

|| From the mighty pen of Sanjay ||

## UNIQUE SIGNIFICANCE OF SHIVA AND SHIVRATRI

If we ponder over the facts that are available to us from the historical excavations and from ancient religious literature, tradition and folk lore, we find that the significance of Shiva and *Shivratri*, is, in many respects, very unique as compared to other holy days. Its worship is the ancient most and Shiva is mentioned in most of the scriptures.

Firstly, the excavations of Mohan-Jo-Daro and Harappa and many other sites bear testimony to the fact that Shiva was worshipped in India since very earlier times, earlier than the worship of Shri Krishna or Shri Rama. Mention of Shiva as God's name in the Vedas and the Upanishads also strengthens the belief that Shiva was worshipped ever since the devotion cult or formal worship began. The Vedic *Sandhya*, which is used as standard prayers in Sanskrit by most people in India, is also an evidence of the fact that 'Shiva' was considered as God's name since the days the Vedic hymns were sung. The *Svetashavtar* Upanishad, The Shiva Upanishad, the *Bindu* Upanishad, and many other Upanishads also glorify Shiva. Almost all the *Puranas*, especially the *Shiva Purana*, *Linga Purana*, *Skand Purana*, *Saur Purana* etc. also are full of hymns and praise of Shiva. The Indian epics – Ramayana and Mahabharata – also mention the same. In the Ramayana, Rama is said to have worshipped Shiva before crossing the ocean. The Mahabharata also is said to have been, originally, a Shaivite literary masterpiece. Many eastern and western scholars have said, giving evidence, that Shrimad Bhagwad Gita, originally, referred to God Shiva as its Sermoniser and it was only in later times that it became a Vaishnavite scripture. The Yoga scriptures, such as *Hath Yoga*, *Pradipika*, and *Gherand Samhita* have highly adored Shiva. Patanjali, the author of the famous treatise on Rajyoga, is said to have been a devotee of Shiva. The *Kautilya Arthashastra* also refers to Shiva worship when it says that, in every fort, there should be a Shiva temple.

Shiva-worship was a major point in early Indian history and was prevalent in major civilisations. In fact, Shiva has been the

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# **75th TRIMURTI SHIV JAYANTI (MAHA SHIVRATRI)**



**W**e are very fortunate to be the citizens of Bharat, the land of God's descent. Who would not be proud to be God's direct heir to the kingdom of Heaven which He bestows for twenty-one successive lives! These ever-healthy, ever-wealthy and ever-happy long lives are the direct inheritance from the Supreme Father through the medium of Brahma during the Confluence Age (the end of *Kaliyuga* and the beginning of *Satyuga*) received every kalpa after kalpa (5000 years).

However, the reincarnation of God, the Supreme, is realised, appreciated and benefitted by those who have been searching for Him life after life from the Copper Age (*Dwapar Yug*) until the end of the Iron Age. When extreme irreligiousness, unrighteousness, lawlessness,

greed and violence prevail, He descends to re-establish religiousness, righteousness, and lawfulness and nurture human lives filled with spiritual and divine values. Spirituality and divinity in practical life alone can bestow real peace and happiness in personal lives and create a peaceful society.

Recently, we have been widely educated about the prevailing situations. Some of the newspapers (Rajasthan Patrika, 6 February 2011 edition) have named it, "**The Knocking of a Revolt**" with the Editor, Respected Gulab Kothari's letter to Hon'ble Meera Kumar, Speaker of the Lok Sabha titled, "*Yada yada hi dharmasya...*". The said letter is indeed an eye-opener about the current issues and the loss of values. Scams, bribery, and other forms of negativity

happen, exist and go to their limits only when total attention is given to the accumulation of material wealth alone. This leads to abominable levels of greed, nepotism and violence. It is high time we adhere to the clarion call of the Supreme Father, God Shiva, the true Sermonizer of the Gita, urging us to awaken to soul-consciousness, and re-inculcate moral, ethical and spiritual values to re-strengthen the social and national fabric.

Those spiritual sisters and brothers who are fortunate enough to have been re-awakened over the years have been receiving God's guidance directly in the form of Gyan Murlis. **We would like to share some of the latest Godly versions with our readers through these columns for the benefit of our loving spiritual sisters and brothers worldwide:**

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## **JEWELS OF WISDOM FROM ELEVATED VERSIONS**

**Constantly remain cheerful and content by remaining aware of your fortune and attainments. Give the experience of contentment through your vision, attitude and activity.**

“No one else has received such fortune, such great fortune, throughout the whole kalpa because the Bestower of Fortune Himself has bestowed fortune upon you spiritual children. In the first place, the star of fortune is sparkling on each one’s forehead. The line of sweet speech is sparkling on the mouths. The line of a sweet smile is sparkling on the lips. The line of being absorbed in love for God, the Father, Who is the Comforter of Hearts is sparkling in the heart. The line of greatness of attaining all treasures is sparkling on your hands. The line of achieving multimillions at every step is sparkling on your feet. Now, think: has anyone ever received such fortune?”

“The happiness of the Confluence Age is more elevated than that of all other ages. The fortune of the Golden Age is the reward of the effort made at the Confluence Age and this is why the attainment of the

Confluence Age is greater than the reward of the Golden Age. It doesn’t matter what is happening, but what emerges from you when you bring your fortune into your awareness? Wah! my fortune! God, the Bestower of Fortune Himself is your Father. Do you realise how fortunate you are? Or, do you only realise it sometimes? When the people of the world see you, they ask what you have received. What do you reply? We have attained everything we wanted. With spiritual intoxication, you say that you lack nothing. You simply came to know the Father, you accepted Him and you made Him belong to you and you received your fortune. The more you make yourself aware of this fortune, the more cheerful you will be. The face of a fortunate soul will be constantly cheerful. It is not that it will be, but it always remains so. The vision, attitude and activity of such souls will always be

content and they will inspire others to be content. The basis of contentment is to have all attainments. Discontentment comes from a lack of attainment.”

“God, the Father, wants every child to be a self-sovereign, to be a master of the self, always, not just sometimes. This is because the Father has given the full blessing of self-sovereignty at the Confluence Age. It was not just a little and not just for some time, but for all times. Are you a master of the self all the time? You have to become masters of all your physical senses and your mind, intellect and sanskars. You say “mine” regarding all of these things. You do not say “I” for these things, but you say “mine”. Since the mind, intellect and sanskars are “mine”, “I” have a constant right to what is “mine”. In the same way, maintain full rights over your mind, intellect and sanskars. This is what it means to be a master of the self.”

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“God is specially giving the children a gift: Children, I am always with you. God is not omnipresent, but the Lord is ever-present in front of the children. When God is with you, how can it be difficult to be victorious? Victory is your birthright. Therefore, be constantly victorious; this is extremely easy for those who stay in remembrance of God; it is not difficult.”

“With courage, you have a chance to make as much spiritual progress. Stay in remembrance and serve others through your attainments. You will accumulate blessings according to how much service you do, and those blessings will keep making you move forward. Continue to give God’s message, and it is then up to each one’s fortune.”

“Whenever you go somewhere, you share something, do you not? Share happiness, imperishable happiness. Those who attain happiness will also become constantly happy. When you share your experience, tell people where you have just come from (Madhuban). You

have come from the place of happiness and you have also brought happiness for them.”

“You have already been told the speciality of having yoga at 4.00 am (Amrit Vela), which is the time when God specially gives blessings to all easily. The part of the Bestower of Blessings is specially at Amrit Vela. However, in order to claim a blessing, all of you have to stay *alert*.”

“Wherever you are carrying out a task, never lose your happiness in life. Always remain happy hearted because it is said: There is no nourishment like happiness. Many are living in the world, but to live with pleasure, to enjoy life, is only possible when there is happiness. As soon as you open your eyes in the morning, say “*Good morning*” to God. It is said: Whoever’s face you see first thing in the morning, your whole day will be like that. You can do this much, can you not? If you remember God first thing in the morning, your whole day will be good. And, you won’t have to work hard for that. Never lose your

happiness. Even if you lose your money, your happiness should not be lost. The money will come back. When any situation comes, overcome it with happiness.”

“You know that God is the unlimited Father, the One Who gives you unlimited happiness, that is, He is the Father of all. All the unlimited children, continue to remember Him. They remember Him in one way or another. However, they don’t know that they can receive the sovereignty of the world from that Supreme Father, the Supreme Soul. The sovereignty of the Golden-Aged world that God gives is constant, unshakeable and immovable, and lasts for 21 births. The sovereignty is unshakeable because there is only one religion of peace there. There is no duality there.”

“A guru is one who grants salvation. Founders of religions come to establish their religions and then their followers come after them. They don’t grant salvation to anyone. Therefore, how can they be called gurus? There is only the one Guru, the Satguru, God, Who is also

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called the Bestower of Salvation for All. God comes and grants salvation to everyone. Only God gives happiness to everyone. A human soul, brother soul cannot give an inheritance to another brother soul. An inheritance is always

received from the Parent. God says, I give all of you unlimited children your unlimited inheritance..."

"The elevated religion of peace and elevated divine actions are now being established once again. That is why you are told to

continue to renounce these five vices i.e. lust, anger, greed, attachment and ego. They have existed for half the cycle. You now need to renounce them for one birth. One cannot receive sovereignty without making some effort!"



**BK sisters and brothers from 76 countries listening to Godly versions directly through the medium of Dadi Hirday Mohini on 2nd February 2011.**

People all over the world will be celebrating Maha Shivratri on 3rd March 2011. We extend our very best wishes to one and all for a very, very wonderful celebration!

This auspicious day will enrich our lives with cherished Godly blessings and eternal boons, refine

our consciousness, inject happiness in every moment, and decorate us with the richness of purity and peace.

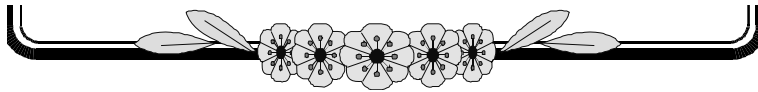
This memorial reminds us that spiritual values and elevated moral character will return the Golden-Aged glory to Bharat in particular, and the world in general. Only

then we can prove to be the real heir-children of Incorporeal God Shiva and true citizens of beloved Bharat.

With feelings of great honour and humility in being God's instruments of world transformation through the power of positivity.

**– B.K. Nirwair**

# IT'S TIME TO CUT BONDAGES AND FINISH OLD SANSKARS



– Rajyogini Dadi Janki, Chief of Brahma Kumaris, Mt. Abu  
(On 11<sup>th</sup> January 2011, Bahrain)



**‘OM SHANTI’** connotes three different meanings. One is for the self to remember my most beloved Shiv Baba; the second is that Baba remembers me and the third Om Shanti is spoken with the aim of everyone remembering Baba. Now, let us keep the aim not to forget Baba and to inspire everyone to remember Him. Shiv Baba and Brahma Baba inspire us for remembrance. Now I have to ask myself: **Have I become so obedient, faithful and trustworthy that I remember only Baba?**

**What is the sign of obedience? Such a soul will do whatever Baba tells him to do. That soul will do only that which makes him close to Baba.** Baba has told us that we have to ‘die alive’ whilst in this body. It means we do have to perform actions but not in a state of body-consciousness. We need to think about this and practise it.

It is only at the Confluence Age that we need to spin the discus of self-realisation. This is simple. All I have to do is to consider myself as a soul, to

remember Baba who is also a Supreme Soul and keep spinning the cycle.

These days, Baba is giving more stress on transformation of our old *sanskars*! He tells us to keep doing service but at the same time finish all that is old – all those old *sanskars* that affect us. **We have to literally ‘kill’ those old *sanskars* and also settle our old karmic accounts.** I can only be free if I cut those old bondages and kill old *sanskars*. In fact, if we perform the service of giving God’s message to others with a true heart, our old karmic bondages will automatically be cut and we will become such a soul which co-operates with God and His task. **If my old karmic bondages are not getting cut, it is due to me – not because of others.**

The soul has been without true love and true power for a long time. Baba came and gave me true love and power. **If I learn to take directly from God then everything I attain will naturally flow through me. I will not even have the feeling of having to give.**

One must remember that each one of us is unique and lovely to God. I am so unique and lovely to Him that I don’t have to worry about anything as long as I do what He says. When I am in my stage of being a carefree emperor then others won’t worry about me. In fact, it was only when the foreigners started coming to *Madhuban* that we understood what God’s variety forms were. We all are proofs of His variety! **If we take directly from God, we will receive everything at the right time without needing to ask for. God will give jewels and pearls without even asking.** If we keep asking for things then we will create an account. If we ask for things from souls then we will have to give the return. This is why, Baba tells us to keep our ‘give and take’ with Him. God gives the return to those who perform *Yagya* service. Suppose, if I brought someone to Baba, then, I will receive spiritual benefit and blessings but I should not keep that in my mind – it happens automatically.

What do we have to do now? **Baba has told us clearly that what we need to do now is to become the observers of this auspicious Eternal World Drama and to simply play our respective roles. However, I don't have to play my part alone in this Drama. At this time, my role involves making God my companion and then playing my part. In this way, the Drama will be very lovely and entertaining for us!** It is a fact that one day Baba's role of giving knowledge will stop. Ever since the *avyakt* role started, Bap-Dada, i.e. Shiv Baba and Brahma Baba, have been telling us to become equal to them. Therefore, we have to become like both of our spiritual fathers.

**Baba has told us that if a soul has a loving intellect over a long period of time, then at the end there will be victory for him. It is essential to be honest with Baba in every aspect. If I'm not honest with my father, how can I call myself a real child?** If we don't have such a connection with Baba that we become healthy, wealthy and happy through it, then how can it be said that we are really doing meditation?

Moreover, I have to pay attention to my third eye. **I have to pay such attention that my third eye remains constantly open and that my sight through it is accurate.** If I don't keep that third eye open, then I will not be able to see myself, others, or the Father as a soul. In that case, I may be able to think about it but I will not be able to experience it.

**In fact, power comes through faith. This is not a complicated aspect – it is simple. When a soul has faith, it receives power. Such a soul will then experience success. The thoughts, time and relationships of such a soul become successful.** We must remember that we have to conquer the mind and vices. We conquer them in that order. One must stop the habit of thinking too much from today. Besides, we need to remove all types of vices from our mind and maintain faith in the intellect. We will then see how all problems finish. ■

## BOUNTIES OF NATURE

**O**ne day, a very wealthy person took his son on a trip to the country to show him how poor people live. They spent a couple of days and nights on the farm owned by a very poor family.

On their return from the trip, the father asked his son, "How was the trip?"

"It was great, Dad." "Did you see how poor people live?" the father asked.

"Oh yeah," said the son. "So, tell me, what you learnt from the trip?" asked the father.

The son answered: "I saw that we have one dog and they had four. We have a pool that reaches to the middle of our garden and they have a creek that has no end."

We have imported lanterns in our garden and they have the stars at night. Our patio reaches to the front yard and they have the whole horizon.

We have a small piece of land to live on and they have fields that go beyond our sight. We have servants who serve us, but they serve others. We buy our food, but they grow theirs. We have walls around our property to protect us; they have friends to protect them."

The father was speechless. Then the son added, "Thanks Dad for showing me how poor we are."

Isn't perspective a wonderful thing? It makes you wonder what would happen if we all give thanks for everything we have, instead of worrying about what we don't have. Appreciate every single thing you have!  
*(Through Internet)*

## **BRAHMA BABA – THE IDEAL LEADER OF THE TIME**



–B.K. Surendran, Bangalore

**W**e are all aware of the leadership crisis throughout the world these days. What makes one a great leader? Surely it is knowledge and experience, truth and honesty, understanding of human relationships, effective communication skills and application of common sense. One who has these qualities leads many souls on the noble path. Brahma Baba, through his qualities of head and heart, became a source of inspiration for many. His spiritual endeavour endeared him to one and all and clearly showed the path of enlightenment. This happened not only when he was in his physical life, but after leaving his physical body also, he continues to inspire the spiritual seekers.

### **The ideal features of his life**

If we go into his life, we can find that Brahma Baba was in search of the Lord, greater wisdom and higher life. When he received the first divine vision itself, he became pensive and started pondering over the reality. He started receiving the

teachings in good faith, not raising any questions. He came to discriminate and judge the teachings in its right perspective. He was able to perceive and realise the truth that God had descended on him and was teaching him. He came to have the highest regard for God and also His teachings. Therefore, he implemented the directions of God on a day to day basis. Brahma Baba became a great thinker and churner of Godly knowledge. The divine versions uttered through him generated power and enlightenment. Each and every word had its own value, for which there was no parallel in any of the world's literature. He followed the teachings in letter and spirit. He implemented the teachings in his personal life which inspired others to follow. He made himself available to God for conducting the discourse irrespective of his being physically fit or otherwise. He had set specific time for practising soul consciousness. Due to this practice, he was able to show to the world the effect of soul-consciousness. People

had the vision of their lord when they used to come in contact with Brahma Baba. Many people had practically seen a crown of light over his head.

Many people with bad intentions and vicious propensities were transformed, when they came in contact with him. He often joined the spiritual aspirants in doing service through action or physical labour. He personally attended to all types of *karma* and set an example for others to follow wherein he combined yoga with action. The enlightenment bestowed by the God and his intense personal efforts prepared him to dedicate himself – with body, mind, and wealth – to God's mission. It was an adventure – with a difference, something nobody else had ever done before. His courage and dedication inspired many others to follow him. His unlimited patience and tolerance in the face of mudslinging, personal vilification, criticism, picketing, murder attempts; media ire etc. replenished unlimited spiritual power in him. This was again a guiding factor for others to follow and the flock constantly grew into a worldwide organisation.

Brahma Baba had good wishes and pure feelings for all souls; also for those who put hurdles in this Godly mission.

He had deeper conviction that the opposition and the impediments were side-scenes on the way to the higher goal. He had an attitude of instrumentality and constructiveness in the face of fierce opposition, unfavourable situations and circumstances. He had no ill will towards anyone and he looked at everyone as God's spiritual child, irrespective of the fact whether the individual was in his favour or was a sworn enemy. People experienced in him the spiritual fragrance of bodiless, egoless and vice-less levels of life. His slogan was, "whatever I do, others would observe and follow me; I must be cautious and watch how I think, speak and behave". This was a great lesson and message for many others to follow and transform their lives. He had proved that while performing ordinary actions, one could give the experience of being a worship-worthy deity. He was highly simplistic and yet spiritual to the very core. His speech and actions, and interaction with others had divinity and the essence of psycho-social evolution. Therefore, 'a *thought*' of Brahma has come to be quoted as being responsible for creating a new world order. His hobby

was churning Godly knowledge and enlightening the spiritual aspirants with the intricate points and hidden treasures of knowledge.

### **The influence**

**Brahma Baba's personality was based on purity. Therefore, he had worship-worthy stature and royalty. He was pleasant and that helped others to become pleasant. His pleasant mood even in adverse circumstances was reflected through his face, his eyes, his words, deeds and in relationships. His personality not only influenced the people but also animate and inanimate beings, the environment and the five elements. He donated divine virtues and spiritual powers through his thoughts, words and deeds. Brahma Baba's life has inspired millions of people on spiritual path. They have been contributing their physical, mental and spiritual energies to create a happy, new world order. Many others are on the line. This kind of inspiration provided by Brahma Baba through his life and spiritual endeavours is unprecedented in the history of the world. He is worthy of emulation. Let us**

**introspect and hasten our spiritual efforts to attain the stage of liberation and fruition. ■**

## **OPEN HEART**



The heart is like a flower - unless it is open it cannot release its fragrance into the world. The fragrance of the heart is made up of the qualities and virtues of the spirit. Most of us have learned how to keep our heart closed in a world that would trample all over us if we let it. Being open hearted today seems to require tremendous courage. It is a courage which comes only when we realise that no one can hurt us, no matter what they say or do. They may hurt our body, but if we have realised we are spirit, nothing outside can touch us, if we so decide. Little by little, practise opening your heart to those whom you think have hurt you. Realise, it wasn't them that hurt you, it was yourself. And it taught you not to trust and you closed your heart. A closed heart is in need of opening. And when you do, you will have begun to heal yourself.

# HOW RESILIENT ARE YOU?



– Mike George

When things go ‘belly up’, when bad news arrives out of the blue, when adversity strikes, how well do you cope up? When one of those disastrous days shows up and everything seems to ‘go south’, how resilient are you? Have you developed your ability of ‘bounce-back’ under such circumstances? Are you ably absorbed, with equanimity, what the world seems to want to throw at you? Or do you collapse in a heap and need days and perhaps an army of sympathizers and supporters to pull you through?

Being resilient seems to come naturally to some, but for others it’s almost impossible. In essence, ‘resilience’ is our ability to recover and regain our strength, albeit physical, mental or spiritual, following some form of ‘adversity’. However, everyone’s idea of adversity is different as we each have our own values, beliefs, habitual perceptions and lifestyle expectations. What is a catastrophic disaster to one

person can be less than a pinprick to another.

Our body has a natural resilience built in. Known as the ‘immune system’, it’s job is to eliminate or expel foreign invaders while helping us to recover our physical strength after an illness. We can help it or hinder it with the power of our mind and the quality of our intentions.

Being mentally resilient is something we also have ‘built in’ to our psyche. However, a lifetime of ‘indoctrination’ may have installed many mental viruses which sabotage our ability to adapt and recover from adversity. Indeed, these viruses can even serve to create our adversities without us being aware that they do so. These mental viruses include: learnt perceptions which then generate negative thoughts and emotions; basing our self worth/esteem on external things like our appearance/possessions etc; believing that happiness is dependent on others/circumstances etc.; expecting and wanting love in life to come from outside of

our self! These and many other beliefs set us up for some form of adversity and, therefore, the weakening of our capacity to adapt and bounce-back strongly in the face of other people’s behaviours and day-to-day events.

For many people, just one negative thought can open the floodgates to many other thoughts and a roller coaster ride through an array of emotions that sabotage our ability to ‘bounce back’. Our level of resilience then depends on how quickly we can change our thinking and dissolve our emotionally reactive states. Not so easy without daily practice. Some seek such practice with great enthusiasm as they recognise the priceless value of building their inner strength of character. Others seem to be forced to build that strength, simply because a series of particularly adverse events and circumstances appear to come to test and challenge them on their journey through life. Others learn quickly to enact the lyrics of that famous song as they *‘pick themselves up, dust themselves down, and start all over again’!* While some simply collapse into utter helplessness at the first sign of something

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going slightly not to plan or the smallest loss of something previously deemed to be a little precious! Each person's capacity to recover varies but it is a capacity that can be strengthened and expanded. It can even be transcended.

### **Freedom from Adversity**

In order to expand our capacity to recover from adversity, we need to find the 'roots of resilience' which are prior to our physical and mental states. It's prior to our thoughts and feelings that we can find the inner 'states of being' that can eventually make even resilience a redundant and unnecessary ability. It's when we live *in* and *from* these states that we ensure adversity never strikes. So here goes first, the theory, which although is challenging in itself, is always easier than the practice.

To transcend and free the self from adversity the primary state, we need to access within our own consciousness is the state of 'innate knowingness'! It is a state that could be called 'beyond belief' which means prior to our beliefs. This is the inner awareness of the truths that challenge and dissolve the beliefs and perceptions that are responsible for our experience of adversity. In this state of innate knowingness, we

'know' (we don't just believe) that we have nothing to lose as we have realised the truth that nothing and no one is ever 'mine'. In this state of innate knowingness, we 'know' (we don't just believe) that we already have what we seek as we have realised the truth that while we are motivated to find peace, love and happiness in all that we do, we know that we are already our own inner source of such states of being. In this state of innate knowingness, we 'know' that everything around is happening, emerging, evolving, progressing, regressing exactly as it should. We have realised that the flux of continuous change in the world around us is but the backdrop to our life. We have realised and 'know' the truth that life is a game that we are here to 'play', not in a childish sense (though occasionally that too!) but more in a theatrical sense. And sometimes our playfulness includes helping others who are still suffering because they have not yet 'realised' that *nothing is mine* and that they already *have what they seek* and that *life is a game*.

From these 'states of knowingness', we are able to see that nothing *bad* ever

happens. Whatever happens just ...happens. And what is adversity but the belief and perception that something has been lost because something *bad* has just happened and that life is a seriously *serious* business!

Freeing our self from the beliefs, and habitual reactions that arise from those old beliefs, is unlikely to happen instantly, especially after a lifetime of 'adversity conditioning'! While we may recognise such truths, in reality we cannot live 'from' such truths without daily attention and the intention to free our self from such conditioning. It takes time to translate our intellectual realisations into our thoughts, attitudes and behaviours on a moment-by-moment basis. It's between here and there, i.e., where we are now, which is our belief in loss and therefore adversity, and our ability to respond 'from' truly knowing we have nothing to lose, that we can work on our resilience, on our ability to bounce back. Perhaps the middle path is the 'philosophical' path as opposed to the 'realised' path. The philosophical response to adversity sounds more like, "Ah well stuff happens...it's not the end of

the world...life goes on; so let's move on....you can't change what's already happened".

Whatever approach we do take however, one thing is for sure; the suffering that comes when we believe in adversity is a messenger. And the message is simple. There is something we need to change within our own consciousness; there is something that needs to be shifted at the level of the beliefs and perceptions that we are creating and sustaining. Why, because adversity originates as a belief, arises as a perception, and emerges through our attitudes and behaviours. Which is why, one person's adversity is another's celebration. Being free of adversity is to be free of any cause to mourn or to celebrate. And while some may say that that is not living, others may contend, that that is only when life and living can truly begin. For them living life fully, free of suffering which means free of adversity, is in itself the only true celebration.

And yet, only by 'seeing' this for our self can we 'know' the truth for our self. **May you 'see' ...for yourself!**

## O MY SWEET SHIV BABA!

- **A.L. Madan (Principal),  
Jat College, Kaithal**

O Baba, in the abode of Peace, Love and Bliss  
May Thou shower me with kiss after kiss!  
Yet will I thirst for you life after life  
Staying pure and spiritual, though not worldly wise

Worthy of worship and adoration as Thou art  
Ever subtle and yet manifest to a true Yogi's eyes  
Ever above, heavens above the gross physical mart  
To Thee I bow, to Thy feet my spirit flies

Sitting in meditation, I, the soul, with intellect and mind  
Heart centered upon thee, so gentle and kind  
Invoking your blessings all the time  
Verily realising the qualities so divine and sublime



Be it beyond, or on this very Drama Stage  
As actor I May do my roles well in youth or age  
Be it the state of super-conscious level  
As meditator in Thee alone may I dwell

# **'BEING A DETACHED OBSERVER**

— B. K. Vinayak, Mount Abu

**“SWEET CHILDREN, *Manmanabhav!* Consider yourself to be a soul and constantly remember me alone. By staying in remembrance, your sins are absolved; you become real gold. It is the only way to become pure. Through remembrance, you become the masters of the pure world.”**

The above said version is a very prime instruction given by the Supreme Father God Shiva, in order to transform us from being vicious to divine or from Iron-Aged to Golden-Aged. The practice of being in the remembrance of God through our intellect, not only at the time of meditation but also whilst performing action is the **‘heart’ of spiritual endeavour called the ‘Easy Rajyoga’, that makes one’s role full of happiness, peace and prosperity throughout the cycle of this Eternal World Drama.**

But in spite of having a strong wish to be in constant remembrance of God and making plans to do so, most of

the effort makers, after some period of intense effort, come back again to ‘ordinary’ stage and begin to feel difficulty in taking a high jump again towards the intense stage, why?

It is because, while proceeding on the pilgrimage of remembrance, the intellect stops and comes down towards worldly matter when one comes across obstacles, situations, people of hard nature and vicious attractions. Then the stability, concentration and artistry of the intellect upon which the practice of Rajyoga totally depends, get paralysed, due to which, the intellect feels difficult to re-establish an uninterrupted connection with God.

So, **in order to keep the intellect undisturbed, irrespective of the scene in front of us, we require ‘power’.** Therefore God says, **“Children, have always the reign of eight powers”,** i.e., powers to tolerate, to accommodate, to discern, to judge, to co-operate, to pack up, to face and lastly the power

to withdraw. The main duty of these powers is to put a full stop and protect the intellect from getting stuck in the cyclone of waste or negative thoughts.

A very important point to be noted here is one need not go for each power to inculcate individually. The Supreme Teacher, God, has taught us about a very beautiful stage of self-esteem in which, all the eight powers would be in the emerged state and according to a particular situation, the appropriate power will come automatically in action and put an instant full stop to the flow of unnecessary thoughts, so that, there is no need for the intellect to discontinue the pilgrimage of remembrance. That stage is to be a ‘detached observer’.

## **Who is a detached observer?**

In a drama, the scene may be humorous or horrible, cheerful or tragic, but the spectator never gets puzzled, troubled or surprised either by the plot of that drama or by the role of actors. He understands clearly that what he is seeing is absolutely a drama. Here too, as far as the World Drama is concerned, **God Shiva the ‘Ocean of Knowledge’ has revealed to us that we all are actors in this Eternal Drama,**

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**in which every scene as well as the role of each actor is fixed and it is also the auspicious one; therefore, there is no need to think otherwise.**

**So, a detached observer is one, who looks at the happenings of the World Drama as a spectator or a third person, always having equanimity in happiness and sorrow, victory and defeat, praise and defamation.** The best example for this state of mind is the judge in the court. His judgment would be always accurate because, he listens to the appeal of both the parties, thinks about it and pronounces his verdict being a detached observer. The emotions or sentiments of either of the parties never influence him. This detachment keeps both the power to discern as well as power to judge in the emerged state.

This blissful stage too depends upon the realisation and practice of the following three fundamental aspects.

▶ **‘I am a soul, twinkling in the centre of forehead like a star. I am getting the work done by the sense organs of this body’.** This consciousness should be very firm not only at the time of meditation but also while speaking, eating, walking

around, and doing all the work. The distinction of separateness of ‘I’ (soul) and ‘mine’ (body) should be clear as a driver and the car.

▶ ‘I am an incarnated soul on this earth, sent by God for the welfare of mankind. Angels are always shown above the ground. They appear, give blessing and disappear. As an angel, I too am intellectually free from all bondages of this vicious world. I would appear (perform action), give happiness to others through my good wishes, words and deeds and again I will disappear, i.e., I will get lost in the sweet remembrance of my most beloved sweetest Father God Shiva, who is everything for me’. This practice keeps one away from the momentary vicious attractions; the feeling of ‘being guest’ on this earth would always be in the emerged state.

▶ ‘As you sow so shall you reap’. It means any type of adversity like the physical and mental ailments, opposition and hatred of others, bitter relations, ups and downs in life etc. that we are facing today are the outcome of vicious actions committed by us in the past. There is no need to make others the target for our circumstances. Therefore, at

every situation, we must keep silence and stick to the pilgrimage of remembrance through which we can get rid of the burden of sins, which is the actual cause that brings sorrow.

As we continue to be in this stage, we will find the path of endeavour clean and clear despite the presence of obstacles. While we are moving on the ground, if anything comes on the way, then we have to stop, eliminate the obstacle and then proceed. But if we fly in the plane, the mountain like obstacle too looks like a toy and we feel it spectacular instead of a hurdle. Likewise, **detached observation too is such an elevated state of mind that, no matter how critical is the circumstance, but it seems like a play or an entertainment. The constant practice of this stage carries us to the peak of happiness that is beyond the reach of senses.**

Thus, this stage, always protected by the eight guards i.e. powers, makes one’s intellect free, firm and unshakeable through which one can stay constantly in the pilgrimage of remembrance which is the aspiration of every effort maker. ■

(Contd. from January issue )

# **DEEP SECRETS OF KARMA**

– B.K. Prakash Talathi, Lagos

## **EFFECT OF THE TIME- CYCLE ON ACTIONS**

**T**ime has a great effect on actions. Time is eternal. Everything that is eternal moves in a cyclic order. This is the great truth revealed by Incorporeal God Shiva through the corporeal medium of Prajapita Brahma.

During the **Golden and Silver Ages**, i.e., first half of the cycle, the souls descend from their Sweet Silence Home; they are extremely pure and soul-conscious. They had earned a lot in their previous lives in the Confluence Age by performing **elevated and charitable actions**. As a result of this, they lead a comfortable life of peace, purity, happiness, perfect health and abundant wealth. All the five elements of nature are of the highest purity and serve the deities as servants obey their masters. Nature gives very pure bodies without any

illness. Hence there is no need for doctors or hospitals there. The body is flawless with beautiful features, and the soul is blessed with a constantly blissful face, pure *drishti* (vision) and a natural fragrance of beautiful flowers. They have double crowns: firstly, the crown of light due to purity and secondly, crown of royalty as they are the rulers of heaven. Having all the happiness, they do not have to remember God. God is remembered in sorrow. **So their every action is performed in soul-consciousness only and as such becomes Akarma.**

However, by the end of the Silver Age, all their income accumulated due to their *Sukarmas* in the Confluence Age, gets decreased by the *Akarmas* performed in the first half of the cycle. Now, at the end of *Treta yuga* or Silver Age, their account becomes

nearly zero. Then upheavals takes place. The palaces, the airplanes and all the comforts of science are wiped out and go underground and underwater.

For the first time ever in the entire *Kalpa* of 5000 years, they experience sorrow and then they remember God. It is at this point that they start worship. They build Somnath Temple followed by other temples and start worshipping God Shiva by keeping a diamond *Shivalingam*. Initially, there is unadulterated worship of One God. However, they forget to be a soul and then the actions performed become *Vikarma*. As the time passes, they perform *Vikarma* under the influence of body-consciousness and vices.

The sorrow, suffering, poverty, disquiet, blind faith and ignorance spread like a wildfire all over the world. The cries of distress make the Father to descend and help His children. The Confluence Age begins, wherein the Father becomes the Teacher and teaches us the secrets of the Karma Philosophy and how it works. **He teaches us how to perform the righteous karma and also gives us the strength to perform it.** He

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also teaches us how to incinerate our past *Vikarmas* (sinful actions) and create a new fortune as explained earlier.

Confluence Age is blessed as every good action performed according to *Shrimat* with right consciousness gets a hundred-fold returns. Equally, every bad action brings a hundred-fold punishment. Hence, we have to **be very careful with our thoughts and actions**. We are on the world stage. We are hero actors. We are responsible for others who follow us.

### **MEDITATON**

*Q. During natural calamities, social workers collect donations from everywhere and supply food, medicines, clothes etc. to the victims, whereas the yogi just sits idly in meditation, doing nothing and still claims that he is a world server, a world benefactor. How can it be explained on the basis of Karma Theory?*

A. When someone goes through a natural calamity and loses everything he had earlier, his family, wealth etc. and lives on the pavement; even though a plate with 36 types of food is

offered to him, he will not have a taste for it. He will eat to survive anyhow but his eyes may be welled up with tears and mind shattered with agony, disquiet. What he requires is PEACE of mind. Meditation is **a mental exercise**. In meditation, we dwell on **positive thoughts** of peace, purity, love etc. These thoughts produce positive vibrations of peace and purity etc. **Positive vibrations produce a positive atmosphere**. The yogi creates good wishes for every soul, every creature and nature. This way, he is relieved from the agony of negativity, and he cools down and becomes pure and peaceful. This is an invisible process but quite result oriented. Just like the sound waves **get spread in the atmosphere**, the vibrations created by our thoughts **can** travel any distance and reach to the person concerned. Hence, even though the yogi is sitting idle, his act is benevolent and he receives a lot of fortune and a hundred-fold benefit.

On the other hand, if we dwell on negative thoughts, and these then come into action, then a hundred-fold punishment will be registered. **The punishment, in fact, is not a**

**punishment but a settling of accounts**. It is the **neutralisation** of our actions done in the past. This is the positive way of looking at punishment. This **attitude towards our suffering** reduces the pain. When we pay back from our salary towards the loan taken in the past due to difficult times, we never feel bad. It is only when we have to pay unnecessarily without **borrowing from someone** that we feel bad. **When we consider our suffering as a paying back or neutralisation of our past deeds, our sorrow is reduced**.

Baba says that we are spiritual social workers; we are a spiritual army. There are many organisations which do social service; but their service stops at the physical level.

Whenever there is a natural calamity, Baba's children also take part in charity programmes. But our service does not stop with supplying essential commodities to them.

**Q. Is donating to beggars queuing outside temples a safe way to earn charity in our account. What are BK's views on this?**

A. In order to get few

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coins, the beggars do a lot many tricks – they present themselves as handicapped persons and sometimes when you give a fake coin to blind, he throws it on your face with anger. Some distort their organs to draw your attention and sympathy. They make children to stay in hot sun or rain constantly crying: all these things for a few coins! Once in the afternoon when all men were gone on work, one lady came, begging in the streets with no clothes on her body and then she collected many saris and vanished. Seeing a woman in such condition, there was a sort of competition of giving. No one even thought how she came all the way from nowhere! So it has become a business! An industry!!

Giving money to such people is risky. One may use it for bad purpose, alcohol etc. or may purchase a knife and threaten passers-by in dark corners and loot them, injure them or even kill someone! He will get punishment for the *vikarma* he had done. That is OK. But you also will be punished! Because it is YOU who financed him for the knife! May be your intention was good and you were deceived, so your punishment will be of lesser magnitude in comparison with the beggar.

So, seriously think about ‘what to donate and whom to donate’. Donate to a deserving person. Do not donate money; help in kind! Give food to hungry, water to thirsty, medicines to poor patient etc.

**(To be continued in next issue)**

## AWAKENING

– Gul Ojaswini, Delhi

All along in this life

I looked for you

I searched for you

Went places

Sung hymns

I was awake all night

And now the golden chance has

come

For us to unite

So, I won't let go this time

I'll fight; I'll fight to meet you

I'll fight; I'll fight to see you

I'll fight for that perfect being

That you made me see

You have awakened me

Now I am awakening this world

around me.

# WE HAVE ALL THE TIME IN THE WORLD BUT NOT A MINUTE TO LIVE

(Are You Ready To Catch The Last Plane To Heaven? Or Will You Stay Onboard  
The Sinking Ship? Do You Take God's Flying Test Every Week?)



B.K David, Paignton, England

The plane to heaven will leave regardless of how many are onboard. It has a slot allocated to take off. Many will watch with envy as people are boarding the plane and cry with regret as it is taxiing down the runway. If you have not worked and saved up (remembered God, done good *karma* and spent time burning your old rubbish) for the ticket, there is no way you can board this plane to its pure destination. As you would never find a nun playing rugby, so the impure cannot travel on God's plane. You can only buy a seat on this plane through hard work and purity. No billionaire can buy a seat on such a plane as this, even if he owns a thousand planes and an airport. The pilot gives a knowing nod of His head to those boarding and can only smile at those crying in the distance, knowing it is too late for them. They would not even be able to smell, let alone taste the in-flight meal and sweets (God's love and

sustenance) handed out by the captain.

## Now Boarding

The plane of achievement will depart the world of loss quietly and on time and without the world's permission. When it is God, who is in-charge of the day-to-day running of the universe, in control of God's plane, you need no one's permission to take off or land your plane. Check-in will be early and you will need to report at the airport for regular updates on whether the plane is to take off that day. If you don't pay attention and miss just one day's attendance, you could miss the flight to the new world as you got caught up in wasteful mind games or simply busied yourself in the old world.

## I Wonder... At God

This last plane, train or car is the first and only real wonder of the world. The other so called wonders of the world are only wonders as one can wonder as to how much suffering and torment went into building

them. It is no wonder that there is so much suffering in the world today, when so many individuals, kings, nations and armies have chained people in slavery to build these wonders. Those who have chained and whipped them throughout history, will today be suffering at the hands of their past bad deeds that curse their every step. Now is the time they whip themselves without mercy. If you wish to wonder at this world in anyway, then wonder at the suffering taking place now and understand its reason and origins. Man easily forgets or ignores the fact that the wonders of the world created oceans of tears and sweat which people are still swimming in today. At least those long gone kings and their armies are themselves suffering today on the sun-baked shores of those salty seas as poor fishermen with small nets that have tears in them. If people are starving to death today, then pick up a history book and an ice cream.

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**If they are not onboard God's plane, then for sure, they will be found on H.M.S sinking ship.**

H.M.S Sinking has now run out of fuel and is drifting perilously towards submerged rocks and at the mercy of the elements. Soon, the whole world will develop that sinking feeling, and this is why God launched His Lifeboat long ago, knowing the difficulty their ship would encounter when it became overloaded with sorrow. The ship's anchor of sorrow and distress is now so heavy that it will drag this ship with it to the bottom of the ocean. Those future troubles seen by God are now here and clear for everyone onboard to see, if they just stop eating and open their minds instead.

If You Always Look out of Small Portholes, You'll Eventually Get That Sinking Feeling. Yet the passengers seem to carry on regardless in the face of such troubled times and dangers that are staring at them with a worried look. They carry on dancing, drinking and smoking below decks as the rocks of vice and ignorance get closer every hour hidden beneath the waves of body-consciousness. Some are sleeping, others reading gossip and fashion magazines, whilst

many are out shopping for a new dress, new shoes or latest perfume or having their hair done. Some are gambling and others look out to sea through their very restrictive portholes (eyes) thinking they can see everything. Yes, they can see dolphins and whales and a romantic moon and shoreline cities lit up like lights on a Christmas tree in the distance. But what will they see and think when their ship begins to sink and God's plane is flying high overhead to the stars and heaven?

This ship is heading for the rocks, and whales and dolphins cannot talk to you; they can't warn you or send an S.O.S. HMS Sinking is on full steam ahead and it is a matter of days before it hits the rocks. The really wise onboard will be remembering God or either donning their lifejackets and jumping overboard or saying their last farewells to loved ones. The ignorant ones will be dancing the night away and unknown to them, eating their last meal.

You Are Either In The Departure Lounge Or Cocktail Bar. If you feel you've all the time in the world and always happy, content, stable and carefree and at one with yourself and God, if you've

learnt to take only gold from the dirt and see virtue in the face of hostility and smile in the rain, then you will have reserved yourself a plane ticket and seat to heaven. The ticket must be picked up at the airport (centre) and your seat number will be allocated on the day of departure. If you want your flying wings, then you must train and take God's weekly flying test.

Yet if you find that you have not got a minute to live and always bogged down with worldly problems and situations, unhappy and irritable, then this is all the information and details necessary to have pre-booked your ship passage to its final destination.

### **CULTIVATING HAPPINESS WITHIN**

Why are we in constant search of happiness? Why can't we be more utilitarian and less preoccupied with our level of contentment, acting on pure logic rather than searching for something as seemingly arbitrary and capricious as happiness? Would life be possible without joy?

At one of our most basic psychological functions, we as human beings cannot desire something that we have never experienced. For example, one cannot desire a honey and

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lemon crepe if one has never tasted it. You may find some flaws in this philosophy and argue that you could conceivably read about the crepe or even see someone else eating it and from there learn to have a desire for it, although you have never tasted it. However, consider the fact that because you have never experienced the flavours, textures, and aromas, you can only assume what the experience would be like. You would then desire not the crepe, but your concept of what the crepe might possibly be like. Thus, one cannot truly desire something he or she has never had. We cannot have an inclination for bliss or true joy unless we have experienced it before. Therefore, there is no need to be disheartened if our present circumstances are not exactly conducive to happiness, for just as we have once experienced joy, we are bound to achieve it again, with the right frame of mind. The difference between wonderful joy and painful sadness can be as simple as a shift in our point of view.

Just as we cannot force time to move at a pace more to our liking so that the days are longer and the nights are less frequent, we cannot force the circumstances of our lives

to constantly be to our pleasure. This is what it means when we say that happiness does not dwell in the tangible world. Peace, joy, and love can be such fickle and fleeting things if we do not realise that fulfilment does not dwell in the physical world inhabited by materiality. Rather, contentment is achieved with depth of understanding and unwavering inner strength. As much as we would love to control our surroundings, the fact is that we are not able to.

The body may fall ill, loved ones will pass away; terrible natural catastrophes will continue to occur, changing the course of millions of lives. The attainment of peace, joy, and love is also possible in those calamitous situations. True and lasting happiness is learning to inhabit both the tornadoes and the complete stillness in our lives.

This makes happiness not a by-product of circumstances or the result of unavoidable events; rather, it is essential to our very being as well as innate within the inner depths of hearts. Rather than looking outward, *look inward for that inner happiness*. Do not look to those that surround us for happiness, rather, we must

learn to understand that true and lasting joy is a seed that we plant and cultivate within ourselves. Happiness naturally occurs within everyone of us, which is why we all yearn for it. All we need to do is acknowledge it and water it.

While the theory may sound deceptively simple, the complexities and intricacies of happiness begin to betray themselves in how we must learn to train our minds. Just as joy is intrinsic, our capacity for its attainment is directly correlated to our own awareness and comprehension of it. Our awareness of our capacity for happiness can be developed and refined in as simple acts as statements of self-affirmations. For example, every morning, between the moments in which we awaken from slumber and actively begin our day, we can tell ourselves uplifting and meditative statements such as, "I am a being that is filled with happiness...happiness is my birthright." Slowly, these affirmations will begin to take shape as our attitude adjusts and our mind expands to allow the happiness within our heart to grow.

When darkness comes to our lives and happiness seems



# PURITY IN THOUGHT, WORD AND DEED

– Seema Mishra

When I thought about writing on purity in thought, word and deed, I found that this can be concisely said in one word, i.e. when we practise purity in thought, word and deed, we practise righteousness or *dharma*. And once we do this, we can go back to our real nature, i.e. divinity.

But as I go deeper and deeper into spirituality, I find it more and more difficult to say that I am a pure being or that I am getting closer to divinity. As I keep watching myself as a witness, I find traits like jealousy and anger are not prepared to leave my house (I cannot call it temple of God while these vices stay in me). A few years back, I felt I was an above average person in terms of purity. Now my thinking has changed drastically. I feel that I have a long way to go to get rid of my negativities. The only difference now is that I am aware of myself getting angry or jealous, which was not there earlier and also the after-effect of these episodes on my mind and body.

Now comes the difficult part. The position in which we find ourselves pure in thought, word and deed is a very perfect position. I find myself well below the ladder in this context. The next question is, how do I bring myself up the ladder to this perfect position?

I looked at what the great thinkers have to say about the subject. Plato said that, “Pure knowledge is sufficient, that if one merely knows what the good is, then someone will be good.” Aristotle’s thoughts were, “Knowledge alone is not sufficient, but rather it takes action. It is not the man who knows what the good is, but who actually does it!

If we want to practise righteousness, which is the key to purity in thought, word and deed, the Heart, the Head and the Hand should work in tandem. The heart should love unbiasedly, the head should think rationally and the hand should work only for the service of others. One of the stalwarts who practised purity in thought, word and deed, Mahatma

Gandhi once said, “Only he who can rule himself can achieve political freedom.” Another important saying of Gandhiji is, ‘Be the change you want to see’. First change yourself, then a few individuals and move on to the society. Some people feel that one can only gain victory over the senses through the eight-fold path of yoga.

In this context, Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya is a big help in enabling us to be the master of our own thoughts, desires, emotions and sense-organs and to be a doctor, so to say, of the philosophy- of - life so that one can lead a healthy and happy life. According to the BK philosophy, through the teachings of Rajyoga, the soul is able to achieve its natural state of peace very easily. Courses in stress management, harmony and relationships as well as workshops in value-based management are being conducted by the various wings of the Vishwa Vidyalaya regularly. The Youth Wing conducts programs that enhance youth’s good judgment, concentration and self-confidence to encourage their efforts for achieving a high level of purity of thought, word and deed. During Rakhi, a ‘Rakhi’ or sacred thread tied around the right wrist signifies the promise

of Purity in thought, word and deed. Shiv Baba says that we need not leave our homes to be pure, but just need to create a pure family. Baba says, "Offer your anger and other negativities to me. Then you will be free from them". Baba has given us an easy way out. We are fortunate to have Baba's blessings and grace in helping us remove our impurities so that we can be pure in thought, word and deed.

A realised master, Anandmurti Gurumaa says that it is important to clarify our direction in life. When we do this, our energies can be channelled productively and creatively to get the best out of life. The more disciplined our approach is, the better our life functions. With this mature approach, we are able to take responsibility for our actions and even if we make some mistake, we become aware that wallowing in guilt will not change anything. Rather, we acknowledge our mistake and learn to do things differently. That will help us, not crying over spilt milk. This is another lesson we can take out from the book of spirituality. Gurumaa further says that we are consciousness, pure existence and this body is mortal, jadh – dead. The Self is pure existence and a witness.

In awareness of the self, there is immense joy and in not knowing the self, there is a lot of pain and suffering. You just be a watcher, a seer; be aloof from all this paraphernalia of the world and the body. Then only can you really enjoy; otherwise you will suffer as no scenario is ever going to remain unchanged. Change is bound to happen as it is the very nature of the mind and this whole world. An enlightened being would say: if it is birth that is fine, even if it is death that is also fine, as nothing can happen to the Self.

***"What can death take away from me – nothing!***

***What can life give to me – nothing!***

***All the dramas of this world are happening in front of me,***

***Let whatever has to happen, happen, Therefore why worry."***

Once we start mulling over what the great masters are trying to tell us over and over again, only then will we react differently to circumstances and by practice, achieve the purity in thought, word and deed that we are all trying to achieve. Let us resolve in this new year to move forward in our war against anger, jealousy, desire, false pride, ego and attachment

and go forward on the golden path shown by the seers so that one day we can achieve purity in thought, word and deed. ■



A powerful, yet often misunderstood, aim of spiritual study is purity. Purity of the soul means to return to its original divine qualities. The soul has become so polluted with less than divine qualities that it can hardly enjoy being alive. Purifying the soul puts the higher self back in charge – useless and negative thoughts are removed and annoying habits finish. A pure soul cannot be touched by sorrow; indeed the power of purity is such that it serves to remove the sorrow of the whole world. Purity restores happiness, even bliss. All you need to do, in order to re-establish your purity, is to want it. But you need to want it intensely, to the exclusion of everything else. The one thought, "I must become completely pure" sparks a fire of love between you and God. This fire melts away all the pollution, and your purity becomes such a power that it frees you from all battles forever.

# **THE REAL SIGNIFICANCE OF SHIVRATRI**



– B.K. Achuthan, Colaba, Mumbai

**S**hivratri is one of the main festivals of India, observed every year with great devotion, zeal and enthusiasm. The festival puts in mind of humanity that God is the Father and Mother of all of us. He is not omnipresent. All the beings in the world are not His appearances. In fact, He descends on the World-Drama stage to reveal the truth about Himself and the world at a time when there is downright darkness of ignorance. The anniversary of His unique birth is, therefore, celebrated at the zero-hour on the 14th dark night of the month. According to Indian calendar, this is considered as the last month of the year.

The word Shiva means ‘One who does good’ or liberates mankind from sorrows and sufferings and takes them to the track of righteousness and serenity. Hence, the birth anniversary of God is known as ‘Shivratri’. God’s act gives a new spiritual birth to humanity.

Shiva, Who is ever shown as Incorporeal Light, takes an unusual birth. He descends on

the intellect of a human being and uses his mouth to express the Godly knowledge and to enlighten mankind how they can regain peace and perfection. The human being on whom He descends and through whose mouth He imparts the Godly Knowledge is renamed by Him as Brahma or Adi Dev. Through this knowledge, He establishes Heaven or Paradise or Golden Age.

This birthday is the unique and delightful one in the whole cycle. Throughout the whole cycle, no one else can celebrate such a birthday. At no other time children and their father were born at the very moment.

Children cannot do anything without Father and vice-versa.



God Shiva, who is lovingly called Shiv Baba, has so much love for the children and the children too love the Father very much. It is forever fixed within this Eternal World Drama for the children to take this divine birth with the Father, and to bring about World Transformation cohesively and then to return to the Sweet Silence Home together.

With lot of zeal and enthusiasm, this delightful and unique birthday is celebrated by all of us. There is limitless joy and happiness amongst us Brahma Kumars and Kumaris, the adopted children of Shiv Baba through the medium of Brahma Baba, as our Supreme Father God Shiva is celebrating our birthday and the Father too is really happy as we are celebrating His birthday. No meter has been designed in this world to measure this divine happiness.

When we took spiritual birth, we chose the occupation of our life as World Transformation. This is the day to hoist Shiva’s flag, Who transforms an ordinary man into a deity. On this day, we re-dedicate ourselves to this noble cause.

When a spiritual child takes birth, Bap-Dada give two gifts on the special divine days of birth in the Confluence Age – the divine intellect and divine

eyes, that is the spiritual eyes. By keeping these two gifts ever with ourselves and through these, we remain the epitome of success at all times.

The present of divine intellect is the spiritual aeroplane. By switching on, through this divine aeroplane, we can be whatever we choose to be, in a second. The switch is a thought. The scientists can travel to one world, but we can make tour of the three worlds. We become the embodiment of the world welfare in a second and we can give light and might to the world. We have to become stable in a high stage through the aeroplane of the divine intellect.

However, we always have to remain linked with the Father. Our birthday is together, we remain together and we will return to our sweetest home together. On this divine birthday, we must have the courage to have determined thoughts like “No matter what happens, even if a test paper as big as a mountain comes, we through the power of Godly remembrance will change the mountain into cotton-wool.”

As a memorial of this day, the devotees particularly commemorate it in two rare modes. Firstly, they make an unusual vow. Secondly, they do not surrender themselves, but they offer something as sacrifice. They make promises of different types: giving up food of some special type, staying awake, walking a long distance etc. No matter how tired they are, they fulfil their promises. For us, the spiritual progeny of Prajapita Brahma, it is a pledge for life, whereas for devotees, it is normally for one day. Thus, in order to celebrate Shiva Jayanti in truest sense, we all must pledge to stay always awake from the slumber of ignorance. ■

## WHAT IS LIFE

– BK Sapna, ORC, Delhi

Life is a sweet song  
And beautiful dream  
It is not a problem  
But a beautiful scheme

It is a drama  
Not a struggle  
It is like a flower  
But also a puzzle

It is an art  
And God's gift  
It is like music  
And beautiful lift

It is happiness  
So be always cheerful  
It may've pits  
So be always careful

It is love  
And a beautiful journey  
It is also nectar  
And as sweet as honey

Life is valuable  
Waste not thoughts and  
Powers  
Save all your seconds,  
All your minutes and  
hours

# GREATNESS

— BK Ravindra, Sanjaynagar, Bangalore

It is said, “Always aim high”. So, what then is a high aim? When we ask young children about their aim, then the common answer is to be engineer, doctor, CEO of a company, judge, film actor, politician etc. Some, however, may have the aim to be a Minister, Prime Minister or even President. But is there an aim higher than this or greater than this?

Yes, there is. It is said that God is great. It is said so because God really does a great task. When we say that we are children of God, then I should aim to be like God. I should aim to be great and do a great task and be next to God. So the highest aim is to be next to God.

So, then what is greatness? Greatness means to be extraordinary. Greatness means to be outstanding, to be unique. Greatness has foundation in excellence in a given field. Greatness is not a matter of luck; it is matter of choice. Any person can become great if he chooses to be so. Even an ordinary person

can be transformed into a great person.

However, it is not sufficient to just make a choice to be great. One needs to make a constant and tireless effort for achieving the high aim.

What needs to be done to become next to God? For this, I need to do what God does. God gives and hence He is called the bestower. I need to give, give and give. In Hindi, the one who gives is *devata* and the one who takes is a *levata*. In today’s time, human beings are the ones who take.

Today’s human beings say, if you give me respect, only then I will give you respect; if you give me co-operation, only then I will give you co-operation; if you give me love, only then I will give you love; if you give me peace, only then I will give you peace....

Deities are next to God, and to be next to God means whether others give me respect or not, it does not matter, it is my duty to stay in self-respect and give respect to others. And, it is also my duty to give co-operation to others; whether

others co-operate with me or not. So the motto is to unconditionally give, give and give. Give respect, give love, give peace, give cooperation, give blessings, give happiness, and give God’s knowledge....

Actually, there is a deep secret in giving. If we give, we certainly get back what we have given. There is a saying “what you give to the world, comes back to you in hundred folds”. So, when this *karma* philosophy is clearly known, then I should aim to give, give and only give all the good and the best that is within me.

So a soul who aims to be next to God, i.e., to be deity, will have to keep on giving and then one can be great like God. However, greatness is a never ending journey. If one feels that one is great, then one is no longer great. Because greatness is not a destination, it is a journey. One should always be on this journey without the distractions of the side scenes that appear while being on this journey. The enemy of greatness is ego. If one feels “I am good”, then one will be content in being good and he will not put effort to improve. That is the reason why we have good persons, good teachers, good doctors, good engineers, good schools, good companies etc. but very few great persons, great

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teachers, great doctors, great engineers, great schools, great companies.

The founding father of the Brahma Kumaris, Pitashri Prajapita Brahma had the high aim to be next to God. His life, since the time he became instrumental in establishing the Brahma Kumaris in 1936-37 to 1969, is a living example of his Journey to Greatness.

Through his tireless efforts, constant endeavours, through the spirit of generosity, service and dedication, through good wishes for everyone, through his humility, through total Faith in the Almighty Authority, through his charitable nature, through respect for everyone, through complete mastery over sense organs, he achieved the high aim to be next to God and attained perfection on 18th January 1969 and became an Angel. And we feel his presence amidst us even today in the Angelic Form. He not only aimed to be next to God but also inspired others to have such an aim.

Brahma Baba's pictures tell about his great character, of his Towering Personality of Purity, Peace, Love and Power. We should also emulate his example of Greatness, in thoughts by constantly having Great Thoughts, Elevated Thoughts, Pure Thoughts; in speech by speaking words that are powerful yet sweet, by making every uttered sentence worth remembering (*mahavakya*); in action by having exemplary character. This is what greatness is all about.

## THOUGHT – THE ARCHITECT

– B.K. Roshy Ponapa, Civil Engineer, Mysore

It is very certain as daylight that thoughts and emotions are the two important influences upon man's life. He, who wants to progress, should understand the great power of thought. When a thought associated with self-fear and doubt leads to an action, it only produces negative results. Whenever a thought associated with self-confidence and optimism leads to an action, it will have a constructive result.

There is a law relating to power of mind which says, "Like attracts like; like becomes like." When we think good thoughts, they lead us to good people and good things in life. Similarly, when we think evil thoughts, they lead us to evil people and evil things in life. If a man speaks having good thoughts in his mind, and acts accordingly, happiness follows him as shadow follows man. What we are today is a result of our thoughts. Therefore, when we cultivate good thoughts and preserve them, then evil thoughts gradually abandon us. It is of great help to reflect on message of life of great persons who have been free from egotism and who have been seekers of truth.

Finding fault in others will fill our mind as garbage bin where all rubbish of others are thrown in. Hence, we should be alert at every second about what sort of thoughts rule our mind before we go to bed. If we feed our mind with thoughts of anger and hatred, such evil thoughts will result in sorrow and unhappiness. So before going to sleep, we should have good expectations, love and forgiveness as our pillow, then we will wake up in the morning with overwhelming joy and cheerfulness.



# EXISTENCE



– B. K. Avaneesh Kumar Mishra

**W**e all know everything such as about seas, space, lands, stars etc. in this modern age. Through the highly developed science, we have reached beyond the earth and its gravitation power. Really, these are great and admirable achievements for the human being because in this temporal world created by God, no creature can surpass human beings. In these references, we are greatest of all. Animals and other creatures also do and feel many things like us, for instance eating, sleeping, breathing, drinking, reproducing etc. Still what is the thing that makes us poles apart from the other beings and should we not protect that which makes us so special? That is our sense fullness; sense means not only thinking power but it is also the purification of our body, mind, and behaviour in practical way. But have we ever thought about who we really are? This question can surprise you like icfall in desert. But this is not a joke as it indicates toward

our real existence that we have forgotten in centuries. Actually “you are not that what appears; you are that what does not appear”, which means in essence we are not a body structure of five elements of the nature – earth, fire, air, water and sky.

This body is our tool and we are the user of this tool; just like a driver drives the car but he is not a car in spite of using car; he is a human, therefore, just like this, our body is like a car and we are souls operating the body, but are totally separate from it. After passing through births and rebirths in thousands of years, we have lost our real identity as ever existing, and began to understand ourselves as a body in place of spiritual energy called soul. Try to go in to the depth of the self and think in personal space as to why we use the word ‘my’ – ‘my eyes’, ‘my hands’, ‘my stomach’, and ‘my head’. As a rule of English grammar, the pronoun ‘my’ is always used for indicating other things separate from the self. So this is clear that we are

not bodies.

Now-a-days we have measured and reached all distances. The journey inward of self requires no transportation, but it is journey of mind and intellect. You cannot make such a lovely journey of life without expenses anywhere else. Of all the things, there are several aspects like there are two sides of a coin – head and tails; similarly, our life has also several aspects, mainly spiritual and temporal. We all always try to maintain our temporal life but never care or think for our spiritual aspect of life which is the main cause of physical or temporal maintenance, but we don’t know this deep mystery. We should observe present time and its condition to know what is the call of time and what should we do now for our life and happy future. Searching for peace and happiness in perishable elements is just like seeking the fragrance in drain. So, it is advised by God that we should not waste our time in rubbish things, vices. Present time is the time of world-transformation and we have very important role to play at this juncture. Therefore, we should never make our aim so inferior that is limited only to

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some people like our family. But, we need to enlarge the scale of our mind and make the heart, mind so large such as space containing the entire universe inside it. We all must quit the bad habits, so as to make the life beautiful with the knowledge and understanding of self-spiritual introduction being given by Supreme Soul, Incorporeal God Shiva Himself through the medium of Prajapita Brahma. Thus, we must all put in our best efforts in this great Godly task of World-Transformation through Self-Transformation. ■

## **FOUR PRINCIPLES OF SPIRITUALITY**

India teaches us about “The Four Principles of Spirituality”. The First Principle states: **“Whomsoever you encounter is the right one”**

This means that no one comes into our life by chance. Everyone who is around us, anyone with whom we interact, represents something, whether to teach us something or to help us improve a current situation.

The Second Principle states: **“Whatever happened is the only thing that could have happened”**

There could be absolutely nothing which we experienced could have been any other way. Not even in the least important detail. It cannot be said “If only I had done that differently..., then it would have been different...”. No. What happened is the only thing that could have taken place and must have taken place for us to learn our lesson in order to move forward. Every single situation in life which we encounter is absolutely perfect, even when it defies our understanding and our ego.

The Third Principle states: **“Each moment in which something begins is the right moment”**

Everything begins at exactly the right moment, neither earlier nor later. When we are ready for it, for that something new in our life, it is there, ready to begin.

The final principal is: **“What is over, is over”**

It is that simple. When something in our life ends, it helps our evolution. That is why, enriched by the recent experience, it is better to let go and move on. There is no coincidence that you’re here reading this. If these words strike a chord, it’s because you meet the requirements and understand that not a single snowflake falls accidentally in the wrong place!

Be good to yourself. Love your whole being and always be happy.

From: **BK Lalit**, Madhuban (collected from internet)

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— (... Contd. from Page No. 3) —

central point of Indian history. The names of many celebrities in the history are associated with Shiva-worship. King Vikramaditya, after whose name we have the Vikrami Samvat, built a temple in Ujjain. The name of Raja Bhoj is associated with another Shiva temple in Madhya Pradesh. The whole length and breadth of India was, once, covered with temples of Shiva, among which the twelve *Jyotirlingum* temples are famous. In truth, historical excavations and surveys have shown that, in most of the ancient civilisations, Shiva was worshipped by one or the other name, such as Savejiya, Bal etc., etc. Relics of Shiva-worship have been found in Egypt, Greece, Rome and many other countries. All this shows that *Shivalinga* is a symbol of Him whose reverence and stature, unlike the worship of Krishna or Rama crossed the boundaries or borders of countries.

**Esteem of Shiva was prevalent in almost all major religions**

Not only was Shiva worshipped in most countries and civilisations all over the world but also in all major religions of the world in their

earliest times. For example, many scholars are of the opinion that the black stone, called Sang-e-Aswad in the Mecca, the sacred pilgrimage of Muslims is symbol of Shiva whom people here have been referring to as Meccashwara. It is said that ever since the days of Abraham, who is the prophet, revered greatly by Christians, Jews and Mohammedans, this holy stone has been there. It was placed at its present places by the prophet Mohammed himself and all the pilgrims who go there for the Haj, express their reverence and, at that time, they are dressed in one single unattached sheet of cloth as the priests do while worshipping Shiva. Muslims believe that this stone was sent by God to Adam and Eve when the holy place was established. If God, Who is the wisest being, had sent it then this shape must have significance because no act of God is without a deep meaning. He must have sent this because it represents God's own form of Holy Light i.e. *Jyotirbindu*.

We say this because God's this form is mentioned in the Old Testament where it is said that Moses saw this self-luminous form of God on the mount. Jews, Christians and Mohammedans – all consider

Moses as their prophet and they believe in what is written in the Old Testament.

All these facts collectively show that Shiva, in olden times, was considered as God, in all civilisations and religions; and He was believed to be of the self-luminous oval shape, or better call it *Jyoti-Bindu*. Sculptures in the Elephanta caves and His other names, such as Traymbakeswara, show that Shiva was believed to be the Creator or the Lord even of the Trinity – Brahma, Vishnu and Shankar. His self-luminous oval form, which is like a flame is also very significant because God is incorporeal and unborn, immortal and a point, which has neither length nor breadth; this is the most appropriate form as His symbol. Also, since God is neither male nor female, and has neutral gender and is of light, it is most appropriate to call Him '*Jyotirlingam*'.

In view of all this, it is only natural that, among the festivals of India, *Shivratri* has a very special place. But, hardly does one out of millions understand its real significance. It would be worthwhile to explain this remark in order to make things clear.

**PECULIARITIES**

People celebrate Buddha *Jayanti* and other sacred days,

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associated with the life and work of Buddha and, while doing so they know the life-history of Buddha. But worshippers of Shiva have no clear idea of the identity of Shiva and also of His greatness and His works. Further, celebrations of Buddha *Jayanti* etc., have some clear implications. If people celebrate the day of his enlightenment, like Buddha *Purnima*, then it means that before that auspicious day, Buddha was not enlightened, for, as we learn from his life-history, Buddha was, earlier, in search of the truth. If they celebrate his *Parinirvana* day then it means that, before that he was in bondage of actions and was making efforts to attain *Nirvana*. Both these facts indicate that even if Buddha was a high soul, he was not the Supreme Soul because the Supreme Soul is Truth personified and is always knowledgeable and is never in a state of bondage. Also, we know that Buddha was born to his parents like a human being, whatever might have been his other specialities. However, we cannot say any of these things, such as birth, enlightenment or *Nirvana*, about Shiva. Then what does *Shivratri* signify if it was neither the day of enlightenment nor the day of

*Parinirvana* of Shiva?

Similarly, when we celebrate Mahavir Jayanti, we know that Mahavir was given this holy title because he showed courage and valour in fighting the six enemies (Ripus), i.e. evils. Before he attained that stage of Mahavira through his hard spiritual efforts, he was only making endeavours to conquer the vices. The same can be said of Vivekananda, Shankracharya, or, for that matter, any other great religious leader or founder of a great religion. They had taken birth as human beings and worked their way to greatness. None of them can be called God. Mohammed, Nanak and Christ – all have praised God and their whole life was spent in glorifying God. None of them can be considered as God, i.e. the Mother-Father of the whole world.

Another peculiarity is that Rama and Krishna also are shown to have been born as babies. They were, no doubt, full of divine virtues but they had a male body and that body grew up in the course of time. Their body was thus subject to age and a change and they had the parents of their body. But Shiva is shown in the oval form without any gross or subtle body. Shankar, no doubt, is

shown as having a subtle body but Shiva is called *Jyotirlingam*, i.e. one whose *lingam* or gender is neither masculine nor feminine but is simply incorporeal Light. In this context, it may be noted that here we are discussing about Shiva, in whose memory we celebrate *Shivaratri*; we are not discussing about Shankar who is one among the three deities – Brahma, Vishnu and Mahadeva and who is shown in deep meditation. Shankar also is not God because God is Shiva on whom Shankar meditates. But, Shiva, as we said earlier, is shown *Nirakar*, i.e. incorporeal.

There is yet another peculiarity. When we celebrate the birthdays of Buddha, Mahatma Gandhi etc., we call these as Birthday celebrations. We don't call these as birth-night celebrations even if anyone of them is born at night. In the case of Shiva, we call it *Shivratri*. The reason is that this is the time when human souls, all over the world, are in utter darkness and there is decay of all religions. Thus, *Shivaratri* is the commemoration of God Shiva's advent at the time of extreme moral decay in the world. This has been called the time of *Dharma Glani* in Shrimad

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Bhagwad Gita. God Shiva does not take an ordinary human birth, but a divine birth, as is mentioned in Gita. In the case of ordinary birth, a soul enters the body of an infant in a mother's womb. But, in the case of divine birth, which is what only God takes, the Supreme Soul descends from *Paramdham* and enters the body of a grown-up person, sits on his intellect and uses the latter's mouth-organ to teach Godly knowledge and Rajyoga that had gone into oblivion, as is mentioned in the Gita. This act of God does not create karmic account nor is this body owned by Him because He is above or beyond all this. This is called entering the body of another. God uses another's body for the sake of revealing Godly knowledge and esoteric science of yoga and, thus, enlightening mankind and working for their salvation and for re-establishment of Golden Age.

If, therefore, we remember these explanatory facts about *Shivratri*, then we can understand that, at present when there is extreme decay of moral values, God must have descended to educate mankind again so as to lead them on the

path of salvation and to re-establish Golden-Age. This work has been going on since the year 1936-37. We therefore, greet all souls on this auspicious occasion which is worth multi-million diamonds and we invite all to have the benefit of this knowledge and yoga and, thereby, have God Shiva's inheritance.

Let us understand it very clearly that the festival of *Shivratri* is in commemoration of the divine birth of Incorporeal God Shiva, Who is the father of all souls and is the Creator of Brahma, Vishnu and Shankar. The word 'Shiva' means 'The world-benefactor' or one who does welfare of all. So, this festival is the highest among all and the present period is the auspicious confluence of the end of *Kaliyuga* and the beginning of Golden Age.

But the above fact is unknown to most people. If this single fact were known to mankind, history would have been different because, in that case, all would have considered

themselves as children of God and, therefore, as brothers among themselves. Then, Mahmud Ghaznavi would not have attacked Somanth nor would have Vishwanath temple been desecrated because the Muslims would have considered *Shivalinga* as sacred as Sang-e-Aswad, which is also the symbol of the Supreme Soul.

Moreover, if all consider themselves as the children of God Father Shiva, whose name signifies that He is the world-benefactor, they too, as worthy children of God, would work for the benefit or benediction of all. The politicians would work not for the sake of power but for the well-being of all; the economists would frame policy for the greatest good of all. The educationists would frame a policy which would include moral values for they would then consider the importance of moral and spiritual well-being of the children and so too would everyone work for the good of all. ●

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**Life is 10 percent what you make it and 90 percent how you take it. – Irving Berlin**

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