immune and emotional dysfunctions are known to have a high incidence in the age range from 30 to 50. Autoimmune diseases, such as rheumatoid arthritis, peak between 30 and 55 years old and patients suffering from multiple sclerosis usually develop symptoms when they are between 20 and 40 years old. In a similar way, the highest incidence for the two main classes of mental diseases, namely 'anxiety disorders' and 'mood disorders', occurs in the populations, aged between 25 to 53 and 25 to 45 years respectively.

For example, when a healthy individual has an infection, the body's immune system response is expressed in the form of fever. Parallel to this, the host also experiences the sickness response, e.g., "a coordinated set of adaptive behavioural changes" featured by lethargy, depression, anxiety, malaise, loss of

appetite, sleepiness and hyperalgesia. The combined action of the emotional and immunological reactions induced by the infection has the ultimate aim of stopping the host from increasing the chances of worsening his/her condition.

Stabilizing emotional health by several means like laughing, watching positive content, or practising mindfulness-based stress reduction programme on a regular basis have shown to stimulate cells of the immune system, which has protective and cytotoxic activity against foreign invaders. Improvement in emotional status helps in increasing activity of the immune system.

Practice of Rajyoga Meditation helps in Improving the Activity of the Immune System

Practice of Rajyoga meditation helps in ensuring a better immune system and in stabilizing the emotional system along with inculcation of positive virtues for a better life.

Although there are multiple ways of keeping the emotional system happy, but what we need is the one where there is utilization of less resource as not everyone has access to all the resources. The



most stable and easy solution to maintain stable emotional intelligence is the practice of mindful meditation (Rajyoga meditation), which can be practised by all the patients, and there is no cost added to it. Also, it is the scientific fact that patients with good emotional

responses have reduced pro-inflammatory markers in their body, which help to decrease the chances of infection – sepsis – called one of the leading causes of deaths in the world. In this connection, the study conducted by Dr. Satish K. Gupta *et al* is worthy of mention. In this study, they evaluated the efficacy of a unique Healthy and

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Happy Lifestyle (HLS) programme in regression of coronary atherosclerosis comprising of low-fat, high-fiber vegetarian diet, moderate aerobic exercise and stress-management through practice of Rajyoga meditation. They found that with a 50% adherence to the programme, a significant change is observed in coronary artery

disease regression.

By controlling the negative emotions in today's life and stabilizing them by regular and mindful practice of Rajyoga, one can strengthen his/her immune system and achieve great health of the body and mind. ❖



A Tribute to Revered Bro. Jagdish

– B.K. Yogesh Kumar, New Delhi

On 10th September Nineteen Twenty Nine
A great soul was born, with intellect so refine
Multan – a sacred city of Sufis and saints
Where he was born and became scholarly proficient
Soon, he received God's real introduction
And he knew about God and His functions

The love for God Shiva reached the extreme
He surrendered everything for the Supreme
God Shiva had incarnated in Nineteen Thirty Six
The whole world was vicious, in a fix
His knowledge of Soul, God and Drama was new
It would pave the way for the World Renewal avenues

God assigned to him a very important duty
Gifted him a pen to write heavenly destiny
His intelligence and God's blessing worked like a magic
His Godly literature to save the brethren from vicious panic
Feel of super-sensuous sparked joy through Godly communion
He got engaged day and night in Spiritual literary mission

Showed the mirror of knowledge to the blinds of ignorance
Called 'Sanjay' of Mahabharata fame and Vyas of perseverance
Also named 'Ganesh' for being destroyer of obstacles
His Godly service broke the superstitious shackles



Bro. Jagdish Ji

He spread Godly mission, to each and every bone
And turned every hurdle into flower from stone
Such an incarnation of unlimited service and economy
Ascended to complete Godly mission of world harmony!



O GOD! YOU ARE REALLY WONDERFUL

—B. K. Sudarsan,
Unit-8, Bhubaneswar

One old heart patient was under treatment in a hospital. His condition was critical and he was on his death-bed. He was waiting for his son, who was in military to be with him in the last part of his journey. One day, another military official of the rank of Major visited that hospital.

The young army Major was taken by the duty nurse to the bedside of the old man waiting for his son. The old man was partly unconscious; so, she whispered the name of his son in his ears. She softly introduced the Major as his son. Soon, the eyes of the old man moved and he could see a vague figure, a young military officer standing. He reached out his hands and the officer also held out holding the old man's hand with love. Throughout the whole night, the Major kept sitting beside his bed with his fingers wrapped around the old man's hand and squeezing them with love and encouragement. The dying man was unable to utter a word but feeling the love with full of satisfaction and peace while keeping his hand in Major's hands, believing them to be his son's hands.

The old man died at the break of dawn. The Major now released his fingers from the lifeless hand that he had been holding. When the nurse came, she conveyed her deep condolences and started offering words of sympathy. The Major was surprised as he was unaware of the identity of the old man. The nurse

was taken aback, and asked, "Was he not your father?" The Major replied that he never met him earlier in his life. The nurse, then, asked, "Why did he not say anything when he was taken to the bedside of the old man and was introduced as his son?" The Major replied that he knew there was some misinterpretation. But, he felt that the old man desperately wanted to see his son, who was not there at that time. He realized that it was not the time to say that he was not his son.

The nurse, then, enquired the purpose of his visit. The Major replied that he visited that place to inform a certain Mr. Vikram Salaria that his son had been killed in a military operation last night. The nurse informed that the man, whose hand the Major held the whole night, was none other than Mr. Vikram Salaria. This was followed by complete silence. The Major and the nurse didn't utter a single word. They were totally motionless and speechless.

They praised the wonderful drama of Wonderful God as there could not be anything more assuring for a dying man than holding tightly the hand of his so called son for the whole night. The old man died thinking that his son was there with him while the soul of the son also could rest peacefully knowing that his father died peacefully.

This incident gives another strong message: When someone needs you, just be there. ❖

Everyday is an opportunity to be creative – the canvas is your mind, the brushes and colours are your thoughts and feelings, the panorama is your story, the complete picture is a work of art called, 'my life'. Be careful what you put on the canvas of your mind today – it matters.

(Contd. from. page no.3)

That apart, the way historians have written history has not less often laid emphasis on wrong elements or wrong factors so that their writings lead to distortion in human values or created confusion in the minds of men on issues which are of vital concern to man.

Let us discuss, for example, the event of the fall of an apple at Newton's feet. Often, the idea in the mind of the historian, who narrates the event, is either to give a historical background to the discovery of the law of gravitation, or to assert that Newton was a genius, or that the discovery of the force or law of gravitation was a matter of chance. In most of these writings, one finds that, to make the narrative interesting, the chance factor is specially mentioned. And, in doing this, undue emphasis is laid on chance.

Undue emphasis on Chance leading to wrong Values

Now not only does this kind of description, which puts emphasis on chance, under-rates the genius aspect of Newton's personality but it militates against the truth and leads to assertion on wrong values. For, the fact is that Newton's mind had already been devoted for years to the laborious and patient investigation of the subject of gravitation; and the sudden event of the apple falling before his eyes attracted his attention again to this problem and stirred his mind, genius as it was, to discover the answer to this question. The falling of the apple was, no doubt, a chance event in the sense that Newton had no control over it nor had he made the apple fall but it was not a chance in the sense of leading 'a chance-answer', i.e., an in deliberate and spontaneous solution from Newton, for Newton's mind had already been caught up with the problem

consciously, subconsciously and unconsciously before the occurrence of the event.

Take the case of James Watt for another example. History of science or history of his country would mention his name in connection with the invention of steam engine. And, in this context, the narrative would say that, as youth, he had observed steam issuing from a kettle and lifting up the lid of the kettle due to its expansive power. This observation led him to think that steam had great potentialities. This struck his imagination so much that, eventually, when he grew up, he was able to transform a huge and imperfect steam engine into a powerful working instrument.

Now in the case of Watt also, the historians generally put undue emphasis on the chance factor. As a result, it is now known to many that, by practice and by abilities, Watt had become contemplative, imaginative and inventive. As a boy, he had found science in his toys. The quadrants lying about in his father's carpentry shop had led him to the study of optics and astronomy. His ill-health had induced him to probe into the secrets of physiology, anatomy and psychology. His lone walk through the country-side attracted him to the study of botany. Thus, it was the combination of genius, scientific study, mechanical ingenuity, the will to overcome difficulties, the patience to work until success was achieved, the willingness to work even with tools that were not very sophisticated and, perhaps, the greatest among these, his keen sense of observation and his fertile imagination, and many more qualities that led James Watt to invent the steam engine.

The walking-jumping lid was, no doubt, a chance event that had triggered his mind to hit an

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idea but the qualities of his mind were not the result of chance. However, the way the biographers or writers mention the event of the steam issuing from the kettle and giving movement to the lid is generally such that it seems to point to the factors of luck, fate or blind chance.

Now, this wrong emphasis leads some readers to think that, if they have not been able to invent a contrivance or to discover a law, it is because the chance has not worked in their case, i.e., Lady luck has not favoured them. Thus, the chroniclers sometimes give prominence to a wrong factor and the result is that the narrative does not inspire the readers to develop the qualities of keen observation, thoughtfulness, innovation, initiative, patience, etc. as James Watt had.

Metaphysical construction on events of history

Further, one could also build a metaphysical construction on the events. If the difference between Newton or James Watt and millions of other people is because of some intrinsic rather than earned or acquired qualities, then, we should come to the conclusion that all souls are not divine to the same degree intrinsically but rather they are all different in their very basic nature. If, on the other hand, the difference is due to acquired qualities, then, we must also come to the conclusion that one becomes a genius, or one acquires success, not by chance but by efforts in this or the past life and that chance is nothing but an opportunity to which a capable person rises to whereas an incapable

person does not.

Furthermore, what needs to be stressed in all these cases is the keen sense of observation and thoughtfulness of some as compared to others. Most people do not observe the phenomena or the events keenly nor do they apply their mind to discover any meaning in them or any law underlying them. Others who have a keen eye and who try to understand things with a probing mind, only they get secrets of nature. To an ordinary person, it looks that they discovered certain laws by chance but they fail to notice that they themselves also had seen such events happening before their eyes, not once or twice but many times, and yet they had not thought of discovering the cause underlying these.

Philosophy of Value-system built on history

From the above examples and explanation, it should be easy to discern that if history is written and read so as to give some formulations, then we could have a whole philosophy built on history. The interpretation of history, given by Shiva Baba through Brahma Baba, enables us to have a whole system of philosophy, or one can say invaluable treasure of wisdom. It gives us the physiological construction that can be made on the material brought to light through revelations and divine visions. It is this spiritual wisdom, derived from a correct understanding of revealed history that has mainly been responsible for giving us a new meaning in life and for bringing about our inner transformation. ❖

Edited and published by B.K. Atam Prakash for Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu and printed at: **Om Shanti Printing Press, New Gyanamrit Bhawan, Om Shanti Nagar, Bhujela, PO: Bharja - 307032, Distt.: Sirohi.(Rajasthan).**

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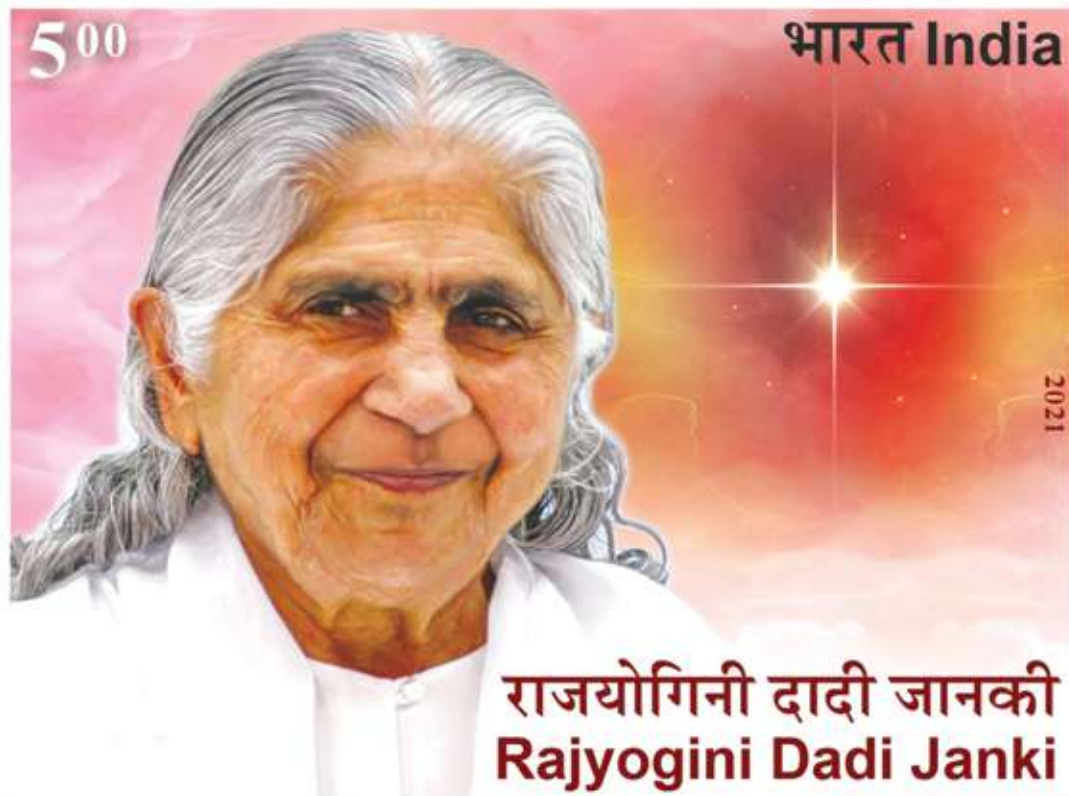
Kuala Lumpur (Malaysia): In a celebration function for Release of Commemorative Postage Stamp on Dadi Janki, Mr. Mridul Kumar, Indian High Commissioner, BK Meera and other dignitaries are in a group photo.



Mohali: Inaugurating a program on Maha Shivratri are Mr. Balbir Singh Sidhu, Health Minister, Mr. Dharam Pal Gupta, IAS, BK Prem, BK Rama, BK Karmchand and others.



Raipur: Inaugurating a Tableau on Maha Shivratri are Dr. Charan Das Mahant, Speaker of Legislative Assembly, Dr. Premsai Singh Tekam, Education Minister, Ms. Rashmi Devi Singh, Parliamentary Secretary, Mr. Shailendra Pandey, MLA, BK Kamla and BK Savita.



New Delhi: HE M. Venkaiah Naidu, Hon'ble Vice President of India is releasing the Commemorative Postage Stamp in the memory of Rajyogini Dadi Janki, the former Chief of Brahma Kumaris. Mr. Ravi Shankar Prasad, Union Law and Communications Minister and BK Asha are also seen.

