



The World Renewal

Monthly

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1. **Bhubaneswar:** HE Draupadi Murmu, the President of India is being greeted with a bouquet by BK Sudha, BK Leena and BK Kamlesh. 2. **New Delhi (Talkatora Stadium):** An Educators' Conference on 'Spiritual Education for True Freedom' is being inaugurated by Mr. Rajkumar R. Singh, Union Minister of State for Education and External Affairs, Prof. Ramesh K. Goyal, VC, Delhi Pharmaceutical Science and Research University, BK Jayanti, BK Shivani, BK Shukala, BK Asha, BK Mruthyunjaya and others.



Mandi : B.K. Deepa presenting Godly gift to Mr. Rajendra Vishwanath Arlekar H.E. Governor of Himachal Pradesh.



Gurugram: Lighting candles during Silver Jubilee Celebrations of Palam Vihar Center are BK Jayanti, Dr. Ved Pratap Vaidik, Chairman, Council for Indian Foreign Policy, Dr. Prem Vrat, Pro Chancellor, Northcap University, BK Asha, BK Urmil, BK Shukala and others.



Hyderabad (Shanti Sarovar): A program to Save Youths from Suicide is being inauguration by HE Tamilisai Soundararajan, Governor of Telangana, BK Anjali and others.



Indore: A Media Seminar is being inaugurated by Prof Rajneesh Shukla, VC of Mahatma Gandhi Hindi University Wardha, Mr. Vikas Dave, Director of MP Sahitya Academy, Mr. Sadguru Sharan Awasthi, Editor-in-Chief of Nai Duniya, Mr. Amit Mandloi, Editor of Dainik Bhaskar, BK Komal and BK Hemlata.



Riapur: Mr. Bhupesh Baghel, Chief Minister of Chhattisgarh is being applied spiritual tilak on Bhai Dooj by BK Kamala.



Jammu: A program on 'Empowerment of Administrators for Good Governance' is being inaugurated by Mr. Arun K Mehta, Chief Secretary of J&K, Mr. Ramesh Kumar, Divisional Commissioner, Prof. J.P Sharma, Vice Chancellor of SKUAST, BK Prem, BK Sudarshan, BK Ravinder and others.



HAPPINESS AND HIGH STANDARD OF LIVING

Happiness depends more on the mental state of a person than on the fulfilment of desires and the gratification of senses.

Every human being has the right to live and, therefore, the right to find the wherewithal to feed, to clothe, and to house himself as well as his dependents. One has to fulfil some other needs besides these three, the aim being to avoid pain and to have a reasonably comfortable life. But, the trouble starts when one adopts that economic philosophy which states that multiplication and fulfilment of wants leads to higher standard of living and to greater happiness, and one, then sets to accumulate whatever and as much as one can by fair as well as foul means. This economic philosophy is erroneous and self-defeating and is the cause of many social, economic, political, and moral maladies of our times.

In the first instance, one has to bear in mind that **happiness is not the same thing as pleasure**. Happiness depends more on the

mental state of a person than on the fulfilment of desires and the gratification of senses. A man who is fabulously rich may have all sorts of comforts and yet may remain worried. By no stretch of imagination such a man can be called a happy man. On the other hand, a person not living in luxury or even in comfort may be happy as well as contented. Therefore, there may be a man, whose hands are full but whose soul is empty.

It would be wrong to measure one's standard of living on the scale of luxury goods. It would also be wrong to dissociate this term from the intellectual, moral, and cultural aspects of a person. For instance, there may be a person with high moral character who leads a life of voluntary non-possession or minimum possessions. He may be an intellectual of a high order, contented in mind and refined in the cultural sense. It would be wrong to say that his

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CARING FOR LIFELONG SERVERS

The biggest fortune in the entire world is to become custodians of God's invaluable wealth, in the form of highest spiritual wisdom, and life-reforming guidelines as enunciated in the Godly versions spoken directly through the corporeal medium of Prajapita Brahma and through the *avyakt* role of trance-medium, Dadi Hriday Mohini. This Spiritual *Gyan* is undoubtedly the most valuable treasure of wisdom, otherwise totally unknown to humanity at large. Knowledge has been disseminated for centuries by the Wise, the Philosophers, the Seers and Ascetics and learned Scholars; however, **knowledge connected with the physical world, possessions and relationships still lacks the depth of wisdom so essential for reaching the final and highest state of consciousness.**

For 2500 years, the traditional belief systems or spiritual understanding have taken on ocean-like dimensions, and yet after learning the Godly truths in its exact form at the present time, we now feel empowered and so aware of how lost we were in the past—far, far away from the original Godly wisdom. Different paths of



Knowledge have so far managed to keep the human mind occupied with new learnings, ideas and theories, which are actually more speculative than real. **Since the attainments on these paths have been few and inconsistent, human beings continue to search for the reasons behind our existence, relationship with the Supreme entity, and lastly, methods of contributing positively and powerfully to the society and environment we live in.**

The Brahma Kumaris spiritual family is honoured to have realised the exactness of God's love and wisdom, and are now using the same to spread positive influence on other souls so that they too may connect with the Source of all goodness, peace and power, and revive their inner strength, moral compass and spiritual understanding.

Let us share with you some of the versions that regularly inspire us to a) Transform the way we see ourselves, b) Connect and Combine with our Supreme Parent, Teacher and Satguru, and c) Use Spiritual Knowledge

to lead a divine and principled lifestyle:

“God has explained to you the meaning of “Om”. The Father also says: Om Shanti. The form and aim of a soul is peace. The religion of souls is peace. Baba also gives you His own introduction. As is the introduction of the Supreme Father, the Supreme Soul, so the introduction of souls. People give such a long meaning of the word “Om”. They say that “Om” means God; there is also praise of the Innocent Lord. Shankar is not called the Innocent Lord because Shankar doesn't tell you the secrets of the beginning, the middle and the end. It is only the Innocent Lord who tells you these. The Innocent Lord gives you the inheritance... It is only the Innocent Lord who gives you peace, happiness, prosperity and a long life. Because God is imperishable, everything He gives you is imperishable. He also gives you the imperishable inheritance...

“He is the Ocean of Knowledge. You have to take knowledge from the beginning to the end; you have to study...The aim here is to change from human beings into deities.” (Sakar Murli, 26th November 2022).

“The children who are far away and yet are constantly close to the God's heart receive a right to having co-operation and will continue to receive help until the end. So, be aware of this right and never become weak or be disheartened. Do not be an

ordinary effort-maker in your efforts. God, the Father is *combined* with you and so always be an intense effort-maker with zeal and enthusiasm and continue to move forward. Hand over your weaknesses and disheartenment to the Father and only keep zeal and enthusiasm with yourself.” (Sakar Murli, 25 November 2022).

“So let there be remembrance, that is, success in every action. This is known as being a *Karma Yogi*. You are not yogis only at *times* of sitting down... There are constant actions and you are constant karma yogis. Just as you cannot stop performing actions, even for one *second* – even when you are sleeping, you are performing the act of sleeping – just as you cannot stop acting, in the same way, you cannot perform a single action without having yoga. This is known as a karma yogi. For this, don't think, “The situation was like this, the *circumstances* were like that, the problem was like that, the atmosphere was such.” That is an enemy and when an enemy comes, if you say that the enemy came and that was why you were not able to use the sword, or that you did not remember the sword, or that the sword was not able to work, what would you call that? Would you say that you are one with (spiritual) weapons? You are the *Shakti Army*. What is the power of an army? Weapons, and the weapons are all the (spiritual) powers.” (Avyakt Murli, 20th November 2022).



As custodians of the ancient Spiritual Knowledge of Rajyoga, along with fulfilling the duty of sharing the Introduction, Message, and Eternal Knowledge of the Supreme Being, we Brahma Kumaris also care about the physical and spiritual well-being of all our Dedicated Brahma Kumari Teachers and Brothers, and BK Students. Many projects have been undertaken over the past 30+ years to establish good and accessible healthcare in different parts of Abu/Rajasthan, as well as Mumbai, Delhi and Gujarat. And now it gives us great joy to share some of the latest proposals in this field for your good wishes and support:

- ▶ Keeping in mind the aging population amongst the thousands of Dedicated BK Teachers and Dedicated Brothers, the thought is to create a facility near Shantivan where elderly/patient Madhuban or Centre Teachers/Brothers can come to stay for treatment, rest, and recuperation for some months or years, as per the need.

- ▶ Looking at the vast number of BK Students, the thought is to create a residential Care Home for a few hundred Brahma Kumari Students near Shantivan, who are either in their elderly stage or undergoing severe health issues, and are not able to get the required treatment at their lokik homes. The plan to also include a recreational space, classroom for Meditation and Study of Spiritual Knowledge etc.
- ▶ Taking forth the CAD project by Dr. Satish Gupta, a number of doctors and well-wishers in our contact have proposed establishing a 16-Specialities Global Institute & Research Centre, on 100-Acres land owned by Global Hospital & Research Centre, near Abu Road. This will ensure that appropriate and timely treatment is available to all residents and tourists of Abu. Spirituality teaches us to live in the present and yet plan for the future; each of our spiritual sisters and brothers has been chosen and blessed by the Divine, and so the only way forward on this journey is to provide for and nurture each other's well-being. Let us experience the bliss of being God's children, by living with self-respect, and also alleviating the physical, emotional or spiritual challenges of our global family.

Om Shanti,

–B.K. Nirwair

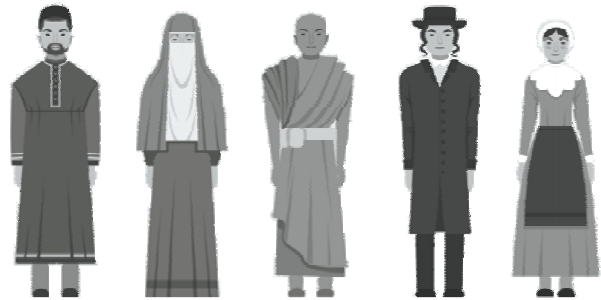
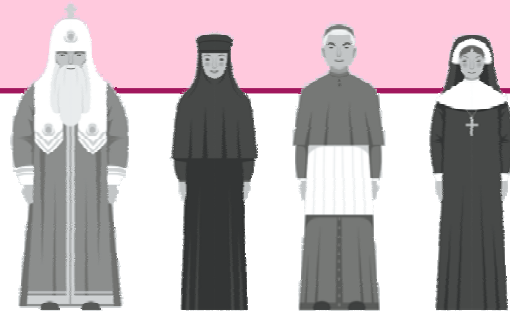
WHAT IS OUR TRUE RELIGION?

Forgetting our true identity and getting attached to temporary roles and attainments is the biggest reason behind the sad state of affairs in the world today.

B.K. Vansh Wadhvani, Gandhi Nagar

What is the first thing that comes to mind when we hear the word, 'religion'? The first thought that most of us have is -"I am a Hindu, Muslim, Christian, Sikh etc". It is believed that religion is might, and it is something that unites people. However, we see that nowadays, religion causes more upheaval and division than unity. What is the reason? In the current scenario, how can we say that religion is might? Is it a wrong belief altogether?

If we introspect Hindu, Muslim, Christianity etc., these are the religions of our bodies, i.e., because we were born into a certain family, we identified with a certain religion. Hence, we started believing that I belong to this or that religion. However, is that the true religion of 'I', the soul? **If we study spirituality, we understand that the true religion of the soul is peace.** I, the soul, am a peaceful soul. **Today, most of us have forgotten our true nature or religion and hence, we are looking for peace outside.** Forgetting our true identity and getting attached to temporary roles/attainments is the biggest reason behind the sad state of affairs in the world today. While all of us have different names, different roles, different habits, different



families, of different bodily religions, the one thing that binds us is our real identity, of being a soul, child of the Supreme Father Supreme Soul God. When we stay in the awareness that I am a pure, peaceful being, child of my divine God Father, all the differences no longer seem to cause any upheaval but instead, acceptance of the unique nature of each soul in the beautiful world drama comes naturally.

Let us all connect with our originality and our Supreme Father and fill ourselves back with the power of peace. Only then, can the original religion of peace and happiness be established again. Even if we spend 10 minutes every day in the consciousness that I, the soul, am a peaceful being, our vibrations of peace would spread everywhere and make this world a more peaceful place. ■ ■

Apologizing does not mean that you are wrong and the other person is right, it simply means that you value Relationship more than your Ego.

How to Deal with Dilemmas

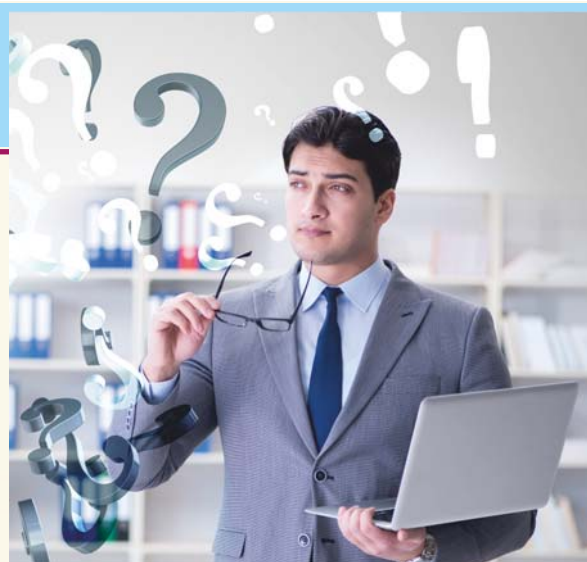
Life is always about making decisions. How can I take quick and right decisions on my own? How can I improve my decision-making skills?

B.K. Prof. Onkar Chand, Shantivan

Do you ever struggle with either/or decisions? I'm talking about things like: 'Do I enroll in that course or the other one?'; 'Do I stay in this relationship or leave?'; 'Do I quit this job or do I stay?'; 'Do I want to live here or there?'; 'Do I buy this one or the other one?'; 'Do I have the operation or not?'; 'Do I stay in my current role or do I risk making a change?'

Every person may encounter such types of dilemmas in almost every aspect of their life, including personal, social, and professional. Sometimes we have multiple choices in our life too and our decision will decide our future and happiness. When we're dealing with these dilemmas, it can take days, weeks, months or even years in some cases, such as unhappy marriages or unsatisfactory jobs, before we finally choose one alternative over the other. And, for the meantime, we easily spend our days wandering in a thick psychological fog endlessly pondering: 'Should I or Shouldn't I?' And, in the process, we make ourselves worried or stressed.

If there's one thing that sucks away the joy of life, it's spending our days trying to solve some



difficult dilemmas. We all have had to struggle with really hard decisions and tough choices at times. A dilemma is a complicated situation in which we have to choose between two or more alternatives. Sant Kabir has rightly said: *duvidha mein donon gae, maaya milee na raam* (between two stools, one falls to the ground) which means that an indecisive person receives nothing.

OVERCOMING CONFUSION

Decisions are the hardest thing to make. We are not alone who are confused in taking decisions. This is the greatest problem of the present life. When we're faced with an either/or dilemma, we can search for the third way or we can choose the best of both or one of the best. We can follow the following 10 techniques to develop clarity in our thoughts and avoid confusion while decision making.

1. Don't get afraid from taking decisions: "Sir, what is the secret of your success?" a reporter asked a business tycoon. "Two words." "And, sir, what are they?" "Good decisions." "And how do you make good decisions?" "One word." "And sir, what is that?" "Experience." "And how do you get Experience?" "Two words." "And, sir, what are they?" "Bad decisions."

The only way to learn decision making is to

take decisions and be responsible for your decisions. Never stop taking decision for the fear of taking wrong decisions. Your decision may be right or wrong, but you would be able to learn in either case and become a better decision maker. Life will give you an opportunity to turn your decisions into the right ones. All you need to have is some amount of passion and an ability to work hard. Right decisions come from good experience and good experience comes from wrong decisions.

Never regret your decision, and if there is any scope of improvement, then improve it. If you feel you have taken wrong decision, then analyze what went wrong with your decision, and try not to repeat it. Whatever the decision will be, don't run away. Take full responsibility. One thing you need to remember: Life is not about taking the right decisions, it's more about making the decisions right!

2. Improve your self confidence: Confusion in taking decision often has a low confidence at its base. Self-confident people handle change more easily. This helps them avoid procrastination and helps to build confidence in their decision-making ability. High self-esteem gives them a positive view of themselves, and their sense of self-efficacy gives them a belief that they can attain what they want to achieve. You can work to remove limiting thoughts from your way of thinking. As you replace negative thoughts with positive ones, you'll find yourself more self-confident. So work on boosting your self confidence and that will surely help.

3. Listen to your heart: At the time of confusion you should always listen to your heart! Often it is the only thing which can help! Listening to your heart makes you feel more fulfilled and happy, rather than constantly following your head. Let your heart speak and

mind holds its hands. A balance of head and heart is essential in making better decisions. You must resist the decisions which give you instant pleasure because such decisions usually harm your long term goals. Dispose of all options which promise short cut to success. These options are like fast foods which provide you instant hope but rarely realized in life.

4. Affirm your abilities frequently: Try to recall instances when you have done well. Give yourself a pat in the back for even the smallest decision that you make. The fact that you have ever done well is proof that you are capable of producing the same in the future. Also find out what you are good at and do more of these activities. It is significant that you spend time nurturing and encouraging yourself. When you do this over and over again, you can prepare yourself to make big decisions in time.

5. Evaluate all the pros and cons: Similarly, get back to the most common and still effective decision-making technique of all – a pros and cons list. Get all the facts about the issue and analyze the situation carefully. It is better to take a paper, start writing pros and cons of everything, or do that in your mind. After evaluating all the positive and negative aspects of the dilemma, see what's better? What's less loss-making? Choose the option that provides the more good or the less evil. Choose one alternative and let go one option, make a choice, respect it as it's your decision, and stand by it. This will help you in deciding what's better, choosing one over the other.

6. Don't over-analyze every detail: Sometimes we confuse ourselves, over-analyze every detail, and consider every eventual result to the nth degree. The outcome...we spend too much time thinking about the decision instead of taking action! So don't give yourself analysis paralysis.

Analysis paralysis is the state of over thinking. We should not spend too much time thinking about every little detail, including worrying about all the little things that could go wrong.

7. Make a list of your priorities: Make a list of your priorities in life, like your health, career, family, goals etc. And see how decision you are about to make is affecting them. This will give a better clarity. You have to understand that you can't have everything in your life. To get something in life you have to sacrifice something.

8. Seek advice from your well-wishers: When you don't understand anything, talk to someone who can give you proper advice. He can be your teacher, parent, wife, friend, brother or any relation. You can make your decision after taking their advice. But do not take decisions under anyone's pressure. If your mind accepts that decision, then only you should take such a decision. Don't do something because everyone is doing it. What suits others may not suit you.

9. Upgrade yourself: Of course, if you find yourself lacking in knowledge and skills to make the right decisions, consider to upgrade and improve yourself. Education does not stop when formal school ends. Instead, it is a lifelong process. Hence choose what you need to learn in order to make better decisions in your field.

10. Keep the mind cool and calm: Whenever there is a situation of dilemma, first of all calm the mind. Failure to remain calm can lead to hasty decisions that can have negative impacts. If there is silence in the mind, the mind is able to discriminate things and persons properly and take appropriate decisions. If you are able to silence your thoughts at that time, stay absolutely calm and surrender the situation, your mind, and your thoughts to the Supreme, there will always be better decisions. In silence just ask yourself one question – Will God

become happy with this decision? Is this what He wants from me? This will give you a lot of energy to make the right decision. Practice of Rajyoga meditation taught by Brahma Kumaris is very helpful to eliminate negative and waste from our mind which in turn gives us the power to take right decisions and also to make our decisions right. ■ ■

Life Changing Advice

- **Don't try to change people; just love them. Love is what changes us.**
- **Stay positive and keep believing. Better things are ahead.**
- **Celebrate the small things and our lives become bigger than ever.**
- **Keep the faith. The most amazing things in life tend to happen right at the moment you're about to give up hope.**
- **Your words are a form of energy. Be mindful of the words you speak because you're always creating something in your life.**
- **Stop looking for reasons to be unhappy. Focus on the things you do have, and the reasons you should be happy.**
- **Never depend too much on anyone in this world because even your own shadow leaves you when you're in darkness.**

THE SPIRITUALITY OF FATHER CHRISTMAS

Let us this season practice the values and virtues that Christ brought and taught and see if we can get caught in that spirit of giving and doing selfless service.

B.K. Yogi, Trinidad

Christmas, as we know it today, signifies the end of an old year and ushers in a new one. This is a time when some people close up projects, settle accounts, do annual cleaning and look forward to a festive time. Others reflect on the real significance, which is the coming of Christ almost 2000 years ago. This event was so auspicious that even the calendar paused to show the change from before (BC) to after (AD) Christ. What a massive transformation and yet today, we make all the necessary physical arrangements to enjoy the celebration, and forgetfully ignore the true spiritual significance of Christmas.

Christ represented the conquest of virtues over vices. He brought love and his lifestyle demonstrated values and virtues reflecting the purity of a higher and more elevated civilization. Christ had absolute control over anger, greed, arrogance, lust and attachment. He left a legacy that was transformed into a single formidable religion and now only to witness its innumerable branches. He must have been a very elevated soul to live that lotus-like life in a world where the vices were becoming fashionable. **Christ taught the values of love, compassion and forgiveness and yet today, every corner of**



the globe is seething with the fire of anger, hate, distrust and jealousy that can lead to destruction and annihilation of this very planet. These problems exist in places even where Christianity reigns. Christ lived a life of humility, yet today we are slowly drowning in the sea of arrogance. Our intellects have changed from one of diamond to that of stone. Where did we go wrong and when did we get derailed from the highway of heaven into the pot-holed, dirt tracks of hell?

Let us pause and reflect on the legend of 'Father Christmas' that we have now commercialized into 'Santa Claus'. The story says he comes dashing through the snow on a sleigh packed with gifts, drawn by Rudolph the red-nosed reindeer and eight others. He arrives at the darkest hour of the night and climbs down a blackened chimney to place gifts into stockings and under the Christmas tree. Then he sneaks out without being seen. Why would

anyone bearing gifts of good tidings want to go through this torture only to be kind? Why would he not want to be seen? Some interpret this to mean that good old 'Father Christmas' is really God, the Supreme Father. The reason is that Rev 3.3 says, "No man knows what time and hour God would come to free His children from the bondage of the vices." The Gita says in Ch 4 v7 that God descends when irreligious and lawlessness is rampant in the world. Rudolph's red-nose represents red light and many religions and cultures believe that God is Light (Ru as in Rudolph is the Urdu/Arabic word that means soul just as *Ruhani* means spiritual.). The eight other reindeer are symbolic of the instruments that assisted in purification of the world. **The gifts that Father X-mas brought were nothing but the teachings of the divine values and virtues.**

The Christmas tree represents the human world tree. Each branch represents a major religion and the twigs represent the breaking up of the major religion into its breakaway fractions. The leaves of the tree represent the population at the corresponding time in the cycle. The small-coloured lights represent the many religious leaders in different bodily costumes. The fewer bigger lights represents the elevated prophet souls that came from time to time to sprinkle divine knowledge that simmered the barbarism and unrighteousness. The blackened soothed chimney describes the present condition of the world that is full of irreligious and unrighteousness, impurity and promiscuity, robbery and violence. A world that was once elevated has now become degraded. This is why it is said He, the God Father comes in the dark of night, for night represents darkness and immorality. It is at this time that He incarnates

and descends onto earth to destroy the vices and purify His children by teaching them divine knowledge. Inculcation of these divine virtues creates armour against the vicious vices. These divine virtues are the gifts of good tidings He bestows on them. When the children wake up on Christmas morning to the flourish of the gifts, it signifies the glorification of the time of Golden Age, a new era, and transformation.

Let us this season practice the values and virtues that Christ brought and taught and see if we can get caught in that spirit of giving and doing selfless service. Sacrifice the vices of anger, greed ego, lust and attachment on the cross of Christ and burn it in the sacrificial fire started at the fireplace under the soothed chimney. Remember that the Supreme Soul never gives His children crosses heavier than they can bear. Remember Abraham introduced spiritual law. Buddha demonstrated service and duty; Christ walked with love and Mohammed brought peace, but the Supreme Almighty Authority, the highest on High Father gave all His children the unlimited inheritance of peace and happiness in the Kingdom of Paradise. **So far this Christmas, dance with the dance of spiritual knowledge and waltz with only one partner to the music of the Master. ■ ■**

In an argument or scene of conflict, do not get entangled in the scene. Do not absorb emotions of the scene.

Detach from the negativity of people. Radiate your stability and steer them towards stability and empowerment. Put on your oxygen mask first to save others.

BESTOWING REAL CHRISTMAS GIFTS!

B.K. Yogesh Kumar, Delhi

Today's hi-fi Christmas tree lit beautifully
The festival inspires us to ignite souls benevolently
Centuries have gone; the real Santa is still far away
"What a hell-like life it is!" we wonder all the way

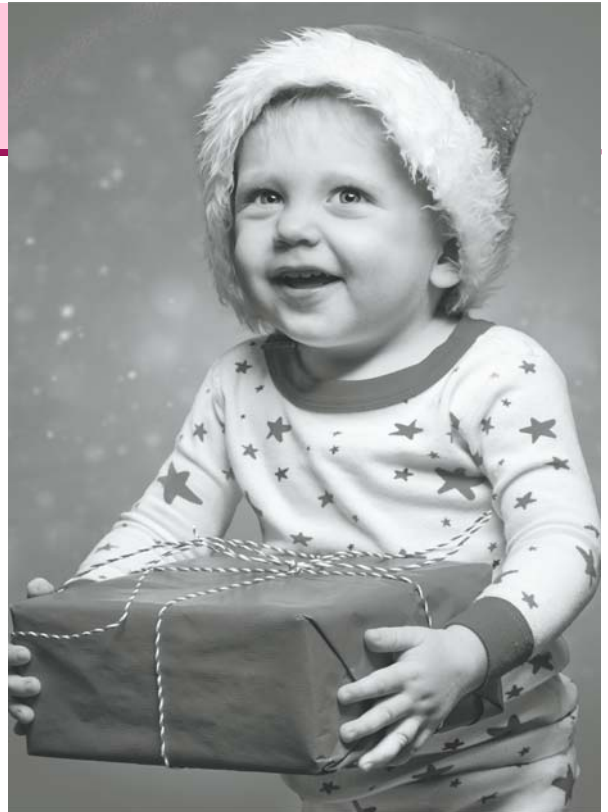
From traditional celebration with carols, prayers and décor
What we see today— alcoholism with artificial splendour
Christmas marks the birth anniversary of the great Christ
The messiah of humanity blessed with a crown of light

He worked for humanity; praised God as Divine Light
Immortal are his sacrifices, values, and sacrificial might
His divine birth to Virgin Mary hailed in the whole world
Inspired to serve the poor and unprivileged till the end

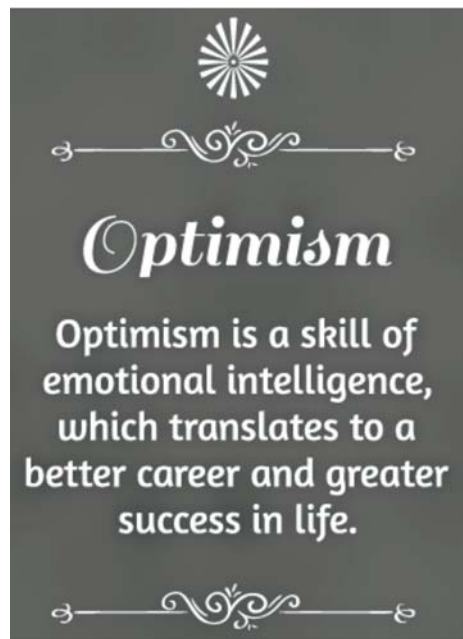
The real Santa – God reincarnates from Supreme Abode
Ignites us souls, subdued lamps with love multi-fold
Expresses His love through elevated pearls of wisdom
Empowers us as luckiest, loveliest souls; bestows freedom

His versions make us worship-worthy for 21 births
Being obedient children, establish heaven on earth
At the time of doomsday, reincarnates in Adam, Brahma
His Godly advice dawns Satyuga with Prince Shri Krishna

Let's now celebrate the real X-mas – the Big Day
As Santa God distributes Christmas Gifts in full sway
Ensures Ever-Health, Wealth and Happiness in Plenty
The original qualities of soul are Godly gifts so hearty



Through soul-consciousness and
Godly remembrance
Welcome Heavenly Kingdom and
virtuous fragrance ■ ■



ULTIMATE TRUTH

Farha Sayed, (Tarim, Yemen/ Mumbai)

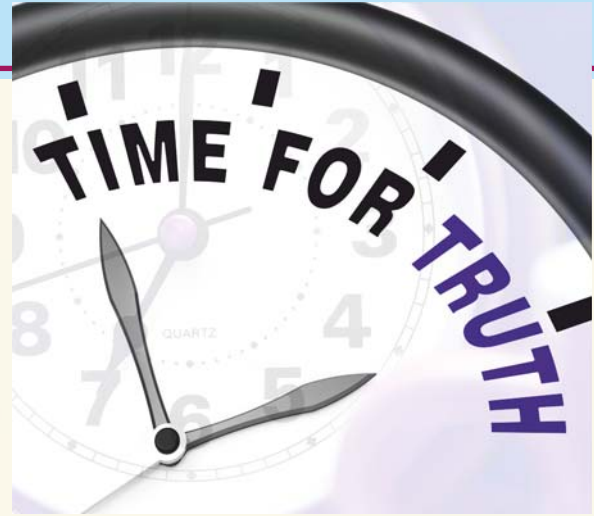
If the mind would not be calm or peaceful then in that condition our true spiritual nature is not capable of being accessed. But, through intense spiritual efforts or *Sadhana*, if one progresses in spiritual life and gets even a glimpse of the spiritual reality, living in the world would no longer be a problem. Such a person would be ever alert, ever calm and ever peaceful and would not be disturbed by the happenings of the world.

The main reason for such a transformation is the unmistakable understanding of the unreality of the world. Hence, there is no shortcut to attain peace and tranquillity.

One has to struggle hard through spiritual striving and realize the Ultimate Truth after which living in the world is a child's play.

While mining gold from the earth, one has to put in a lot of effort. Tons and tons of earth have to be dug out before a small quantity of gold is found. As long as the gold lies buried deep in the earth, it is virtually inaccessible and is of no use.

But, if after tremendous effort it is dug out and cleaned, then it can be kept anywhere, in a box or in water or even kept buried at a place known to the owner. It can be accessed very easily any time. Further, the gold is not affected by the way in which it is stored. Similarly, **if we live in the world without any spiritual realization, we would get completely buried under the weight.**



The Absolute Truth is the source of everything, the ultimate cause of all causes. In Sanskrit it is also called *satyam param*, the highest truth.

Ultimate Truth cannot be categorized and can only be understood when the logic of opposites is transcended. What is ultimately true must remain true at all times and in all situations. Therefore, Ultimate Truth must be beyond space and time. Spirituality is grounded in the recognition of Ultimate Truth.

To gain truth, it is very important to look beyond in true meditation form.

It may take moments, months or years to be able to understand the power within resources for long time. **Rajyoga meditation is an awakening of thoughts and ultimate truth.**

Speaking about awakening is a double-edged sword. It can open our minds to this incredible human capacity but it can also delude us and lead to spiritual materialism. It is important to remember that no amount of intellectualizing or theorizing will substitute for the genuine experience of awakening. ■ ■

WHEN WILL THE WORLD TRANSFORM FOR GOOD?

What are the qualities of human beings that lay the foundation for world transformation?

Jyoti Pandey, Redmond, Washington USA



What makes the world? Is it nature, animals, or human beings? Ideally all of them, but it is the collective consciousness of human beings that determines the state of the world. **The world was created beautifully. It was the downfall of human consciousness that deteriorated the world.** World restoration is not the job of some white collared organization; it is a collective responsibility of each one of us humans.

For five long months, Apple co-founder Steve Jobs had been making multiple attempts to convince John Sculley to join him. Then one day Jobs turned to Sculley and said, "Do you want to sell sugar water for the rest of your life or come with me and change the world?" This question landed like "a punch to the gut" giving Sculley enough impetus to take the leap.

Take a moment and ask your inner self if what you are doing is creating enough ripples to change the world. Yes, the onus is on you. Right now, it might seem like an impossible matter to you. So, to befriend this idea let's first discuss the 100th monkey effect.

The 100th Monkey Effect or the Morphic Resonance Theory

The story dates to 1952. A hungry young female monkey lived in the wild on a Japanese

island. One day, fed up with the residual taste of dirt in her mouth, she had a bright idea! The next meal onwards, she washed her dirty potatoes in a stream before eating them. Her family watched on and followed suit. Then, her other mates, their families and so on. What scientists observed next was a game changer. When the 100th monkey copied the behaviour, suddenly,



overnight, each monkey on the island took it as a norm!

When a certain small percentage of a species, the critical mass, learns a new skill, that ability becomes easier to transfer to others and can even transfer instantly without direct contact, through some unknown mechanism, perhaps quantum non-locality. There are telepathy-type interconnections between

organisms and collective memories within species.

This story was further popularized by Ken Keyes, Jr. in his book *"The Hundredth Monkey"* about the devastating effects of nuclear war on the planet. He used the story as an inspirational parable, applying it to human society and how it can bring a positive change.

The key to achieving critical mass is to have a compelling vision and narrative that focuses on both what you say, and how you say it. The theory can also be applied to almost every big or small sociological change. When we make a change in our behaviour, it affects and impacts the people around us directly and then the people around them, adding up to many more people. It is not difficult to bring about a large-scale change, especially now, when we are so tightly linked together through networks.

Building the Foundation

Scientists at Rensselaer Polytechnic Institute have found that when just 10 percent of the population holds an unshakable belief, their belief will always be adopted by most of society.

It can be a negative or a positive belief. For example, if a saint is locked with hundreds of criminals, he may himself turn into a criminal or the jail will transform into a monastery. The outcome will depend on the consciousness of the saint, how much he is disconnected from the world and connected with the Highest consciousness, God, the ultimate powerhouse of all virtues. Similarly, if you keep a hot dish in the freezer, either the ice will melt or the dish will freeze, depending on the energy (heat) of the dish.

When at least 10% of the population is vibrating at an unshakable higher consciousness, the collective higher consciousness of the world will bring about a dramatic change in society. According to current stats, the world population is over 8 billion. When 10% i.e., 800 million people hold a firm belief that the peaceful world has arrived, the world will transform and all wars will end.

Mahatma Gandhi said – *"In a gentle way, you can shake the world."* We are not talking about some minor transformation. The **"roots and foundation of world restoration"** needs to be very strong people who have the capability to shake the entire world.

The qualities of humans that form the foundation

1. They have an unshakable belief that they will change the world.
2. These early adopters are those individuals that are risk-takers and trendsetters who have a strong influence on the success or failure of any undertaking.
3. These influencers have deep empathy for humanity.
4. They have an inner motivation to become equal to the Higher consciousness.
5. They have an innate drive to make a positive impact.
6. They want to see everyone happy and stress free.
7. They like to learn new things and are constantly transforming themselves.
8. Their thoughts are very determined and out of the ordinary.
9. They are not careless, but careful about their choices and actions.
10. They themselves are very happy and content and make others around them happy and content.
11. They are humble.

12. They do not have any material desires or any hidden agendas.
13. They have unlimited feelings, not limited by the boundaries of their family, clan, or country, but for the entire humanity.
14. They have good wishes for everyone.
15. They are beyond the attraction of old bodies, old world, and old *sanskaras*. Some people would even recognize them as angels on earth.
16. Others identify them as elevated souls and constantly send them blessings.

Planning

Those are some very strong qualities. You may ask, *"Is it even possible to possess these qualities? We aren't saints, we are just simple human beings living a quiet life."* Why not? To bring about a behavioural change of any form you need to start small and proceed with small steps. By having a plan and breaking the larger

task into baby steps, we make an impossible behaviour change feel possible.

Planning is the most important phase. Such an important and huge task of world restoration calls for a great, or in fact, the best plan. A plain intellect generates the best plans. A person with plain intellect is free from hidden agendas or selfish desires. A plain intellect is 24 karat gold, not an alloy. No limited feelings can be mixed in your plan. What would be the worth of a necklace with eight real diamonds but one artificial one? Wouldn't you question even the authenticity of the other eight? Such great is the impact of even a single limited item in your plan.

When each one of us makes such a great plan and completes it with determination, the task of world transformation will be complete.

"It's in your hands to make the world a better place."

– Nelson Mandela ■■

WORDS OF WISDOM

- ◆ Life is always better lived with a smile on your face, hope in your heart, and faith in yourself.
- ◆ If you're still looking for that one person who will change your life take a look in the mirror.
- ◆ Everything is easy if you are crazy. Nothing will be easy if you are lazy.
- ◆ Beautiful things happen when you distance yourself from negativity.
- ◆ The two most important days in your life are the day you are born, and the day you find out why.
- ◆ A goal that is not planned is a wish; a dream that is not chased is a fantasy.
- ◆ Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin.

FREE FROM FEAR

“Keep your face towards the sun and you won't be bothered by shadows.”
– Dadi Janki



We are all making an effort to become fearless and free from animosity, regardless of what is going on around us. When faced with problems it can seem difficult to maintain inner cheer; the mind gets caught up with negativity, fear or worry. The problem seems bigger than it is and our ability to find solutions and work constructively weakens. Where there is fear there cannot be peace. If you want to become fearless, then stop all dislike or hatred. Do I have any dislike of anyone or still look at the weaknesses of others? **When you look at the defects of others, those defects enter you. This wasteful thinking saps our energy and creates fear. To eliminate fear: practice looking only at the virtues and specialties of others.**

We sometimes experience fear due to dependency. We are taught to make our happiness dependent on some external event, condition, person, object etc., and are afraid of losing it. All desire has fear built in, fear of not getting or losing it, even before your desire is fulfilled. If you want to be free of fear in life, free of stress, the secret is to want nothing, and then all you need arrives in your life, at the right time, in the right way. Next time you are waiting for anything, notice what you desire! This will be a source of your tension or impatience.

Since our physical life has no guarantee on its

B.K. Chirya Risely, USA

duration, remain fearless by remembering: *This body is perishable, made of matter and is constantly changing, but I the soul am imperishable. I will never die.* For this we need to go deeply into life's most sacred questions, 'who am I?' and 'whom do I belong to?' I am a soul. Do everything in total awareness of being a soul. Become aware that this deepest inner eternal life force is you, filled with divine qualities, separate from the body. This quality of stillness, always perfect and pure, fills the soul with an enriching experience of silence; there's no space for fear. I smile to myself now that I recognize, a problem comes to play games with me and not to make me afraid. Becoming happy within, I know that every situation will pass and has something to teach me.

“Whom do I belong to?” To truly remove fear connect your mind to God. Our closest relationship is with God. When we connect the mind to God, thinking and feeling good and elevated things, we create positive energy. This Godly wave of spirituality is now silently creating change and crafting the vision of changing hell into heaven. **With** new knowledge of soul to soul connection we once again are able to see the virtues in each other. ■ ■

TO GIVE LOVE IS A GIFT, TO RECEIVE LOVE IS AN HONOUR

The basic law of this world is love. . So keep yourself full of love and give selfless love to others, then, you will be the most powerful person in the world.

B. K. Ram Singh, Rewari

A saint along with his disciples went to take bath at the Ganga Ghat in Kashi. There some people were shouting loudly at each other. The saint smiled and asked the disciples, why do people who are angry at each other shout? One of the disciples said, because we lose our peace, we start shouting. The saint asked, but what is the need to shout even when they are very close to each other? Whereas whatever you want to say, you can say it very softly. None of the disciples had the answer.

Then the saint explained, when two people are angry with each other, the distance between their hearts increase. Now to cover this distance, they have to shout, so that they can get their point across to each other. The more angry you are, the greater the distance will increase and the louder you will have to shout. It's just that.

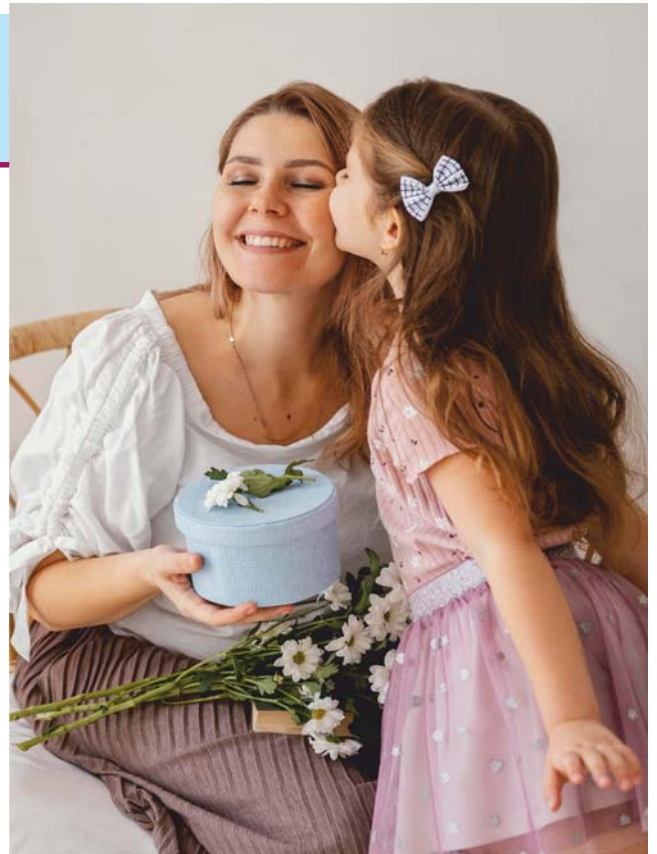
Then the saint asked with a smile, what happens when two people are in love with each other? Talk to each other with very slow softness. This is because their hearts are very close to each other. In this way the distance between the two becomes very less. To cover such a small

distance, a very loud voice is not needed.

He further concluded by saying that when the affection between two people increases, the love grows and the bond between them becomes stronger, then their hearts come so close that they start talking in whispers. In the end love attains such depth that a single glance at each other is enough to convey the message. It is not only about the love of man and woman; love in every form reduces the distance between the parties.

Every Act of Giving is a Reaction to Receiving

It is the power of love that draws us to each other and to the actions of others. Attracts towards our dear people and friends, that attraction is love, which is the law of attraction; that is the law of love and the law of love gives energy. The power of love keeps everything, every person, every atom in harmony. Every act of giving creates a reaction to receive. What you give definitely comes back to you. This is the



mathematics of creation. If you help, you will get help, if you get angry you will meet angry people. Every event and every situation is created according to what you think and feel. **The law of nature is that what you give comes back a thousand fold.** You want everyone to love you, respect you, understand you, then treat everyone with love, be forgiving, don't be angry with anyone. Then see how you will get every happiness of life without asking.

**Love makes a home a heaven,
not money**

To love someone is the greatest gift and to receive someone's love is the greatest honour. Love is the basic energy of creation. The more love we feel in our heart, the more love we get. Love is the basis of change. The more we remain in love, the more we will be transformed. It is said that be it food or love, if you give too much to someone, he leaves incomplete and goes away. Therefore, do transaction of both as per the requirement. Where love has value, money becomes insignificant. Where money has value, love becomes secondary. That's why the world becomes heaven not by money, but by love.

Give Selfless Love to Others

Love is the desire of every human being and this is also the first and last desire of all, that is, love is not a quality, it is a necessity. A lot has been written on love but today every person is deprived of love and cheap love is also a threat to life. Whereas the basic law of this world is love. People are deceived in love because of their selfishness. Today if someone speaks with love then people get choked up because they think why is he speaking with so much love? There must be some selfishness. So keep yourself full of love and give selfless love to others, then, you will be the most powerful person in the world. Do not be deceitful in your mind; remember the true and good things.

If You Hate, You Will Get Hate

Man makes mistakes because he does not have every information i.e. lack of subtle knowledge. Put your hand in the fire, it will burn. If you jump in the water, you will drown. Nature does not take pity. Similarly, if you give hate you will get hate; if you give love you will get love. If you keep affection for everyone in your mind, then you will be showered with affection. **Always remember the law of action and reaction.** Never even think of punishing or harming anyone. **Always keep the thought of giving love in your mind and you will continue to experience love continuously.** If a person does not have a feeling of kindness, love and compassion in his mind, then old corrupted thoughts will continue to run in the mind, then there will be no mental peace. But in love there is no sorrow, there is compassion, which brings joy.

**Even with Love the Enemy Gives up
the Vices**

Love not only brings closeness to each other, but also brings the distances of the heart so close that with the feeling of belonging-ness, the enemy also starts spreading the fragrance of his qualities like flowers, renouncing his demerits. Love is such a key, that no matter how hard the soul is, it opens the lock of the heart in a second, gives it a new direction and condition of life with the effect of pure thoughts, that is, it opens the lock of the heart of the hardest nature. When your entire ego, impure thoughts, are pacified and you experience deep silence, the sound you hear in the inner silence is called love. If along with love comes the ability to harmonize yourself and a moment comes that you disappear and only love remains within you, then you enter the depths of the mind, becoming free from obstacles, formless and void.

**Where There is Enjoyment, There is No
Love, There is Bargain**

Nature follows the laws of love and the laws of

nature never change. The power of love is clearly visible throughout nature. The law of love is active throughout the universe, in everything from the smallest to the greatest. The power of love inspires all the animals, all the creatures of the sea, the animals and birds to increase their breed and live in flocks. It is the power of love that draws us towards each other. It is the power of love that pulls us towards each other's actions. Love and pride cannot live together under one roof.

Defining Love as per the Supreme Father Shiva

We can get love from God only through his remembrance or meditation. God eliminates the vice through power of love, fill the energy in the soul with love, because attachment discharges the battery of the soul and love charges the battery of the soul. This charged battery with love can charge the soul coming in contact .The power of love acts like a magnet; it gives a sense of belongingness. Love makes one free from bondages of life, to enjoy the state of super

sensuous happiness.

Divine power works in one who is full of love. The power of love brings change, the way one thinks and feels also changed. All kinds of diseases can be cured, enmity and hatred go away and indomitable courage comes. Therefore, love is the most powerful wave. It is also said that love is meditation, love is knowledge, love is spirituality and that love is divine power, by whose, powerful elements, and all living beings are governed. If love is a feeling, then love is also sympathy and love is the means of success in every work. It is this love that brings anyone's heart closer. Therefore, God can be attained only and only by love. He neither needs your money and nor any method of chanting, penance, recitation, worship, pilgrimage, nor obstinacy. God can be conquered only by the energy of love i.e. pure determination of mind and truth of mind, cleanliness, i.e. the basis of true love is knowledge and purity, through which the creation changes, develops the power of love. ■ ■

LAUGHTER: THE BEST MEDICINE

- ◆ **Author: "I'm convinced that the publishers have a conspiracy against me."
Friend: "What makes you think so?"
Author: "Ten of them have refused the same story."**
- ◆ **Power cuts are the only time the whole family assembles together and members speak to each other..... Seeing this, Electricity Deptt. has decided to have a Tagline- Connecting people by disconnecting Power**
- ◆ **A modern employer is one who is looking for men between the ages of 25 and 30 with 40 years of experience.**
- ◆ **Lady: My husband just swallowed an Aspirin by mistake, what shall I do?
Dr: "Give him a headache now, why waste medicine !"**



SOME POWERFUL THOUGHTS

T. V. Jayaprakash, Palakkad

Remain strong and stable in any negative situation. Accept positive energy through the power of thought. Connect yourself internally to the Sweet Personality, the Supreme Soul, using the power of visualization and absorb His virtues.

Create positive perceptions, and concentrate on the positive viewpoint with good quality thoughts.

Be committed and be able to influence events. Commitment develops when you approach life with a sense of meaning and active involvement in your activities.

Then you will have a feeling of control, the feeling of being able to influence events.

Take negative situations as a challenge. Consider change as an opportunity for growth rather than a threat.

Don't consider stress as harmful. Better be equipped to cope with stress. Be resistant to stress.

Have a hardy personality such that you get rarely ill even after stressful events, holding high stress positions. Now, you seem to be unusually resistant to stress.

We seem to hold a world-view that consists of the three traits; commitment, control and challenge.

What separates happy people from those who are unhappy is largely a matter of attitude.

Happy people tend to see their lives in more positive terms, even when trouble comes their way. They, the happier, find humour in



disappointments, look at setbacks as challenges, and are strengthened by losses.

Divine happiness tends to be related to hardiness. It is general personnel characteristic, not simply a reaction to circumstances.

Emotional intelligence is more important for a happy productive life than intelligence.

The basis of success is mainly perspiration than inspiration.

Other than hard work, the term perspiration includes aspects of emotional intelligence, such as being able to motivate oneself to work long and hard on a task, remaining enthusiastic and optimistic about the final outcome, and being able to delay gratification to put off receiving small rewards now in order to get larger ones later on.

This is the way to the Golden Age. ■ ■

THIS CHRISTMAS, WILL YOU BECOME MORE LIKE FRANKINCENSE OR FRANKENSTEIN?

B.K. David, Paignton, England

It's official: Christmas is the most stressful time of the year

Gold, frankincense and myrrh: the three gift from the three wise men. If there had been another 97 wise men, would baby Jesus have had one hundred presents? And what does a baby do with gold, frankincense and myrrh? They are hardly toys for his manger (pram).

Indeed, wise.

If the three wise men had been really wise, they would have bought him a gold rattle. I have to say that frankincense is a wonderful fragrance, and especially appreciated in a crowded stable. So the three wise men were indeed, wise. Yet they could have given the gift of a sandalwood doll to play with.

And still there is often no room at the Inn as near me the 'Inn on the Green' is booked up over Christmas.

Thankfully there were no clouds for many days and the Wise Men could follow the star. It would have been a sparse birthday had it been overcast for days – yet these were wise men. Perhaps one was a weather forecaster? Did they think to bring a crib?

If not for baby Jesus, the world would now be in even a bigger mess than what it is. Jesus has given billions hope, a purpose and from his life



and example, has brought fulfilment into the lives of many of his endless followers.

As we now live in the 21st century, do you not think God would add another 11 commandments to the other ten? God is the wisest of the wise and He alone can see that we all need help and His guidance and would have, in His wisdom, already have set about giving us that which we need.

That which we need is not gold or wealth or more materialism but peace, love, wisdom, knowledge of who we are and who God is and how to get in touch with our higher self and God and to have a path of truth to follow.

We all now need to become Wise and follow the Star of Truth that is God and let His light alone fall upon on us that will light up this path which will lead all those walking it to happiness and peace and ultimate into salvation.

Man's path is circular and dangerous and it saps your energy and has no spiritual Petrol Filling Stations along its route.

It is now only God's path of enlightenment that can take a person away from the many roads and paths of ignorance and blind faith that have since been constructed over thousands of

years from the concrete of ignorance by man which is now responsible to a large degree for his sorrows and pains.

By following man down his paths we have been causing ourselves endless sorrows, wars, confusion and accidents.

People have truly become like sheep as all travel along man's muddy roads and treacherous paths wearing different clothes carrying differing religious books, yet the tears of sorrow, pain and suffering are the same for all.

This Christmas people should give themselves not alcohol, gold or new clothes but the divine shoes of truth.

Only such Godly shoes have the tongue of truth and can point you in the right direction which is needed if you are to walk the path of truth.

For most, it will not be the pull of peace and truth that will make them leave their familiar motorway of stress and sorrow, of finally having had enough of travelling such a painful busy road day-in-day- out but of being finally pushed on to the hard shoulder that will cause them to turn their backs on such a road (lifestyle and belief system) and seek an alternative path whose journey offers something greater than sensual pleasures, vice and cheapness where they can walk with meaning and peace towards their spiritual reward that each day gives them a new gift to open.

Surely, it cannot take so much courage to leave their circular motorway of speed and stress and step onto God's path. There is no other way and no other path to happiness other than of God's path and no greater gift a person can give to themselves or to show it to others.

Instead of us becoming like the gift of fragrant frankincense which emanates into the atmosphere, most have

become more like a Frankenstein.

If you look around at people and their lives and reactions, the common gift everyone receives every 10 minutes is that of frustration. This gift comes to all and first comes in disguise wrapped in a brightly coloured bow of body consciousness that give an initial feeling of happiness.

It's this brightly coloured gift from man that's presented to all constantly until it's opened, that stops them feeling happy and there being peace on earth, as what the Christmas carol says. Instead of us experiencing that peace on earth, we get frustration on.

If this frustration and sorrow was not enough over Christmas, all countries and individuals will not be facing the Three Wise Men but more, the Three Musketeers in some disguise whose swords no one can escape.

It is now man's false gifts which are making the world tired and miserable once opened.

Opening a gift might be fun but what hides inside man's gifts cause people to feel great sorrow soon after opening and takes them ever closer to total exhaustion and the edge of despair.

God's gift He often calls the 'Gift of a Lift' but you need put down man's gift first if you are to be able to hold God's gift in both hands and unwrap it.

Many hold God's gift in just one hand as they have man's gift in their other hand. Can such a Godly gift bring true happiness if it is not opened and its contents enjoyed?

To not use such a Godly gift is like being given a magic wand and you simply not using it or is forgotten and left in your coat pocket or handbag in favour of your mobile or lipstick.

Are you constantly having to meet

unwanted guests at your party that only bring you hassle?

No gold toys for us today, no frankincense and myrrh to take away our stresses and sooth our aching muscles as life has now become one that's a full on challenge with hassle in almost every situation that are not shy in presenting themselves to you.

Have you had to become a security guard of your own life as you get so many unwanted drunken guests (problems) presenting themselves to you face to face and once they've introduced themselves to you and told of their life story, will not leave you alone and follow you around wherever you go interrupting your good mood at your party?

With more than 200 thoughts per minute, it's easy to see why exhaustion follows everyone to work and does not leave them upon reaching home.

Let us not forget, even for a minute, at this wonderful festive time, the poor turkey.

This poor bird is sacrificed every year and always ends up disfigured in the middle of the Christmas table.

In a drunken state or even sober, for those sat around this table staring at the dead bird, it's all too easily forgotten that this bird that once was so alive, is now slowly putrefying and died a terrible death.

Jesus challenged everyone from his standpoint of truth and for that, got crucified.

Yet what did the turkey do to deserve getting his throat cut after first being dropped in boiling water and scolded? There is no Judas for the turkey and no laws to stop its killing. Paradoxically, there are many laws surrounding

the killing of a turkey. Yet the biggest paradox is that this turkey will increase their poor health of those that eat it and will greatly add to their sin when they eat it.

The Christmas meal that later tastes of sorrow and ill-health.

The turkey will always be fighting back when it's sitting in the stomachs of those that have eaten it as it carries on put reifying and is riddled with disease, infections and worms.

Karma lends a hand in this gruesome business that later takes away their health and wellbeing.

The last word should go to the turkey and to one of the all-important 10 Commandments: Thou shall not kill.

It might be a Happy Christmas for an hour or two for all those sat around eating turkey but for the rest of the year, that act will slowly be eating away at their happiness and health.

The difference between a piece of turkey and peace on earth is the difference between hell and heaven. ■ ■



SILENCE IS GOLDEN

Once we silence the mind, we silence our words, actions automatically, which means they would be meaningful and pure.

B.K. Shalini, Gurugram



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

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

Supreme Soul's (God's) knowledge has made me realise **'Silence' in true sense is our state of mind where the mind is free of any unnecessary, unwanted, negative, critical, waste thoughts, free from any kind of**

disturbance. The picture perfect of the external world has to be created inside. It is the feeling within that will give us the experience we look outside. It has to be created and felt within. Silence thus is silencing the mind. Once we silence the mind, we silence our words, actions automatically, which means they would be meaningful and pure. Once the mind is taken care of, there would be no turbulence in our words and actions. As it is rightly said – **"We are what we think"**. I understand this clearly now. Thoughts are the seed. We need to nourish this everyday with God's divine knowledge and His remembrance. The seed becomes deep rooted and gives way to a beautiful blossoming tree. There is no better nourishment than God's love.

Those who conquer the mind can conquer the world! With silence comes immense power. As we spin the discuss of self-realization, we can use silence for our self-development and growth. In our lives, we come across challenging and turbulent situations, difficult people and we do not know what to do. The lesson of silence has to be applied in these situations - by listening patiently, by being calm, by avoiding arguments, by practicing tolerance, forgiveness, by deferring our reaction, by not questioning, by not being judgmental even

though we are provoked and prompted very strongly to do so. That's Maya not wanting us to win. However, Maya doesn't know that we have already created a win and success for us the moment we decided to stay in silence, stay in our stability and **Swadharna** for those few minutes.

This can only happen if we are able to silence our thoughts in those moments, stay absolutely calm and surrender the situation, our mind, and our thoughts to the Supreme. There needs to be a 'No Thinking' time. In that moment just answer one question – Will God be happy with what I think, say and do? Is this what He wants from us? We got the answer! This will give us a lot of energy to make the right decision. Many situations do not require an immediate answer or a reaction. In such cases we can defer our reaction by silencing our mind and take time to analyze the situation and people involved and come up with the best solutions. **First Power to be used is the Power to Pack up and later on the Power to Judge and Decide.** At times people who we interact with can also be challenging and difficult. The relationship, be it at home or in the office can become dysfunctional, if the matters are not sorted out. First and foremost, we need to tutor our mind not to create negative thoughts and impressions of people which are more commonly known as 'Perceptions'. We must remember everyone has their own definition of "Right and Wrong" and it is okay to stay with that divergence. We need to stay neutral. This will come to our advantage. We will have more sanity, stability, neutrality and good wishes in these interactions.

Another important element in this direction is the practice of becoming "**Swarajadhikari**". The mind and intellect, the two great faculties of our soul have to be treated as good friends, who listen and cooperate. When they do so we must not forget to appreciate and thank them. We

need to constantly share and discuss with them so they understand. Soon they will think and judge what you want them to do. The five senses will also follow.

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

Happiness and high standard of living
Contd. from page ... 3

'standard of living' is not high.

Indeed, the love for luxury and the identification of the 'standard of living' with possession of material goods does harm to the individuals, the nations and the international community. The wrong sense of values makes people run madly after material things, throwing moral norms to the winds and losing peace in the process. Then those, who succeed in the rat race, consume more things at the cost of majority of the people who, in the present age, are poor. Further, means of production, which, in every country are limited, are set up or transferred to produce goods that satisfy the wants of these materially affluent people, and lesser and lesser commodities which are consumed by the poor are produced because it is more profitable to cater to the demands of the 'over rich'. All this multiplies the misery manifold.

Hence, it can safely be concluded that, beyond a limit, **the multiplication of wants and their satisfaction do not promote happiness and certainly not in that proportion.** ■ ■



Kandela (Shamli, UP): Mr. Pradeep Choudhary, Member of Parliament is being presented Godly gift by BK Sarala, BK Raj and BK Bharat Bhushan.



Bhubaneswar: Lighting candles during 6th Annual Day of the Divine Retreat Centre are Dr. Arbinda Dhali, MLA, Dr. Debabrata Swain, Member, Lokayukt, BK Sudha, BK Kamalesh, BK Leena and others.



Kurukshetra: Cutting cake during divine dedication ceremony of nine BK sisters are BK Jayanti, BK Prem, BK Atamprakash, Mr. Subhash Sudha, MLA and BK Mohan Sigal.



Gadchiroli (Mah): After a program on Culture of Compassion & Kindness Dr. Devrao Holi, MLA is being presented Godly gift by BK Dayal, BK Kunda, BK Seeta, BK Dashrath and BK Nalini.



Chhatarpur (MP): BK Rama and BK Kalapna are in group photo after conducting a lecture on Stress Management for Police officers at Police line.

ALMIGHTY IS TEACHING HUMANKIND

It is said that truth is stranger than fiction. Now, God has already descended and revealed His identity. He has come with a mission to create a new world-order of golden age and that mission is expanding.

God is regarded as Omniscient because at some point of time, God must have practically taught human kind the intricate knowledge of His creation and also His own personality, His attributes and His acts. Since human being is one of His creations, the creation does not have the knowledge of the creation and also that of the creator. Therefore, the creator Himself can reveal the true knowledge of creation. The illustrious teacher teaches humankind with utmost altruism, good intentions and expectations of universal well-being. Human beings can teach and empower human beings up to a certain level. But God's teachings aim at and are meant for making a human being, a super human being, a deity, a divine King or King of kings. This is the unique distinction of God as the Teacher of humankind. An educated, well-informed person is respected and regarded. But human beings cannot at all, know everything. He has very little knowledge. But God knows everything which means, He is all Knowledgeable. That is why we normally say that 'God only knows'. God is an Ocean of Knowledge and the Origin of Knowledge. It is said that "even if seven oceans are converted into ink, if all the forest is cut and used as pen and the earth is made as paper, it will not be



B.K. Surendran, Bangaluru

enough to record the knowledge given by God." God does not have a teacher. God is the Teacher of all the teachers of the universe including that of Brahma.

When we come in contact with the teaching process, which is simple oral sermons with heartfelt love, compassion, grace, deep sense of belongingness, good intentions and expectations for instant, definite, quick upliftment of His words, it has a consequential metamorphosis experience. God's thoughts have the unique power to wash away the dirt in the minds of human beings. Some of the contents of the teachings, among other things, include the following aspects of study, which the human made education system fails to address.

Wise Management of Thoughts

All persons have a world of their own and that is inside them. The thoughts of happiness, sorrow, fear, suspicion, jealousy, arrogance, greed etc. have the ability to create a positive or negative feeling and can emotionalize and create an experience. The thought has the ability to create a state of being, state of attitude, vision and action, which are either positive or negative. What is seen outside is only the manifestation of the inner world of individuals. God teaches us to understand and realize the positive and negative effects of thoughts, feelings and emotions inside us and to make a judicious and wise choice as to what kind of

thoughts, feelings and emotions we should create for our well-being. From these experiences, one can create an orderly and harmonious inner world. This process of study not only creates a clean mind, but also a clear intellect and pure latency.

Harmonious Human Relationship

The beauty of a relationship lies in the capacity to get well along with others. But strained human relationship is a common tragedy in the 21st century. Every individual is almost an island now. Even though people are seen to be staying together physically, they are far away emotionally. Let our dealings not be restricted with the labels of religion, caste, creed, language, region and so on. We are all basically spiritual beings – souls – spiritually related as brothers. We are all aware that there is a close relationship among the creatures and nature. There is one Sun who radiates its grace of light to each and every corner without making any distinction. The wind blows to all regions of the world. The sky adorns the world uniformly. God's teachings empower us to understand ourselves, and to realize our relationship with others and the nature. Good intentions, thoughts of compassion, forgiveness and blessings have a mesmerizing effect in bringing together the estranged individuals into one fold under the fatherhood of God. God, as Teacher, is making us realize that life prospers and progresses in unity, integrity, and brotherhood. There is beauty and grace in universal values and togetherness.

Living Life in the Right Perspective

When He reveals the truth of existence and the reality of life, one has a grip over life. Proper knowledge throws a lot of light in the inner portals of self. Reasonable thinking and action will emboldens us not to be disturbed in times of adversities. It is amply made clear that what is

happening in life is the consequential effect of the actions already taken. The drama of life has tragedies, maladies, comedies and remedies. There is a need to have a mood and mode to accept, what is happening in life. One should have the awareness and diligence while discharging one's duty and responsibility properly, with the attitude of a witness, to have peace in mind. This peace has the unique power to remove obstacles, pitfalls, barriers and burdens in life. Knowledge itself has no meaning, but it can guide one to have right action and behaviour.

Specific Presentation of Karma Philosophy

Many a time a person is unable to learn from the past mistakes and karmic account doesn't teach the karma philosophy in its right perspective. God opens up the sacred knowledge of *karma*, *akarma*, *vikarm* and *sukarma*. Since souls cannot remain without performing *karma*, it is all the more important to reveal the various facets of *karma* philosophy. Souls become miserable or happy, based on the *karma* they perform. The *karma* influenced by vices, ends up in *vikarm* and the result is misery and suffering. If *karma* is influenced by the virtues of the soul, then *karma* results in happiness and peace. Therefore, everybody is sowing a seed of *karma* in the field of action, constantly. *Karma* starts in the mind as a thought and ends up through words and actions. Through good deeds, souls free themselves from bondages and through evil deeds, they entangle in bondages. The great Teacher shows the way as to how we should sow the seed of *karma* to stay away from the bondages even while performing actions.

The Personality of God Revealed

There is multitude of opinions about God. But God is only one entity who is sought after by the

largest number of people irrespective of caste, creed and religion, spending a lot of time in one's life time. God is not a hypothesis, He is not an imaginary person but He is the truth of all truths. But nobody knows His personality traits, His attributes, His form, His divine acts, His abode and so on, except God Himself. Human beings can know God through Him only. God descends to the level of human beings – in the body of Brahma and reveals His personality. Human beings recognize Him through His features and sermons. God is the Father and Mother of human souls. His sermons – the thought currents of God have the unique power to absolve a human soul from its negative, waste and vicious thoughts. There is an instant transformation in the lives of the souls in contact with His thought currents. Now God has already descended and revealed His identity. He has come with a mission to create a new world order of golden age and that mission is expanding.

Remembrance of God – Catalytic Agent for Self Transformation

'*Manmana bhava*'- 'remember me' is the most sacred *mantra* or advice blessed by the Great Teacher to His students- the souls for achieving the otherwise unachievable attainments in life. He is not a human being. He is a self effulgent light. He is an ocean of knowledge, happiness, bliss, virtues and powers. The impossible is made possible and the insurmountable is made surmountable. This essentially means to simply fix the mind on God, on His Divine light form and constantly remember Him, with a sense of belongingness, heartfelt love in soul consciousness, while surrendering the intellect to Him. *Rajyoga* meditation energizes the mind and intellect constantly and divinizes the latencies. It enables us to manage emotions and inter human relationships.

Godly Service - The Most Exalted Service

God's sermons itself are a source of service to human kind. The sweet words of wisdom have the catastrophic effect on the vices and prolific effect on the virtues. God is the only one altruistic server in the universe. Human souls are taught the real knowledge and technique of service by the Lord. The Lord Himself has said, 'I am the servant of the children – the souls. The souls follow the path shown by Him. He teaches His children as to how to serve selflessly with a broad mind and a large heart. He says, "have a cheerful face so that your face serves as a display board, the real server serves with an attitude of instrumentality and constructiveness; serve with the power of divine knowledge, light and might, serve with the power of yoga, enjoy the joy of serving human kind, serve with compassion to generate hope in the hopeless, be unlimited in your vision and mission, be good and do good, give happiness and take happiness, give blessings and take blessings. Become the embodiment of the knowledge to be taught and then teach others with the strength of that embodiment stage." We all know that we did not have the right knowledge and way to serve others. We are taught and guided by Him as to how we should serve others.

God Almighty has descended in the body of Prajapita Brahma and is teaching humanity without any distinction. This may be a fiction for those who cannot recognize the Lord who has descended in a very ordinary way, in the body of an ordinary person. The consequence of the teachings is the emergence of a mass of people who are known as Brahma Kumars and Kumaris who are spreading divinity and goodness in the world that can be seen by anybody. They are going to make a difference in the world in the coming days. ■ ■



Delhi (ORC): Lighting candles during closing ceremony of the campaign “Surakshit Bharat Sadak Suraksha Motorcycle Yatra” organized by Transport Wing are Ms. Simranjeet Kaur, International Archer, Mr. Akhil Kumar, ACP (Traffic), Mr. Sunil Dwivedi, Chief Manager (Safety), Honda Motorcycle, B.K. Asha, B.K. Divya, B.K. Kunti, B.K. Suresh and others.



Kolkata: The prestigious Chanakya Award presented by Public Relations Council of India is being conferred to B.K. Padma by Mr. Arup Biswas, Minister of Power, Housing, Youth Services and Sports.



Mohali: Motor Bike Rally for Road Safety is being flagged off by Mr. Jagjit Singh Jalla, S. P. (Traffic), Mr. Tarsem Lal, Assistant Commissioner, Mr. Mahender Chowdhary, DSP, BK Kavita, BK Prem and others.



Sirsa (HR): Inaugurating a public program are BK Shivani, Ms. Sunita Duggal, MP, Mr. Partha Gupta, Deputy Commissioner, Mr. Arpit Jain, Superintendent of Police, Mr. Kiran Singh, Municipal Commissioner and BK Bindu.



Mokama (BR): Inaugurating new building 'Shiv Shakti Jagadamba Bhawan' are Mr. Pranav Kumar, MLA, BK Rukmani, BK Banarasi and others.

BECOME THE 'MINISTER OF STATE FOR HAPPINESS'

"Every thought we think is creating our future." – Louise Hay

The United Arab Emirates wants to ensure its citizens are happy. The city of Dubai has a genuine concern and passion for its citizens. A recent documentary on the UAE, stated it has created a position in the government responsible for citizens' happiness. Imagine being the Minister of State for Happiness; what an exceptional position!

We often feel our well-being and happiness is in the hands of others, yet we long to feel in control with our own power. In reality, real power and authority is personal power, power to rule the self and not having power and authority over others. **Freedom is a state of mind achieved when you don't try to control or criticize anyone or anything.** Personal power leads to freedom. Personal power also creates a gentle heart. The wiser we become, the more gently we deal with other people's mistakes. We become individual *ministers of happiness*, strengthening the self-respect of others rather than focusing on their mistakes and making others to feel guilty.

Achieving personal power: I must think before I act, because after sowing the seed of action I have to reap the fruit. **Consciously feeding the mind with good thoughts is like planting healthy seeds in fertile ground.** What you see today is fruit from a seed you planted in the past, not the fruit of chance. Whatever I do, when all is said and done, I do for myself. Moreover, I do not receive only one fruit for every seed sown, I often get a whole crop,



good or bad according to the quality of my thoughts.

With the belief we are just the physical body and my thoughts are simply the results of chemical and electrical processes in the brain, and not something, I can consciously control, we let go of taking charge of what was going on inside the mind. Human beings forget and have no inkling of the power within the self. Underestimating our inner strengths, we allowed weeds to grow in the garden of the mind, instead of beautiful fragrant flowers.

Plant seeds of peace now: By understanding I am a spiritual being with immense power; I can break through limitations of the body, age, roles and opinions of others. Peace is our true religion. *When we are at peace, we are able to connect with the Supreme source and experience God's power. And when we are at peace, we are able to experience our own power.* Ignorance made us believe life happens haphazardly and wisdom teaches everything that happens has profound significance. Wisdom teaches us to plant seeds of peace and create a life of happiness. ■ ■

FIVE GIFTS TO GOD

As we take a divine birth with God as a Sweet Mother and Father and then enter a divine childhood, God asks for 5 beautiful gifts of love, which will help us become a divine adult, filled with pure wisdom and all qualities and powers.

1. Complete purity in thoughts, words and actions:

Let me remind myself - I am a divine being, who has incarnated in this temple (body) of divinity ... I am the child of God, the Ocean of Divinity ... I radiate purity to this world with my every divine thought, word and action.

2. Sitting up in meditation at the early morning sweet nectar time:

I affirm to myself - God is a sweet Ocean of Love, who waits for me at the early morning pure time everyday ... I have found Him after thousands of years ... I connect with Him and fill myself with the light of all spiritual attainments.

3. Dancing to God's wisdom flute tune every morning:

I talk to myself - God incarnates in this physical world for me ... He shares the pearls of wisdom with me which I have searched for a long time ... I



am the luckiest soul on Earth as I hear God's wisdom and experience the deepest bliss.

4. Creating a pure temple for the soul by feeding my body a pure diet.:

I remind myself - I am a deity soul of the original deity religion ... my every food I eat and liquid I drink is charged with angelic goodness and is *satvic* ... I remember God, the Ocean of Goodness before eating and drinking anything.

5. Filling every action with God's beautiful remembrance:

I tell myself - I am a very special soul, God's chosen one ... I make every action precious by remembering God in every sphere and every role of life ... His love and bliss makes me complete and I share it with everyone. ■■

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Thane(Mah): BK Sarla is being felicitated by Mr. Eknath Shinde, the Chief Minister of Maharashtra



Gariadhar (Gujarat): Mr. Arvind Kejriwal, CM of Delhi, Mr. Bhagwant Maan, CM of Punjab are being presented Godly gift by BK Deepa.



Lucknow: Mr. Durga Shanker Mishra, Chief Secretary to Government of Uttar Pradesh, BK Shivani and BK Radha are lighting candles during a program at UP Legislative Assembly.



Ambala Cantt: Lighting candles to celebrate 70th anniversary of Godly services at Ambala are Mr. Anil Vij, Home and Health Minister, BK Asha, BK Prem, BK Neeti and BK Shailly.



Paradip : Inaugurating a programme organised by Shipping Aviation Tourism wing are Mr. P.L. Haranadh, Chairman, Paradip Port Authority, Mr. A.K. Bose, Dy. Chairman, Paradip Port Authority, Sis. B.K. Sudha, Sis. B.K. Kamlesh, Mr. Y.K. Singh, DIG, Cost Guard and B.K. Santosh.



Murom (Russia): Brahma Kumaris sisters Antonina Kazakova and Natalia Volkova are in group photo with Russian participants after a program dedicated to the 75th anniversary of India's independence.



Kohima:
BK Rupa along with others is welcoming to HE Draupadi Murmu, the President of India on her two-day visit to Nagaland.

Mumbai (Mulund):
A program on Spiritual Empowerment for Kindness and Compassion is being inaugurated by HE Bhagat Singh Koshiyari, Governor of Maharashtra, BK Mruthyunjaya, BK Godavari and others.



Kota (RJ):
BK Preeti is applying tilak to Mr. Om Birla, Speaker of Lok Sabha on Bhai Dooj.

Puskar (Ajmer) :
B.K. Shanta along with B.K. Asha and B.K. Roopa, presenting Godly gift to Mr. Ashok Gahlot, Chief Minister of Rajasthan.

