

From the mighty pen of Sanjay



Festival of Shiv Jayanti: **THE DAY TO VOW SPIRITUAL REVOLUTION**

Today, very few are aware of the fact that *Mahashivratri* is a memorial of the reincarnation of the Incorporeal God, Father Shiva on the earth and of a great spiritual revolution. He empowered the mothers – the precursors of this revolution and named them – Shiva *Shaktis*. God Shiva performed this task at a time when the knowledge of the soul had vanished from this world. The human souls had become completely materialistic and their mind and conduct were greatly polluted. Every human being, despite having the urge for peace and happiness, was scandalizing and disquieting other human beings. Consequently, man had become distressed, sad, disquieted and blind.

He became arrogant and with the ambition of conquering the nature, he was

not only disposed to devastate the nature, but was devastating his own nature too. The population had exploded so much that the



earth did not have sufficient grains and water to cater to the needs of the people. Seeing her children thirsty-hungry, mother earth was worried; but despite this, her

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BASANT PANCHAMI AND MAHA SHIVRATRI



Those of us who have been blessed with the knowledge of different festivals of India know very well how these memorable days always bring cheer and hope to humanity. After the severe cold of January, 5 February was celebrated as *Basant Panchami* (the beginning of Spring Season). The change in weather alters the moods of people too, as we move from biting cold to refreshing sunshine, and so this change is definitely welcomed by



everyone. The flowers on the mango trees have started bearing little mango fruit and of course the old leaves are slowly changing colour to a yellowish hue before departing from the trees.

This is the beauty and wisdom of nature that the old has to detach and wither away, before the new shining, soft and delicate leaves can emerge, as seen prominently on the *Neem* Trees in Rajasthan.

Nestled between the festivals of *Basant Panchami* and Holi, is one of the important festivals for humanity as a whole: **Maha Shivratri. This is undoubtedly the most auspicious festival as the highest on high, God the Supreme Himself appears on earth which occurs once in the entire cycle of time of 5000 years.** The word '*Shiva*' means Benefactor, the One who bestows the highest knowledge for redemption of humanity. **Maha Shivratri can be considered as the 'Festival of Hope, Health, Wealth, Happiness and Wisdom'.** Though this festival is celebrated mainly by those of Indian origin or those belonging to the *Adi Sanatan Devi-Devta Dharm* (Original and Eternal Deity Religion), which is popularly known as 'Hinduism' today, it is certainly a festival for all to rejoice in and benefit from.

Writers of mythology have created many epics about Lord Shiva, the Creator of Brahma, Vishnu and Mahesh (Shankar), **but few could have imagined that there is such a close connection and bond between God Shiva and Brahma, as the latter becomes the medium of Incorporeal God Shiva's reincarnation on earth.** It's only a small percentage of devotees who will ever know or understand the reality of Incorporeal God Shiva's role in re-establishment of the

highest deity religion. Souls of other religions descend from the soul world after their Founding Fathers' advent in this corporeal world, and thereafter journey through their own golden-silver-copper-and-iron stages, whereas when the incarnation of Incorporeal God Shiva takes place, He awakens human beings who are otherwise weighed down by the slumber of ignorance.



The timing is such that God Shiva's reincarnation bestows light and might for awakening and empowering the human souls of Kaliyug so that they may transform themselves into pure, divine, and worthy-like angels before returning as worship-worthy perfect beings of the

Golden Age via the Soul World. Those of us who have maintained courage and faith to walk the spiritual path are very fortunate to have been enlightened and re-energised to be His worthy children by imbibing Godly (Spiritual) qualities. **No other revelation within the entire history of humankind could be as great as this, since the most auspicious transformation of the world takes place within 100 years of the Confluence Age (*Sangam Yug*),** between the end of Iron Age and beginning of the Golden Era. It is a fact that until God Shiva descended on the world stage to reveal the eternal truths about Soul, Supreme Being and Cycle of Time to us; we had been ignorant and searching blindly for Him. The path of Salvation (*Mukti*) and Fruition (*Jeevan Mukti*) was thought to be attained by visiting pilgrimage places, carrying out numerous rituals, and bathing in holy rivers; whatever was learned and taught on the path of *Bhakti* was very entertaining, but time-consuming and founded in constant reassurances of meeting God the Supreme face-to-face one day... For instance, during Maha Shivratri, Lord Shiva's devotees go through a detailed process of worshipping all night in modest and simple ways to prove that He belongs to one and all, rich and poor, the healthy and physically challenged, old and young. The stories of *Bhakti* portray very lovingly the truth that God Shiva is pleased with minimum offerings like *Bel Patr*, *Dhatura* etc., **however it is essential to value and adopt the essence of all these**

rituals which boils down to the crystal-clear ever-shining spiritual wisdom that enables devotees (human souls of any belief system) to realise their own worth and discover the beauty of the ever-truthful, ever-benevolent and ever-beautiful One, *God Shiva: Satyam, Shivam, Sundaram...* Those of us who become His direct, divine children learn the valuable knowledge of the Creator and His Creation, directly from the Source, through the corporeal medium of Prajapita Brahma. Ever since His advent on earth, we have been exposed to this most enchanting and benevolent story of the Creator and His Creation that has been unfolding over 86 years till date!

Here are a few aspects of Spiritual Wisdom taught directly by Incorporeal God Shiva that we hold in high regard, and wish to share with our Readers to help intensify their spiritual endeavours:

1. The time period of the Supreme Being to impart teachings is planned automatically in the World Cycle to occur when all the Religious Founders have descended and passed on the guidance of their respective religions, and yet religions themselves have undergone significant change from *satopradhan to rajo to tamopradhan* (most elevated and pure to just the opposite).
2. The original eternal Deity Religion (*Adi Sanatan Devta Dharm*) too has gone through its golden-silver-copper and iron stages and almost vanished, but rejuvenation of the same is inevitable and definite.
3. At present, the entire human race has been overpowered by the five vices symbolised by the 10 heads of Ravan due to ignorance of the Self and the Almighty Being. When the world is suffering from peacelessness, ego, power games, and unrighteousness, which may be called the Empire of Ravan or Maya (illusion), as per God's promise He comes to awaken and empower those original souls of the *Adi Sanatan Devta Dharm* by imparting spiritual understanding, divine visions, and divine education. The most effective education of *Sahaj Rajyoga* is lovingly imparted by Incorporeal God Shiva through the corporeal medium of Prajapita Brahma, and the elevated versions that have the power to transform are termed as '*Gyan Murlis*'.
4. Whenever the eternal *Dharma* is to be re-established, Incorporeal God Shiva takes the loan of the precious medium of Prajapita Brahma, whose very life becomes an example before humanity to rejuvenate and return to their original, divine, peaceful and happy personalities. While we honour *Basant Pachami* and prepare for Maha Shivratri, let's awaken our conscience and aim to establish an ambience charged with the wisdom of Shrimat Bhagwad Gita, so that we can happily restart the glorious Cycle of Time. May Maha Shivratri of 2022 unleash divinity that will govern our lives to the fullest.

– *B.K. Nirwair*

GOD IS CONVERTING DEVILISH NATURE OF HUMAN BEINGS INTO DIVINE

■ B. K. Surendran, Bengaluru

This world has seen many wars which were fought for changing the philosophies, beliefs, ideologies, religions and so on, to establish peace on earth. But those wars had resulted in butchering innocent human beings with no result. Hitler, Mussolini, Kaddafi, Saddam Husain and a host of others who had engineered such wars were also perished. What lesson we have learnt over the years about war and peace is that nobody can establish their empire with the force of brute power and also establish peace on earth.

The Lord is on earth now to teach human beings to transform their vicious propensities into divine nature. The vicious tendencies are not the natural nature of human beings. One who has humanness is called human being. Human being is one who has kindness, compassion and sense of love and affection. The vicious nature is acquired nature. This can be easily transformed. God, is basically our own father, who is also our Supreme Teacher and Guru.

The right spiritual knowledge

The true knowledge about the Supreme Soul, Souls, the 5 elements in the world, who is who, what is what in life, the part played by these forces and the creation can be clearly and specifically explained by the Lord Himself and nobody else. This knowledge is revealed by Him only at the close of the 4

epochs, *incognito* confluence age, when He descends to meet the souls, His own children. He, as the supreme teacher also teaches us with the following soft powers.

Power of love

Perennially people have been telling "God is love". But such people may not have experienced the true love of God. Unless one has the right introduction of God, how can one relate to Him and connect with Him. He is the Supreme source of light and might, lives in *Paramdham*. When one remembers Him in soul consciousness and a sense of belongingness, one can get connected with Him. Since He is the father of all, the souls, it is the birthright of everyone to claim and feel the sense of belongingness. When we lovingly remember Him with reverence and gratitude we can feel His love. God's love is irresistible which transforms our life. All of us in Brahmakumaris wake up in the early morning and sit in His loveful remembrance from 4 am to 5 am and enjoy his presence and super sensuous joy. As we keep on experiencing super sensuous joy everyday, our devilish nature is transformed even without our knowledge.

Power of self respect

He helps us to awaken our hidden greatness, holiness and worship worthy personality. He helps to awaken our hidden power of virtues, powers and specialities. When we remind us of our powers, virtues

and values, they start manifesting in our life. When He teaches us, He also blesses us with the boons of success. As we constantly remember our own goodness, greatness and worship worthy stage, we get elevated to that stage of existence and thus we get back our self-respect. Self-respect, naturally enables us to respect others and thus we command respect from others.

Power of purity and peace

God is the ocean of purity and peace. When we remember Him, we slowly move towards Him without our knowledge. That closeness of God gives us joy and happiness. In this process we get back our power of purity and peace. Naturally we souls are purity personified and peaceful. Peace is our natural nature. God's teachings and blessings enable us to further empower our power, purity, and peace on a day-to-day basis and thus transformation takes place in our life. The devilish aspects slowly disappear.

Power of humility, simplicity and sweetness

He is the Almighty but His humility and simplicity encompass all known dimensions of humility and simplicity displayed by anybody. We bow down before Him for His highest manner of humility, simplicity and sweetness. His quality of sweetness is as big as a hill. His sweetness we experience when we connect with Him in meditation and also during the course of His sermons, we are swayed away by His sweet wave vibrations which force us to give up all types of crudeness born out of our small-time ego, jealousy, enmity, obstinacy and a host of other negativities and adopt the way of sweetness. The Great Lord's humility,

simplicity and sweetness force us to willingly adopt the way of humility, simplicity and sweetness so naturally.

Power of tolerance, solace and gentleness

During the course of His sermons, personal meet and feelings we gain during meditation sessions we can very well experience the limitless tolerance, solace prone feelings and the heart born gentle dealings which convinces us that there is more power in tolerance, solace and gentle behaviour. This forces us to adopt to the way of limitless tolerance, peaceful solace and gentle interactions. This conviction earns us the heartfelt blessings of the Lord also.

Power of respect, forgiveness and mercy

When we have seen and experienced the respect, He showers on us during the course of His Sermons and personal meet we feel ashamed of our own misbehaviour, merciless treatment we give to others and do not forgive others of their mistakes and so on. The Lord's incomparable act of respect, forgiveness and mercy force us to fall in line shown by Him for all times to time. His way of teaching us gives us a lot of enlightenment that smooth, loveful, good feelings have tremendous power to change anybody's crude and rude behaviour for all times to come.

Power of good wishes and pure feelings

He is the one who taught us the great *mantra* of good wishes and pure feelings to shower help and solace to one and all in the world. This has inherent subtle power to miraculously transform the life of a person

who is in crisis and melancholy. We have been experimenting on this great philosophy and its practice enabled us to do a lot of service to the suffering humanity. Our good wishes and pure feelings, when combined with the power of the Lord, always make all the difference. Wherever we are, He is always there with us.

Power of sustenance, ownership and limitless tirelessness

He has been teaching us for more than 80 years now. He teaches by telling us that you are my own children and sustaining by taking care of us right from day one to this point of time. He has been with us all along, teaching, reminding, revising again and again without any complaints and blames, but with sweetness of love all along tirelessly with an attitude of total impartiality.

Power of courtesy and politeness

We have seen and experienced his act of courtesy and politeness during His personal meet sessions and also His expressions in His Sermons. This forces us to the way of courtesy and tolerance in our behaviour and interactions and meetings with others. These are all good manners which are taught by great Lord through His manners when He descends to meet us. His sermons contain a lot of good manners which make us shameful when we misbehave with others. We could immediately correct our behaviour on the spot offering excuses.

He teaches all His children without any partiality, displaying the attitude that all are equal before Him and He loves all equally. He gives us a lot of motivation again and again telling us that we should at least pass in 1st grade. This is the intense heartfelt wish of our sweetest of the sweet, loveliest of the

lovely Heavenly God Father Who is making us in His own image of deities. Let us follow Him in letter and spirit and see that we have made a life of greatness, holiness, worship worthiness for the coming 2500 years.

Let us also follow Him to teach others with the soft powers and see that we enjoy the Sangamyuga Life and to celebrate this life for all time to come before the dawn of Golden Age. At the same time, we should have the highest regard with worshipful mental attitude to again rededicate ourselves promising that we would wholeheartedly follow His Shrimat (directions) under all circumstances. We would be grateful and thankful to Him for all His loveful teachings, guidance, sustenance, protection and reassurance of success at all times.

Ultimately God is establishing heaven on earth with the power of absolute nonviolence, love and peace. ■

MAGIC CARPET

Thoughts are like a magic carpet, on which the soul rides across eternity. Rest for the spirit (which is what we are) is when we allow only the current of the purest thoughts to flow through our mind - thoughts which carry good wishes and blessings for ourselves and others. This is not so much going with the flow, as being in the flow, and refreshed by the flow. For when we have powerful, positive thoughts for and about others, who experiences them first? Obviously, we will experience and let others experience the same.

PEACE AND LOVE – MY ORIGINAL NATURE

Life for all of us is full of many different types of situations which at times cause emotions of anger and ego inside us. Both anger and ego negatively affect relationships. So, all of us at times should make the silent effort of keeping them away from our life situations and remaining calm and peaceful. Many times, with some of our family members or friends or even in some other unimportant interactions, we are tested by these two emotions. In other words, it is very easy to become angry in such situations. It is upto us to take care that we use our inner resources of peace, love and joy and use them to give others the same experience.

There is lot of research in the world in the present time how anger is harmful for our health. Illnesses like blood pressure, heart attacks, insomnia and back aches and other problems like digestive disorders are caused by angry outbursts. People indulge in such behaviour very commonly in their families or elsewhere. Also, there are some viewpoints in the world that a little bit of anger is good and it gives an adrenaline rush. It is also seen that there are some people who believe that ego makes you powerful and helps you to become successful. Also some people feel that anger increases your efficiency because it helps work get done many times. But all of these are wrong beliefs and in fact the truth is that ego is weakness and instead of

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helping you get respect, you lose respect with it. Also, instead of anger helping you get love and co-operation from people, it makes you lose it.

For most of us, there are always different types of people we have to deal with, whether at our work or in our families. The challenge lies in interacting with everyone without getting angry. This is because our personalities or natures are different and our opinions also vary. Sometimes, two people are right in their own way, yet their views do not match in a particular situation. This leads to anger filled interactions. Also, when two people are right in their own way, but with different perceptions, it is ego that does not let peace and harmony be a part of that particular relationship. So, anger and ego are big enemies for good relationships in any sphere of life – personal as well as professional.

Also, when it comes to overcoming anger and ego, the first step is to look inwards and access the treasures of peace and love, which are inside us. They just need to be brought into practice by realizing one's spiritual self, which is the soul. Realizing brings positive virtues of peace and love to become a part of our nature. These inner treasures are also increased by connecting the spiritual self with the Supreme Being or Supreme Soul or God. God is the non-physical Supreme Ocean of peace and love. This connection is called meditation. Also, in

the entire day, practice seeing everyone as a soul, whose qualities are peace and love, even if anger and ego are more visible in them. This is because anger and ego are acquired *sanskaras* and peace and love are each and everyone's original *sanskaras*. So, seeing each one's original *sanskaras*, sends them the energy of those positive emotions. As a result, they get motivated to bring those *sanskaras* on the surface and use them instead of using anger and ego, which are negative *sanskars*.

Many of us sometimes use anger as a weapon in what we sometimes call controlling people and we forget that it is not possible to control people, but it is easy to influence them. Influencing people is always easier and that can take place with peace and love and keeping good wishes. Also, looking at people with positivity and having a vision for them that they are good helps to make them do what we may expect them to do. Also, being humble and kind-hearted will make people respect you and do what you desire or bring any change that you desire much more.

Always remember we are inherently peaceful and lovable souls and as we come in the cycle of birth and rebirth, we lose these qualities and start becoming full of desires of different types. Expecting or desiring a certain type of behaviour from someone else is the root cause of all forms of anger. Also, desiring a certain type of situation, as per our liking is another cause of anger. Both these desires, when not fulfilled, make us irritated or upset or even violent in some cases. On the other hand, accepting situations and people with ease is possible for those who are full internally, with different qualities and powers. These qualities and power come

with the help of spiritual knowledge and following a path to bring the spiritual knowledge in your life. The more spiritually strong we become, the more we are able to remain stable in above changes of our life which are not as per our liking. Also, we remain stable when sometimes people close to us are behaving in a way, which is different from what we think is right or preferred. Also, fulfilment on an external level can sometimes make us egoistic. On the other hand, internal fulfilment of different qualities makes us humble and very uncomplicated in our dealings, a behaviour which satisfies people easily. ■

NEED NOTHING

Everyone thinks he/she needs to get something. But the truth is we don't need anything. We already have what we need. Trouble arises when we think we have to keep what we receive. It's the keeping that sustains our neediness. But whatever comes to us is not for keeping, it is for giving. And when you give, you get. Deep down we all know this eternal truth. It's one of those cast-iron laws of the universe. But we are conditioned to think the opposite. No wonder there is a poverty of faith. Not religious faith, but the faith that the universe will bring us whatever we need, at the right moment in the right way. So, start today – give, give, give – time, energy, assistance, care, co-operation. On how many levels do you see the opportunity to give? It's good to be a 'just do it' person. Even better to be a 'just give it' person. And the paradox will make itself known – when you give you will realise you already have everything you need. ■

THE SOURCE OF POWER AND PEACE

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When we look at the world through our physical eyes, we see all the facets of our diversity: culture, race, personality, religion and so on. In the face of the dangers that come from seeing with only the physical eyes, always think: now is the time to go beyond all divisions, beyond all that limits us and our sense of self. Whatever the race, the religion, the class, the colour – our consciousness now has to go beyond all of that. Self-awareness, being the foundation of all spiritual growth and personal development, is now awakening to an even greater extent due to the effects of the pandemic and national and global conflicts. Most people are not yet self-aware. Self-awareness is easy and begins with simply taking a mental step back, observing and accepting your thoughts, feelings, attitudes and actions, and with this awareness making positive efforts to adjust what the mind is doing to benefit yourself and others.

To adjust the mind we need to go deep inside our consciousness to an oasis of peace, a part of us that is perfect and pure. It is untouched by the imperfect characteristics we've acquired by living in a less than perfect world. Its total absence of conflict and negativity makes this part a still-point - a deep, enriching experience of silence at the

core of the soul, but unlike the core of the earth, it is not hot, it is very cool. This source of inner power 'fuels' our mind and intellect, so we can create powerful thoughts and make accurate decisions. Peace and positivity become our companions. We are able to chill out in 1 second anywhere, anytime. We look out on life with amazement, not shock. The variety, diversity, manner of every person, opportunities, our own talents - are all awesome. Live in awe, and entertain wonder. Don't kill it with cynicism or criticism, don't sabotage your life with moaning and complaining. We have to create such a stage that we can face and successfully pass through all circumstances. Situations will come. It is their job to come. Our job is to create such a stage through which we can deal with the situation easily so when people come in front of me, I can give them good feelings. The secret to do this is to see everyone's specialties. This is our duty. If you ask me about someone's weakness, I won't speak of it. I am not looking at that. Why? Because **when I focus on the weaknesses of others, I myself become weak**, and my own weakness will be visible.

Most of us make a great effort not to hurt people physically, but sometimes we hurt others through our words, often accidentally. To avoid doing this we need a clean heart. For not taking sorrow we need a big heart that can tolerate and help other souls get over their weaknesses. A big heart feels and sees only the specialties of the self. These good feelings are created in the mind,

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SURRENDER TO GOD



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Surrender is something which is held in the highest pedestal in the spiritual context. Without a surrender to God with the deepest of the feelings and intentions, the spiritual journey would be impossible.

The point is, what is the meaning of surrender? How to understand surrender? Especially surrendering the mind to God.

We will now understand the surrender by one simple analogy.

There are three kingdoms. The first king is all powerful all the time. Nothing or no power on earth can shake him or his kingdom even a bit. The king, is however, always fair to everyone and impartial. The rule of law is uniform. He does not impose his will upon anyone else by force. The second king is known for crookedness and deceit. The third king is generally good, powerful, but sometimes prone to weakness and errors of judgement.

The first king is always cautioning the third king about the designs of the second king. But, the third king has never been able to understand it properly. The king many times overestimated himself, was totally unaware that he has been taken for a ride by the second king. Further, he was so over-confident of his ability that the first king's words of wisdom was taken in a very casual way.

One day, the third king finally realizes that the second king has deceived him completely and is going to hold him captive. So, he starts retaliating. He starts fighting with full might. But as he is fighting, he is also realizing that he is being tricked in a way he had not even imagined. He realizes he is surrounded. His kingdom is already infiltrated. He realizes now that the warriors he had faith on, who appeared to be fighting along with him, were in fact, doing just the opposite.

However much he struggles, tries or fights hard, the time has elapsed and there is no way out. Now he knows very clearly that he cannot defeat the second king even if he continues fighting for life time. Should he have a compromise? A compromise with a cheat is just another cheating.

If he continues fighting even a bit more, he would have lost whatever he had. Now he realizes the hard way that there is no option for the third king except surrendering himself to the first king. The first king has all the powers and strength to take care of this third king. As much kind the first king is, he will yield only to the true intentions. The condition is clear. Only if the third king is prepared to surrender with good intentions would he be acceptable to the first king. The first king would then take care of the third king and insulate from the evils of the second king.

How the first king can take care of this fellow? It takes time for him to reach this battle field and rescue the third king. The fact was that, expecting the cunning ways the second king had infiltrated into this third kingdom, the first king also had infiltrated

enough of his army to be ready in case the third king realized the futility of fighting against the second king and asks for his help. The army being of inner strength, firmness, determination, will power, honesty, love, knowledge, purity, peace and the list is endless.

Now the third king surrenders to the first king and is saved from further trouble. The surrender is unconditional. Meaning, the third king obviously has no condition, already being in the weakest of the position. But, he has no option but to accept all the conditions of the first king.

The soldiers of the first king living inside the third kingdom, being strong and powerful, drive out the second king from the war field.

After the surrender, the third king's kingdom is an extension of the first king's kingdom. Naturally, he has to follow the rules of the first king. Surrendering has certainly made his life safer and peaceful. But, he cannot be lazy or lax in any way. He cannot live in a comfort zone he was used to earlier. The rules and conditions of the first king are also very strict. In fact, much stricter and demanding than he initially thought. At the same time, there is love and fair play.

But the surrendered king is much more happy and has naturally and lovingly accepted all the conditions and serve for the first king. Because everything is assured under the first king and the self-respect is restored.

Realising the enormous magnanimity of the first king, the surrendered king will do everything. He will do everything that he would not have done if he were forced by the

second king. The only thing that would be ringing in his mind is one of infinite gratitude for the first king. The kindness of the first king is something which cannot be fathomed.

Having read the meaning of surrender thus far, it would offer great insights into the thinking of the third king who surrendered. He is assured of his future. His mind is at peace, free of all the worries.

Similarly

God, with all His powers, virtues, love and what not, is like that first king and the kingdom. *Maya* is the second king and its kingdom. I (the soul) am like that third king and my kingdom. This is at a subtle level.

I am permitted to create thoughts and allow thoughts only those that are in line with rules set by God. I am not allowed to think those thoughts or allow those thoughts to enter my mind that are not in tune with divine manners. Waste and ordinary thoughts are also not a part of the divine mannerisms.

Similarly, the decision over the thoughts needs to be strictly in line with what is permitted by God. There is no need to mention of the *karmas*.

Through the eyes, I am only allowed to look towards the seat of the soul. I should be looking only at the soul. All other things that come in front of my eyes are to be discarded. They are no issues.

As part of surrender, I need to keep my people under control. People are none other than my own organs – eyes, ears, tongue, mouth, hands and legs.

Now there will be another problem – that is of internal rebellion. My mind, intellect and *sanskars*, the eyes, ears, nose, tongue,

mouth, hands and legs are all used to some kind of comfort zone due to illusions of the previous kings. In other words, they are used to being in various methods of deceit of *Maya*. They don't toe the line I have taken now. Sometimes, I myself get influenced by the illusions of the past. I myself yield to their temptations without my own knowledge. These are very difficult to rule and control.

I will then realise that they would have gone beyond control in such a way that I myself with my powers will not be able to rule them. This is where, I need to again surrender with my entirety – telling the Lord that even these are not in my complete control and that I would surrender from deep within.

This is where utmost honesty, humility and sincerity of my intention matter. Tackling the sense organs, subtle powers like mind, intellect and *sanskars* is no easy task.

I need to realise that after surrender, there is nothing like “my life”. Everything is His. I have to keep acting as per His commands every moment. There is no room for relaxation. I have to be on my toes all the time, without any expectation of rest, employing all my sense organs and subtle powers. I have to keep working hard. My life is meant for Shiva Baba and the world service.

The biggest problem is the realization of the fact that I had been under illusion all these days. What is the meaning of illusion or *Maya*? I don't know that I don't know, and yet I think I know! Accepting this state and telling God that, “I don't know what is what, I don't know about you and me, with all my limitations, good and bad within, I am yours”.

Then the realization starts dawning.

Because of my act of surrender, there will be knowledge flowing directly in the form of thoughts and touching from the Supreme Soul to the Soul. There will be that extra bit of push and power in that flow.

Was this not flowing all this time? Yes, it did but I ignored them out of my weaknesses. The law of *Karma* always overtakes. I ignored and so, I am bound to suffer.

In the surrendered life, punctuality, discipline, regularity, hard work, are all very important. But the most important and critical is being humble and having good intentions. I need to be transparent in each and every aspect to Him. For this act of being surrendered, transparent, humility and right intentions, “I” will get in return from Baba. The correct way to put it is, I can understand and realise the value of all the things Baba is giving and take care of them carefully and consolidate my efforts.

Some points to understand from the story of three kings

- ❖ Surrender is not a onetime affair for becoming Baba's child. As I keep making my effort, I realise many deeper aspects of effort making and so, I need to keep surrendering many things I had not surrendered before. I might keep yielding to some of the most unbelievable tricks of *Maya*. The answer every time is to keep surrendering and correct my intentions and attention.
- ❖ The best and the cleverest thing would be to understand the fact in the beginning itself. Based on my past experiences, “I” should understand “my” limitation. “I” cannot always be perfect in my assessment of

myself and the situation.

❖ What was the requirement for the first king to take the third king into his fold when there is no benefit to him in that action? I need to realise that it's nothing but a selfless, sheer magnanimity of the first king. There was no expectation in return.

❖ The weaknesses of the surrendered king are still there, in all likelihood, he may end up committing mistakes because influence of the past will not easily go away. But I need to be even more transparent and honest now, reporting everything to Him and correcting myself. And thereby starts renewed efforts to remove weaknesses to become like the first king himself.

Now, I discover that there are many other kings who had surrendered completely and were the dearest to God. From their life, I understand the quality of surrender. For a child who surrenders correctly the first time, it's a different world altogether. ■

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SELF MANAGING AND TRANSFORMATIONAL LEADERSHIP



■ T.V. Jayaprakash, Palakkad

We are so conscious of the acquired self that all our actions and resources are concentrated around physical development. The mind is a very powerful faculty which imagines, thinks, feels and forms ideas; and plans that are created are then passed onto the next faculty, the intellect that makes decisions.

The intellect is where the wisdom and the will power to make decisions are stored. The subconscious or *sanskars* will register or file the actions and keep the records of the self in the form of experiences, tendencies, habits, traits, talents or memories and as a result forms our personality. Any records from the subconscious can be traced within a fraction of a second, and accordingly the thought process starts. There are mainly four types of thoughts; positive, negative, necessary and waste thoughts.

Positive thoughts are value based thoughts which have no selfish intentions. Necessary thoughts are related to day to day routine, work, profession, career, etc. Negative thoughts are based on weaknesses, vices, evils, selfishness, complexities, etc.

Waste thoughts are mainly connected with the past happenings, events and upon which the mind keeps on brooding or

worrying about the unknown future. We are responsible for our own thoughts, feelings and behaviour. Frequent repetition of the same type of thoughts creates our beliefs and attitudes. Thoughts are like seeds, we have to have patience with ourselves to fulfil our dreams.

We will perceive a situation according to our mental positioning; as in the case of a glass half full or half empty, positive or negative. Our mental positioning determines our analysis of situations and thus our response also. A French author, during the IInd World War, who was trying to escape with some of his friends from the German Gestapo, the secret state police of Nazi Germany, but were captured and thrown into jail, of course, with deadly fear of what would happen next.

To help his friends to keep hope, the author told them; "Look my friends, when we escaped, we had the fear of being caught and now we are caught, we have the hope of becoming free again." Don't put any mental limits on yourself, others, and especially children; but allow them to develop new skills, to use other types of resources that are inside us latent and never explored. Limit, in other words the square of certainty, is the barrier that we have created in ourselves. Widen our

scope of thinking. Assumptions are ready-made images, we assume, guess and imagine and that prevents us from having a right idea of what it is really.

Preconceived notion or associated memory is the link between the two functions, the intellect and the subconscious. Our experiences from the past and the recorded memories are linked together. A special song or music, a most favourite one, we hear it everywhere being the best, and many years afterwards, on hearing the song again we recall all the memories that are connected, as if it were yesterday. We feel the same emotions, feelings we had at that time.

Spiritual wisdom gives us the method to reach the innate values once again, that is, self empowerment, taking the power from within to control ourselves at the right time, through the right process, in the right manner. Human personality is like an iceberg. Though we are not aware of all our experiences and actions recorded in the subconscious, they are latent. A major share is invisible beneath the waterline. The iceberg moves against the storm. A strong undercurrent running against the storm is controlling 90% of the iceberg.

The first powerful one of the five undercurrents moving very silently in everybody's life controlling a major share of our personality is various forms of ego or the evils generated from ego; and it is the driving force in the present time. The second undercurrent is the records carried forward from the past life, which keeps on interfering with the present actions and becomes the

driving force. At that time the intellect does not work and we are controlled by these latent subconscious memories.

The third current is the ancestral, which we inherit, and those impressions function from time to time, and people are not able to change themselves as they are controlled and driven by those impressions. The fourth powerful one is the company in this life. A man is known by the company he keeps.

Human beings are tossed in various directions by these undercurrents, sometimes causing a lot of inner conflict. There is a method through which we can completely rule them out of our life. We can do this with the help of the fifth undercurrent. As it is said, diamond cuts diamond. The fifth undercurrent is very powerful, but quite dormant in the majority's life. It is the undercurrent of will power. One needs to activate it through positive thoughts, that energy which is the greatest inner resource. And, the source of positive thoughts is spirituality.

This is why the spiritual dimension is said to be missing in human life. Awaken the inner qualities of the soul to come out in the roles we play, the routines we go through, the responsibilities we shoulder and the relationships we care for. When the innate qualities come out in our personality there is a great transformation. The four undercurrents become powerless. This is called self transformation.

As we think, so we become. Go into silence and feel the energy of the positive qualities through our own thoughts. The key to

fundamental transformation in the self is to develop a clear focus, will power and capabilities. Focus on a clear sense of purpose, values and vision. Introduce and sustain the actions with will power or the motivation and enthusiasm. Develop the skills and abilities required to fulfil the purpose and goals. To achieve success, all the three are required, the ingredients are needed together.

This is what it means to be a leader. Begin with our focus; if the focus is powerful and based on a very deep sense of our inner purpose of life, that will provide us with will power we need to keep going; a clear driving focus in life and a lot of will power to back it up, we will soon develop the skills and capabilities we need to make it happen. We may not have them in us, but our enthusiasm and passion inspire others who have them to join us.

Discovering one's personal purpose is like cutting a diamond. Every diamond has within it a readymade design waiting to be discovered. Any human being is so. The secret is to actualize the pattern. Identify, build on and fulfil the purpose we are born to. Our values determine our worth. Clearly define our priorities. Values decide the course of our action, become the basis or foundation for achieving our vision; the quality that we bring into our relationships, and our life day by day.

Our vision is not about having more, but about being more. Develop a mental image of the purpose and values of what we are aiming at, in the form of a symbol or logo that will become a guiding light for the future, and automatically reminds us about what we want to achieve.

Purpose is the course set for our journey; vision is the destination, the secret of taking charge of change. Purpose gives meaning to our vision and values help us to remember what is most important to us as we go about reaching our vision. When we develop a strong mental reminder of our purpose and values, we recall our vision and call forth the inner power and energy for our purpose and values. It will help to energise and give the power to make the right decisions.

The storms are the external pressures and challenges in which we have to handle ourselves. The lulls are the times when we feel completely powerless, burnt out of energy, and no motivation to move forward. The undercurrents are the powerful streams of our own weaknesses driving us, making us feel helpless and handicapped.

In the present time, we cannot depend upon others to become role models for us and guide us, but instead, let us take the leadership and become role models ourselves for others. In self management, the key result area refers to areas of our personal life in which our efforts need to be integrated and balanced such as inner self, family life, work life and health.

Starting from the first steps employed imaginative and visionary thinking, the barriers employed analytical thinking, deeper limiting beliefs and assumptions, and strategic thinking, we can translate from the world of ideas into the world of action and address the barriers with spiritual understanding. Develop clear goals and strategies for overcoming the barriers. ■

MONEY AND SPIRITUALITY

■ B. K. Dr. Shiv Kumar, Ahmedabad

Managing money is an important aspect of life during the times of inflation and insecurity. Whether it is sports or scientific development one needs money to support. Scientists may have great ideas but to experiment and to design something new, they need resources. Many careers and projects remain unfinished just because of shortage of money or lack of proper financial plan. Financial plan is an important aspect in one's life. Today, one may be young, energetic and efficient but money does not take time to shift fortune from one person to other. And if your wants are more than the wealth, you will be always dissatisfied. Philosopher Epictetus rightly said, "Wealth consists not in having great possessions, but in having few wants".

Money and Honourable Life

At the end money should ensure and enhance your satisfaction and success in life, rather than just increasing bank balance. Many people are wealthy but their wealth is of little use for themselves and for others. Due to lack of proper money management many famous personalities: celebrities, scientists, sports people, professionals, households, businessmen and kings suffered poverty, pain and suffering in the end of their life. In spite of so much wealth there are people who could not contribute to the humanity and planet, they

could have earned a lot of blessings, good wishes and good deeds for the future life. One should have huge bank balance of virtuous, righteous and honourable life by contributing to the society.

Vicious Cycle of Poverty and Money

Many people do not contribute as they are poor. As one remains dependent and does not donate, one continues to be in poverty, and the cycle of poverty does not end. Many in spite of poverty serve the society and relieve the pain of many through many creative ways. Through their sincere and positive intentions, they devote their time and money along with inspiring others to do good acts. Such virtuous persons attract all resources. And if one continues to serve with same pace, devotions and sincerity then one liberates self and millions from poverty. Donations and contributions are in no ways connected to excessive or surplus wealth, it is connected to one's intention, willingness, and benevolence along with understanding of *karmic* account. Sacrifice and donations automatically attract good fortune, wealth and happiness., if it is for the right purpose.

Money, Prosperity and Misery

Money attracts happiness and prosperity. Money also ensures misery and suffering. Many times we can observe children from poor family are determined to do something

in their life - we can see the lives of Abraham Lincoln, APJ Abdul Kalam, JK Rowling, Pele, Lata Mangeshkar, Tendulkar or Nicolo Tesla. Their major resource of success and growth was their effort and hard work. We also witness how a child sometimes in spite of all privileges, and wealth cannot prosper, flourish and achieve. Many a time too much pocket money, resources and wealth spoil the habits of children. In US, many rich people do not will their wealth to their children. The children of wealthy family sometimes spend carelessly on pleasure, hedonism and enjoyment. Many spoil themselves in gambling and cupidity. Besides individuals, many countries use their valuable resources in the world war and meaningless space programme that could have saved so many life. Wealth and positions can make one blind to morality, ethics and responsibility. Hence, it is important to balance wealth with spiritual knowledge. One should give more importance to spiritual growth because it can only show us what truly life is and what is the real value of money. There are many rich people who have billions of dollars in their account but are miserable and suffer from depression and anxiety. Spirituality gives us that balance and the steadiness to understand everything deeply and helps us to take the right decision.

For example:- Many people have money but very few know how and where to invest. (Here, the idea of knowing how and where to invest money comes from the stability which spirituality provides us).

Money, and Mental Accounting

Research says people are careless about their day-to-day expenditures while buying rations, vegetables and low-price products; if in the process one can save at least 10 rupees a day then one can save Rs 3650 in a year. That is the reason old and illiterate mothers contribute much higher than a wealthy person through cash, food materials and physical effort.

How much money one needs in Spirituality?

There are two aspects for a youth to decide how much money he or she needs to earn. In 1995 one brother after completion of MA in Economics and Bachelor in Education (B.Ed) got a government job in clerical rank. He was puzzled as he was holding a degree which could fetch higher income, but he was starting his career with a low payment job. Then he met Dadi Nirmala Shanta in Kolkata. Dadiji asked, "Is your income enough to take care of your expenses for survival?" The brother replied it is much more than survival. With Dadiji's guidance, he realized spiritual life is more important than going after higher income. Earning money or achieving position is good but if one has enough money to take care of one's personal and family responsibilities comfortably, then one can devote time in spiritual service and spiritual progress. Money is an important aspect of life, but money is not everything. It is very difficult to practice spirituality without certain amount of money. But the most important thing in life is earning money while maintaining spiritual growth. ■

GOD AS THE SUPREME FATHER AND MOTHER

In a large number of religious traditions, all over the world, God is always referred to as a male entity. But, just as the soul does not have a gender and is neither masculine nor feminine, God's i.e. the Supreme Soul's gender is neither male nor female specifically. Therefore, as a soul, a spiritual child of God, I can come close to God without any inhibitions or difficulty, which I may experience in any relationship in the physical world, due to the gender of the body I am occupying.

We need to take a look at the Supreme Being or God closely. The Supreme Being is the Supreme Mother who provides spiritual sustenance and whose love is full of unconditional acceptance. No matter what has happened, how my nature or personality may be, I experience unconditional acceptance from God. It's a love that strengthens me, as well as it purifies me. At the same time, God is also the Supreme Father, a very powerful entity, who provides protection and fills the soul with the inheritance of divine qualities and powers. It's a question of just being an innocent child and claiming that inheritance. These are the first two relationships that have to be experienced with God. The Supreme is a balance of being feminine, having the qualities of caring, giving and full of good wishes and masculine at the same time, having the qualities of power, authority and fearlessness. He is She and She is He.

These two relationships with God, whereby God plays the roles of both parents are the basis of my spiritual development. Spirituality introduces to us the concept of taking a new spiritual birth to the Supreme Father and Mother. This birth is based on a change of consciousness. One needs to let go of the negative, impure and sorrowful past and develop a new consciousness, based on the present introduction to spirituality, which is positive, pure and blissful. The awareness of the self as a soul changes my way of looking at things immensely, but the consciousness of being a child of God, who is the Mother as well as the Father and seeing others with that vision brings respect and love for myself. Then all these qualities start showing in my actions and interactions as well. ■

CALMING THE MIND

Don't give your mind permission to get disturbed. A disturbed mind is easily influenced. This will cost you your peace. Learn to maintain your peace by freeing yourself from attachments. Competing or comparing yourself with others will not allow you to focus inwards. An inner focus allows you to keep your eye on your higher self. Remember your original nature. It allows you to forge a link with the Divine. Then it becomes easy to recognise useless thoughts and replace them with a spiritual perspective. A calm mind is not just peaceful, it is focussed, self-directing and Divine. ■



CAN MEDITATION BUILD PSYCHOLOGICAL RESILIENCE



■ B.K. Sujoy, Kolkata Museum

People face all kinds of adversity in life. There are personal crises, such as illness, loss of loved ones, abuse, bullying, job loss and financial instability. There is the shared reality of tragic events in the news, such as terrorist attacks, mass shootings, natural disaster, and of course the Covid-19 pandemic. People have to learn to cope with and work through very challenging life experiences.

Psychological resilience is the process of adapting in the face of adversity, trauma, tragedy or other significant sources of stress. Becoming resilient helps us work through difficult events, but it also helps us grow and improve our life even in the absence of adversity. Some people refer to resilience as "bouncing back", but it's more than that. Being resilient includes learning from past experiences and developing new coping strategies..

Like building muscle, increasing our resilience requires time and dedication. If we don't put in the work, it might atrophy. People are conditioned to think of resilience as a personality trait, but this isn't the case. With intention and practice, we can become more resilient, no matter our age.

Resilient people do experience stress, setbacks and difficult emotions, but they tap into their strengths and seek help from support systems to overcome challenges and walk-through problems. Resilience

empowers them to accept and adapt to the situation and move forward.

A group of Pediatricians at the Children's Hospital of Philadelphia developed the 7Cs model of resilience to help kids and teens to build the skills to be happier and more resilient. The 7Cs are as follows:-

Competence:- This is the ability to know how to handle situations effectively. To build competence, individuals develop a set of skills to help them trust their judgements and make responsible choices.

Confidence:- True self-confidence is rooted in competence. Individuals gain confidence by demonstrating competence in real-life situations.

Character:- Individuals need a fundamental sense of right and wrong to make responsible choices, contribute to society, and experience self-worth.

Contribution:- Having a sense of purpose is a powerful motivator, contributing to one's community reinforces positive reciprocal relationships.

Coping:- when people learn to cope with stress effectively, they are better prepared to handle adversity and setbacks.

Control:- Developing an understanding of internal control helps individuals act as problem-solvers instead of victims of circumstances. When individuals learn that they can control the outcomes of their decisions, they are more likely to view

themselves as capable and confident.

The 7Cs of resilience illustrate the interplay between personal strength and outside resources, regardless of age.

Having high resilience does not imply that a person will be invincible, Indestructible, or have Herculean, superhuman strength. No human is superhuman. Rather, resilience is often thought of as a sort of "Teflon coating" that helps us to not only cope with the stresses of everyday life, but gives us a kind of hardness that prepares and protects us when we are confronted by stressful situations in the future.

In other words, resilience helps us cope with everything from now on. The good news is that we all have the capacity within us to become more resilient. Resilience is a dynamic quality, not a permanent capacity. We can always make more and we can never do too much.

The path to resilience is a personal journey. We all face different challenges and we may use different strategies to cope with them. But high resilient do tend to share several key characteristics.

"Bounce Back", "Where there is a will, there's a way" attitude, ability to persevere, ability to manage, Bolster optimism, strong communication skills, strong problem-solving skills etc are some of the key characteristics.

The study found meditation causes an immediate enhancement in resilience that is sustained. Actually meditation increases the "resting-state" functional connectivity between parts of brains, a process which stops us from over reacting to stress. Meditation is the ability to develop the non-

reactive, non-judgmental state that comes from being in the Thoughtless Awareness state in each meditation session. In every situation and more importantly in adverse ones, this gives additional time and perspective to watch the event objectively by seemingly being removed from it and without being totally consumed by it.

Building inner strength and resilience is probably the real purpose of spiritual practice and meditation. At the Brahma Kumaris we learn a very deep aspect of spiritual knowledge. How to draw spiritual power in the self through meditation and how to develop virtues as well as spiritual powers and this is what that gives us inner resilience. It is true to say that spiritual practice is undertaken in circumstances of adversity because life is an university the best we have and in this university we have continuous assessment of ourselves. And circumstances are examiners and we are having this feeling that at each movement the Supreme Teacher God is the Supreme being is observing us and guiding us how we handle our exams. The teaching can take place in our outer world of activity and it can as well take place in the tiny inner world of our own being, the inner world of our mind, our feelings, our hearts. So, spiritual practice teaches us about the laws of *Karma*. There are many *karmic* Accounts ready to be settled and so if we want to become light we have to go through all the different ways in which *karmic* accounts come up for settlement.

The soul undergoes a long journey through various forms of creation from the moment it is separated from God until it returns to God.

This journey involves transmigration of the soul in which it accumulates *Karma*.

Karmas accumulated can be good or bad. The law of *Karma*, or the law of action and reaction, provides a system of justice in which one is rewarded for good *karmas* and punished for bad *Karmas*. A soul must pay off all *Karma* to get back to God.

It is better if we do everything good in the Name of God without wanting any material rewards. In this way, we will not be creating *karmic* accounts and we will find that we will wind up our *karmas*, reunite with God, and enjoy eternal peace and happiness.

Research has shown that meditation enhances our brain's neuroplasticity- the ability to form new connections, allowing new pathways to appear, and adjusting our response to sudden changes in the environment. Through a regular mindfulness or meditation practice, we train our brains to remain calm in times of stress. We allow the rational thinking part of the brain to take control back from our amygdala, the emotional side of our brain, and reduce the fight- or- flight response.

Incorporating a regular yoga and meditation practice in our life will help us to face uncertainties when they come our way. We will begin to grow the tools we need to build the emotional strength, self-compassion, and flexibility that we need to respond to the challenges that we will face, and become the resilient and strong individual that we can be.

"If you cannot fly then run, if you cannot run then walk, if you can't walk then crawl. but whatever you do you have to keep moving forward"— Martin Luther King Junior ■



WRITING A GRATITUDE DIARY



We are all blessed with many beautiful attainments in our life. We feel happy in having these attainments and we are always thankful to the Universe and to people around us that they have blessed us with them. We even thank God because remembering Him has helped us receive these attainments and experience them. Attainments are life's little milestones and good things, which come in our way sometimes on their own and sometimes with some effort. They can be physical as well as non-physical things. **A gratitude diary is a little diary which we can keep and write in it everyday what is nice in my life. We can write 3-5 things everyday, even what happened today in my life, which gave me happiness. It can be things which God has gifted me, a person close to me has given me or nature has shared with me.**

Also, I need to revisit my gratitude diary from time to time, read its older pages, which I had written, say one month ago, a year ago or even a few years ago. This is because the more we are aware of life's goodness and the more we remember it again and again, we feel happy for what we have and not be unhappy for what we don't have. Life can sometimes send us difficult and negative situations and we can sometimes get depressed and sad, but our gratitude diary will remind us of how fortunate we are and how we all have so many things which have made us smile and feel deep within our heart that life is beautiful, every person is beautiful, every situation, even if its negative is beautiful, because it is beneficial, every life moment is beautiful and of course God, who is our most loved one, is the most beautiful, because He is good, caring and kind with us all the time. ■

THE RHYTHMIC CYCLE OF LIFE

■ Farha Sayed, Yemen (Mumbai)

The universe is chaotic, so are our lives. Yet, within that chaos, we find certain patterns, structures, symmetry, harmony, predictability, order and regularity. They hold the universe within bounds and give us hope and an opportunity to deal with chance, uncertainty and chaos of life and give shape to our hidden talents, thoughts and desires.

Life is a struggle because we are mostly in conflict with the world around us. We cannot wish away the dissonance and the struggle we experience when we deal with the external world. We have to either fight with it or adapt to it or surrender to it. They are our major options. However, we can bring harmony and tranquillity within ourselves by resolving our inner conflicts and being in harmony with ourselves, so that the deep space within us becomes our own sanctuary, where we can find strength and solace to deal with the difficulties of life and manage its complexity.

Everyone has a natural rhythm. It is set in our biological clock and hidden in our DNA. It is responsible for biological and physiological functions, energy levels, growth and aging, and probably some behaviour patterns too. People may develop health problems when it becomes irregular. They die when it fully stops working. This is a well-known fact in scientific circles. Apart from biological rhythm, there is a mental rhythm, which

determines how we feel and act or respond to situations. If we are in harmony with our mental and physical rhythms, we will feel uplifted, enthusiastic, energetic and flow with life. Otherwise, we will feel unhappy, blocked, depressed, lethargic, frustrated, angry, remorseful, guilty, anxious and so on.

When we are in conflict with our beliefs, habits, desires and preferences, we will not be happy with ourselves or true to ourself, as we experience doubt, hesitation, conflicts and confusion. We will be out of tune with our inner rhythm and feel as if we are untrue to ourself and leading a life that is not to our liking. Forced by circumstances or due to lack of clarity, most people fall into this category. They follow the path of least resistance, living below their expectations and demanding less and less from themselves. They become stuck in their lives, as they fall into routine and habitual thinking and give up resisting and fighting the destiny that life, chance, others or circumstances create for them.

To succeed in any field, we must know what drives us or motivates us

We must know our rhythm, when we are in the zone and where our passion reaches its peak. In that unified state of harmony, work does not stress us. If we pay attention to our thoughts and feelings, this knowledge will reveal itself to us in the early part of our life.

However, it is possible that as a child our parents might have chosen our major goals for us, or what we need to accomplish in life according to their dreams and desires rather than our likes and dislikes. To meet their expectations or to make them happy we might have pursued our education and taken up a job that may not be to our liking.

As a result, we may lead a good life, but we may not have the deeper satisfaction or the feeling that we are authentic to ourself. Many people fall into this category. They take up careers and jobs that do not give them enough scope to express their inborn talents and natural potentials or allow them to be in harmony with themselves and their hidden desires and passions.

If we are one of them, we will most likely suffer from self-alienation, which is a major source of depression, stress and anxiety. Our natural rhythm, goals, preferences, priorities, like and dislikes, etc., also change as time goes by, according to our age and circumstances.

Therefore, to be in harmony with ourself, we must continuously adapt to changing circumstances and keep ourself in harmony with our natural rhythm. It means we have to be attentive, flexible and willing to change.

If we want to be in the flow of our life and express our uniqueness and natural talents and skills or if we want to bring out the best in us to pursue excellence in the chosen field, we must find our natural rhythm and be in harmony with it. We must know our true feelings and follow them to guide our destiny.

To be happy and successful in life and find our rhythm, we must be in harmony with ourself. It means we must know our likes and dislikes, strengths and weaknesses, skills, natural talents and inclinations, passions, deepest desires, fears and concerns, what drives and motivates us, where we want to see ourself in future, which career we prefer, and so on. We are the only asset we have, and we must know how to make the best use of our natural gifts for the betterment of our life. We may have been born poor, but still

we must have been endowed with many natural talents. They constitute our wealth and our hope for change and progress.

Life is not all about pursuing materialistic goals or fulfilling our ambition. We must bring balance into our thinking and actions, avoiding the extremes, finding time to relax and enjoy and pursuing spiritual goals. Bring objectivity and clarity into our thinking by fortifying our mind from negative thoughts and by questioning our assumptions, irrational thoughts, biases and beliefs. Improve our discretion and decision making, so that we can think independently with enough commonsense and weigh unjust criticism, without being depressed by it.

We must know how to adapt ourself as we progress from one stage to another. There are no certainties in life. At each stage, we have to deal with chance and numerous possibilities and alternatives. We must be wise enough to play with the cards that have been dealt to us, without feeling frustrated or losing hope. We should use our strengths and deal with our weaknesses. We should use qualities that help us and avoid those that hinder us. In times of difficulties, protect ourself from our own negativity and self-destructive thoughts.

All is possible with Rajyoga meditation

Everyone has a rhythm and that rhythm is the key to our material success and spiritual wellbeing. Changing wherever possible and adapting wherever necessary, pursuing your goals, dreams and desires according to our strengths and weaknesses and according to our natural talents and skills, we can take control of our life and create our own image and identity. ■

DO YOU HAVE A GOD'S ROCKET?

Is your mind always occupied in building the new world or is it often busy trying to cope with stress, worry and trying to stay healthy? Some are such lovely people they can travel fast to a happy place.



■ B.K. David, UK

Their secret is simple: they never leave their happy seat and so do not need buy a ticket to travel to be happy. Great enlightenment and peace can be found sitting under a tree and not on a plane. You do not need to sit on top of a Great Pyramid to gain great enlightenment: a chair will do.

Lovely people do not need to think or plan their route as they always have the fuel (energy) of happiness in their tank.

If a happy person does not reach their destination, it really does not bother them at all as wherever they are, at any time, is their destination – happiness.

Lovely people do not need any plan or timetable on their flight path or route if going by car or walking, they are guaranteed to meet lovely people.

Loveliness should be the new world religion to which anyone can follow.

There is only one commandment in this new religion: be always lovely, even in adversity.

If a lovely person bumps into someone that is not lovely, the lovely person, as if they have a magic wand, automatically, with thought or effort, brings out the best in a person.

Everyone dreams of going to heaven yet no one ever seems to make effort to becoming worthy of going there and carry-

on drinking, smoking, getting angry and stressed, following fashion and becoming engrossed with the body at the expense of their soul.

We lost our peace of mind for a slice of pizza (greed).

Along with peace and happiness, everyone has lost their common sense, spirituality, self-control, self-discipline and clarity and are unable to think clearly and decide accurately what is right and what is wrong. With this poor thinking, they have lost all their happiness, coolness and peace of mind.

So, aim high but make sure your arms are long enough to be able to reach up and grab that which you really want. Could a midget of four feet, grasp the sweet fruit from a branch that is five feet above him?

Your aim and reach should be of the same distance; otherwise you will starve or hurt yourself stretching.

If a midget of four feet reaches up to a branch that's three feet out of his reach, how will he ever grab its ripe sweet fruit from the hanging branch? A midget, needs to stand under a midget tree that has midget fruit and not under such a high tree whose fruit is too high up and way out of his grasp.

Small mind, small legs, small heart and a weak back.

What of the ant that craved pumpkin soup

for supper, and so went off on his own to get the biggest pumpkin he could find in the field? Do you think he had his favourite soup that night? He had to be content with sharing an apple pip with five other ants.

There are no deep body conscious footprints in heaven.

Body consciousness and heaven do not go together; just as aiming to take a drive along the coast in a car that has no wheels is just as incompatible.

God's rocket is shortly to reach its destination and yet if you look, most of humanity is heading for total despair, and at great speed and in great stress.

The reality is that most will stay where they are and in no way recognise themselves as a soul and help in the building of the Rocket and with this, sink, in the quicksand of their poor lifestyles and narrow mind that weighs them down with lead gloves and boots and places them in the middle of the bog which they have created themselves.

Nothing can stop God's Rocket from going faster and faster as it gets nearer and nearer to the end of its journey that will see it finally landing on the planet Heaven shortly.

The atmosphere, air, people and plant life are all refined on this new world and are of the highest quality. Everything you ever wanted is at your fingertips and as you walk you will feel constantly complete, full and the word desire will be unknown in this world.

Some souls will arrive in this new world long before the vast majority land where they shall be suspended in orbit far above this heavenly planet: after all, it's only fair that those who helped tirelessly construct this Godly Rocket with zeal and enthusiasm

get invited to the very start of the party on its first day and it's only such loving, worthy, cooperative souls who are given the chance to taste all the many kinds of food prepared especially for this divine party.

Some souls have booked a seat on this Rocket in advance but they did not book it online but on the basis of their elevated actions and having a giving heart.

Some will find themselves on this first Rocket as their nature is so peaceful, calm, lovely and cool. They automatically attract many lost and unhappy souls to them and so get introduced to God through their connection.

So if you want to uplift people and spread God's goodness, simply become lovely and sweet and everyone will be attracted to you and they will be stand next to you with an open mouth (mind) in which you can feed them the healthiest foods of love, wisdom and God!

It's a fact that everyone is attracted to those who are overflowing with love, virtue and peace. It's a great blessing and fortune for a person to show another the Godly Flight Path to heaven and to introduce God to them and for those to realise their own perfection.

Only very special souls will earn a seat and right to travel on God's Divine Rocket (GDR) to the stars and will be first to land on the heavenly planet below.

Anyone that sees a loving, constantly happy person will for sure, be wondering as to how they became like that. Some will be inspired to travel next to them on the Godly Flight to heaven.

It's a bad thing to be influenced by those

with bad habits and that are stuck in their bog but another to be intoxicated by elevated souls that radiate coolness, peace and love.

The only dust in heaven is gold dust

Some are so lovely that they can wake up the love in others that was lying dormant. They can generate and instil enthusiasm, peace and hope in the sad and hopeless that merely exist around them and that can bring out the very best in others whose love and qualities have been parked in dark damp garage for 40 years like an old forgotten car that's rusting away under the dust of time.

Some have such power, ability and love!

Have you got such love, power, cleaning capacities and hand mirror (mind mirror) that can remove another's rust that also allows them to see themselves shining in a new light that is spiritual?

Its time for all sleeping tigers of truth and love to wake up.

For a small minority, if they have the best hiding deep within them, if it should get woken up like some sleeping tiger, it can make them into great effort makers and fearless. Once their sleeping tiger is awake and alert, it can see them takeoff in God's Rocket and soon after, land and set foot on the divine world known as heaven.

As it's impossible to see God.....

As it's impossible to see God, when meeting such lovely souls that follow God, it's as if they have met God Himself in some way.

God reserves a seat for such lovely, brave, courageous and devoted souls that are all working in their own way to build God's Rocket and fill its seats before it soon takes off.

This Pocket Rocket that easily sits around your neck in a golden locket.

This Godly Rocket can be also built in your own mind and launched from within your soul when the time is right for you to leave this old world behind. ■

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transmitted through our attitudes and reflected in our eyes and smile. Smiling opens the heart and a glance with a smile makes miracles happen.

Now, the festivals, parades, fairs, musical entertainment are making a comeback. We can once again meet and greet others with a smile that is not hidden by a mask; just in case, keep a mask in our pockets! No matter how socially distanced we had to be this last year, working together in mind and spirit made us achieve great things. It helped us realize that the most important thing going on is a move from a material external focus to a spiritual internal focus. To keep us continually singing and dancing we needed to stay more in the awareness of those things that are eternal and unlimited --- of our eternal nature and of God and that we are children of the One Father, brothers and sisters! By keeping the eyes in our head and the eye in our intellect open, we can choose to see the awesome, diverse beauty of life. No other sound or action is required - just this exchange of feelings from the heart with each other through a smile, sharing peace, love, joy and giving hearty congratulations for successfully weathering through this past year and continuing to progress. ■

EASINESS IN NATURE IS THE KEY TO SUCCESS IN RELATIONSHIPS

In the copper age, Kings got fortresses constructed. Why did they construct a fortress? So that, his people also remain safe within it. They didn't build a little place for the king but, they would build a fortress. Similarly, GOD says - a gathering should be like a fortress. A gathering could be our close family, our office colleagues, or social contacts and connections or a nation, a gathering of millions. Shiva Baba says- power of gathering is required to make the fortress of gathering strong. Every brick i.e. Every person in a gathering is responsible to make that gathering obstacle-free, tension-free. Whether it is a brick (person) at the bottom, a brick (person) in the middle or a brick (person) at the top, he says, even if one brick shakes, it influences everything. A powerful gathering is a means of safety for everyone in that gathering.

At the end of Iron Age, everyone is fighting or blaming someone, something - whether it's the families or businesses, two friends or two different nations. Shiva Baba, the Almighty Authority says- because of one missing link, there is a tug-of-war between I and Mine, You and Yours. And that missing spiritual link GOD teaches us - One God One World Family. World is my family and not 2 or 5 or a family of 10 is my family.

When I consider the world to be my family, then, I personally will do every bit to make my world family peaceful and a happy family, in lieu of blaming someone or something.

■ **B.K. Mahima**, Mumbai

First, I have to understand that I am a soul, the master of the body and then I will recognize my Supreme Father, the Supreme Soul to establish a relationship with him, who is the ocean of peace.

Second, I will take up the task of transforming or changing my *sanskars*, my nature, no matter what. Shiva Baba says- irrespective of what you have to tolerate in a gathering, even if you have to bow down, have feelings of mercy for everyone, if you have to make your words humble and soft, do it all, but, make your natural nature that of having good wishes and pure feelings for everyone at every time. I have to change. He says – you have to change to change the situations. It should not be – “this one is like this, this one is like that, this one is doing this, this one is doing that.” Shiva Baba says, “Never hurt the feelings of others and be eager to see everyone's virtues rather than their weaknesses, this is the means to make a loveful gathering.” ■

HEALING

I gently return to equilibrium,
nurtured by a well spring of love. I,
the soul, am washed and soothed
by the quiet energies of stillness.

Embracing the vastness of my
inner landscape, I understand the
cycles of growth and decay.

Festival of Shiv Jayanti

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progeny – the human creatures, indulged in all types of vices and were degrading their health and character.

Population was also increasing day by day and so were their problems. Being engrossed in anger, greed and attachment, man was inventing such arms through which the possibility of extinction of the entire human community began to be manifested. Despite being abound with all material possessions, people yearned for peace, but they remained very far from it. Cheerfulness disappeared; everywhere there was the atmosphere of fear, susceptibility and enmity. All were repeatedly calling for mercy. This earth had become like a hot griddle and the human beings dwelling on it had become like burnt corpse. At such a time, the most benevolent God Shiva, through the physical medium of Prajapita Brahma, cooled this world which was on fire. He gave the nectar of knowledge to the human beings who were lost in the darkness of ignorance. He bestowed the knowledge of the soul to the human beings who were considering themselves to be mere bodies. Whoever learnt that lesson, shaped their lives accordingly, and also made an effort to transform the world of sorrow into a world of happiness i.e. Heaven. People, who were ignorant and didn't pay attention to the Godly teachings, kept on performing misdeeds. They prepared arms through which they paved the way for the destruction of the human clan. But this destruction was a blessing in disguise because most of the vicious human beings died and the

atmosphere on the earth got rid of its impurity and negativity. And the next generation that was born, was full of very elevated and virtuous human beings having, pure vibrations; the earth then looked like Paradise/Heaven. The human souls (people) who used to behave like devils because of their demoniac propensities, got transformed into divine beings by emerging their divine traits and qualities and were called deities. Thus, through the reincarnation of God, the Supreme Soul, God Shiva, the entire world underwent a big metamorphosis. To commemorate the incarnation of such a benevolent God Shiva on the earth, Shivratri/Shiv Jayanti festival is celebrated. But this celebration can be meaningful only when we follow the path shown by the Supreme Father, the Supreme Soul, God Shiva.

The time of Incarnation of God Shiva

It is significant that The Supreme Soul God Father Shiva, who is luminescent point of light, incarnates once in a time cycle (in a *Kalpa*) at the Confluence Age i.e. the end of *Kaliyuga* and the beginning of *Satyuga* and once again destructs the demoniac society and establishes the divine society. Even more important thing than this for humanity is that at present this is the time while the most benevolent God Shiva is yet again performing the act which He performs in every Time Cycle (*Kalpa*). Today, the situation of the world is absolutely deteriorated and God's intervention is very much needed. Today, human history has yet again reached a significant point where on one hand there are infinite possibilities for

the humanity to become elevated/divine, while on the other hand, preparations are on for complete destruction of the whole world. The progress in the field of Science and Technology has become a toy at the hands of the people with polluted minds. By engaging himself in destroying the nature for the sake of getting quick benefits, man has stopped listening to his conscience. He has lost contact with his basic qualities – peace, love, bliss and knowledge of the self. Despite having all the physical resources, his stress is increasing and in order to sleep, he needs sleeping pills. Due to suicides and heart beat resistance, the death rate is increasing day by day. Man is of course bothered by air pollution, water pollution and noise pollution, but he is not able to prevent them because mental pollution is the basis of all these pollutions which he is not able to remove. At the International level tension among nations has increased, at the same time, within every nation, the relation between the rulers and the ruled is deteriorating. That is why we daily hear the news of assassinations of political leaders. Outraging the modesty of women has become rampant. Not only this, women themselves are selling their bodies as if it is a commercial commodity. Discipline is found wanting in every field. Stress has become a common thing in everyone's life. Therefore, this is the appropriate time for the Supreme Soul, the Supreme Father, God Shiva to incarnate on the earth to uplift human beings.

The Good news is that He has already come and has been performing His task of teaching Rajyoga, and uplifting people since 1936.

The Divine Message of God Shiva

The message that Supreme Soul, God Father Shiva is conveying to all the souls is that self-oblivion is the core of all the problems of an individual and the society. Transforming the human beings from being self-oblivious to having knowledge of the self is the very aim and objective of the Spiritual Revolution proclaimed by God Shiva. The solution to all the human problems lies mainly in this. Besides informing us of our original form, that is, we are a luminous point of light, He is also telling us that the soul is basically an embodiment of peace, love, purity, knowledge and bliss. Remaining in soul-conscious state, one has to use those qualities in one's action and conduct. Since the human being has remained in body-consciousness for so long, his nature has become vicious. Now in order to become vice-less and virtuous, he has to practice Rajyoga. Rajyoga is such a practice in which a practitioner has to realize himself as a soul constantly and keep performing his *karma* in such consciousness. Awareness of the 'real' self and the Knowledge of God's real name, form, qualities, duties, and

LIVING IN PEACE

In order to live in peace, try not depend on anyone and at the same time try to help others not to depend on you. Help them become independent, free and responsible for their lives. In the same way, do not allow others to be a source of hurt for you.

abode is the first step towards attaining the stage of soul-consciousness. By realizing all souls as the progeny of one Supreme Soul, God Father Shiva, one gets the solid basis of strengthening the feeling of world brotherhood and this vision helps to ignore others' shortcomings. When all of us from different religions, castes and countries, understand God's original form, then, the religious intolerance and discords can disappear automatically. The Supreme Soul is the Father of not only Hindus, but He is the Supreme Father of the people of all the religions. All the religions may have their respective *gurus*, but the Father of all those *gurus* is one Incorporeal God, whom *Sanatan* protestants call a Luminous Point of Light, while others call Him 'Noor', but the description of God by all religions indicate towards Him only.

Our Vow on Shivratri

Hence, the festival of Shivratri should be celebrated by the people of all religions as a consolidated festival. By knowing what He is, His attributes, and by remaining in His remembrance, we can recognize our own form of being a soul, and re-connect with the

virtues lying dormant within the soul. This is the very message of this great festival for the whole human society, accepting which in the context of the current circumstances and imbibing the same in our conduct is for our own benefit. Therefore, on this Shivratri festival, let's all take a vow that we'll shed the body-consciousness and will remain in soul-consciousness, thereby emerge our divine qualities. In order to enable others to reach this stage, we'll dedicate ourselves to this divine service for the humanity and thus take part in this Spiritual Revolution created by the Supreme Father, God Shiva, for the benefit of the world. ■

SUCCESS

Success means to reach such a constant level of positive thoughts that pure actions happen naturally. Pure actions are like good seeds which, when planted, produce healthy, sweet fruit. 'As you sow so shall you reap.' Concern for the quality of my actions today ensures the Success of my tomorrow.

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