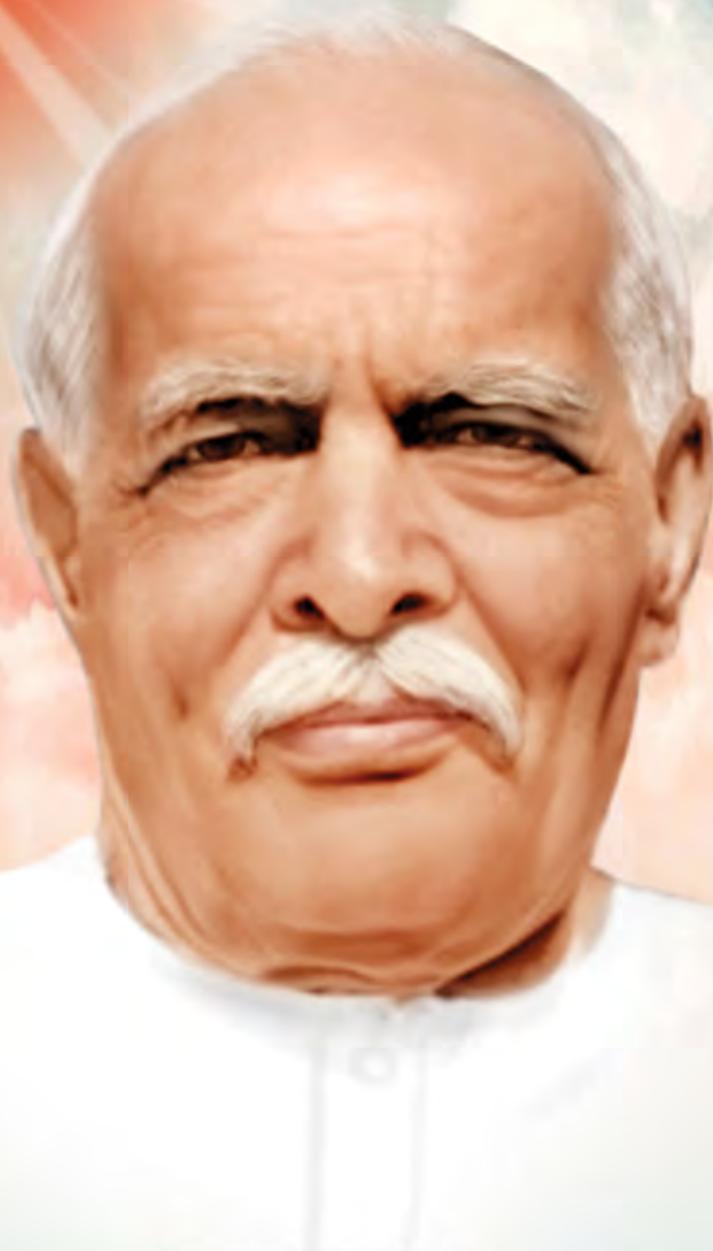




# *The* *World Renewal*

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**Pitashri Brahma Baba**

who attained the stage of completion and perfection on 18th January 1969



**New Delhi:** Mr. JP Nadda, National President of BJP is being explained Godly knowledge by BK Mruthyunjaya and BK Prakash.



**Gulbarga (Kar):** Inaugurating a Seminar for Educationists are Prof. B Satyanarayan, Vice-chancellor of Central University, Dr. Anil Bidve, Registrar, Sharanabasava University, BK Mruthyunjaya, BK Vijaya, BK Prem and others.



**Gurugram (ORC):** A Program on 20th Annual Day Celebration of ORC is being inaugurated by Ms. Fatoumata Balde, Ambassador of Republic of Guinea, Dr. DR Kartikeyen, former Director of CBI, BK Brij Mohan, BK Asha, BK Shukla, BK Geeta and others.



**Mumbai (Vile Parle):** Mr. Amitabh Bachchan, Superstar of Indian cinema is being explained about spiritual knowledge by BK Kareena.



**Vijayawada (AP):** Mr. N V Ramana, Chief Justice, Supreme Court of India is being felicitated by BK Shanta, BK Bharathi, BK Ratnakumari, BK Padmaja and BK Jaya.



**Dallas (USA):** Mr. Taranjit Singh Sandhu, Indian Ambassador in USA is being felicitated by BK Ranjan after sharing Godly knowledge.

From the mighty pen of Sanjay



## BRO. JAGDISH JI AND BRAHMA BABA



Bro. Jagdish ji

In 1953, in the house known as 'Brij Kothi', then owned by the Maharaja of Bharatpur, about six of us were sitting with Baba on the top floor in the part named 'The Sardari Quarters'. Baba had been lying on one of the big beds for a long time talking to us so sweetly, with great love and feeling, about spiritual knowledge and life. The soul was experiencing a lot of happiness, and while listening, I slipped into such a stage of yoga that I felt: let the flow continue from his elevated mouth. Let me continue to listen so that I, the soul, melt completely into the stage at the summit of yoga. In the meantime, the senior sisters who were sitting with me said, "Jagdish Bhai, let's go now. It's quite late. Let's allow Baba to rest." I felt reluctant to leave, yet how could I disturb my beloved's rest? Baba looked at me smiling, with special energy emanating from those lotus eyes. I framed that beautiful picture in my mind as I left, yet it was as if a wave of something else continued to reach me. My mind did not want to

leave, while my intellect was taking the decision to leave, so my legs became confused whether to obey the mind or the intellect. I wobbled on my legs, yet at the same time I felt as if my feet were neither on the earth nor even in the sky, but I was in an Ocean of Light, enjoying a state of being bodiless. I was in the rapture of bliss as I slowly made my way downstairs to 'The Dhobi Quarter' where the clothes were pressed, and sought a place to sleep in one of the empty rooms. Finding sleep impossible, I eventually came out and found myself walking in the splendour of the moonlight shedding even more power on my stage of light. Thus, I reached my room. For some time, I sat in that rapture on my bed because there could be no trace of sleep at that stage.

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## WHISPERS FROM BELOVED *AVYAKT BAPDADA*



**T**he beginning of the New Year 2022 reminds us of honouring the *Avyakt* Month of January, as done every year, to empower ourselves. This self-empowerment works wonders in enabling highly placed souls in the world drama to rediscover their hidden powers. Many miracles happen in the lives of the BK divine family as a result of their firm belief in receiving God's blessings during this benevolent time. It's not just the festivals of December or New Year's Day, but one whole month of the year, January, that is considered most auspicious by the Rajyogi BK divine family, as well as human souls from any religious background or community. We all know that when the Founders of the various religions descended on earth, their time of reincarnation was considered sacred by generations of their followers, who continue to celebrate it in the form of "Founders' Day". **But this is the most precious time of the reincarnation of Almighty Supreme Being, which occurs once in the Cycle of Time.** Though every human soul from any religious background keep worshipping their ideal of God indirectly, they do not know the truth of the Supreme Being's existence, and rather just keep waiting for God to reveal Himself. You can imagine how

much patience the Divine has to harbour until the last moment when all human souls have descended on earth and prepare to receive His boons and blessings... **According to His promise, revealed through the *Shrimad Bhagwad Gita*, He waits for that auspicious moment when His corporeal medium Pitashri Brahma Baba is ready to recognise the ultimate truths about Soul, Supreme Soul and the Cycle of Time, and receive elevated guidance (*Shrimat*) in all humility and with greatest joy for the re-establishment of *Dharma* (Righteousness).**

As mentioned in our scriptures, God's revelations are first realised by the Father of Humanity, lovingly known as Pitashri Brahma Baba (whose bodily or *lokik* name was Dada Lekhraj). From the records of Yagya history, we have learned that Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya was formally established on 18th January 1937. God's ways are very strange, unique and full of enlightenment. He being the Supreme Father reveals His own identity personally, and that truth can be revealed only and only by Him. Devotees of the path of *bhakti* or other Yogis, no matter how distinguished or great they may have been, would have shared just a fraction of the full

wisdom. But ever since our Supreme Father, Incorporeal Shiv Baba, started sharing the depths of spiritual wisdom through discourses, divine visions or divine inspirations, His daily teachings/discourses over the period 1937-1969 were duly recorded and circulated to all BK Service Centres. So one can imagine how much Spiritual Knowledge has been revealed over the decades for the benefit of humanity!

**Fortunate are those who have awakened internally and received that highest and most precious gift of Spiritual Gyan (Knowledge).** Truly, it has been the accumulation of the highest wealth of wisdom, virtues, powers which empowers the self to conquer *Maya* (negativities), in all its deceitful forms. In the truest sense, the third eye of wisdom opens and darkness of the *Kaliyugi* world is dispelled.

From the moment one accepts oneself as a Brahma Kumari or Brahma Kumar, the longest journey of the path of enlightenment begins to reach perfection. Over two ages, that is 63 births from the beginning of Copper Age until the end of Iron Age, the quality of each soul has undergone tremendous transformation to the extent that everyone forgets completely about one's original pure and good personality. **This is why it takes years of regular spiritual practice and study to become naturally aware and spiritually**

**empowered. Though the Brahma Kumari Instruments (Spiritual Teachers) offer the 7-days Course, it actually requires commitment and deep endeavour on one's part thereafter to transform oneself.** January 18 marks the day when beloved Pitashri Brahma Baba attained *Jeevan Mukti*, having led such an unparalleled spiritual life of *Tyaag* (renunciation), *Tapasya*, and *Seva* (spiritual service) after relinquishing his physical costume at will.

Ever since Brahma Baba flew to the Subtle Region, his spiritual powers multiplied into



Brahma Baba is with Jagdamba Sarswati & Dadi Prakashmani

trillion-fold because he is now playing the role of bestowing blessings, and boons to all human souls on earth, so that everyone receives his or her God-Fatherly inheritance of achieving *Mukti* and *Jeevan Mukti* for 21 life times in the ensuing Golden and Silver Ages. Every year, the Brahma Kumaris spread the Spiritual Message by inviting leaders of all faiths to witness and share the benefits that have been bestowed on us for

servicing humanity. People may not accept or understand this out of ignorance or limited perception, but we Brahma Kumaris and Brahma Kumars aim to play heroic roles of revealing the Almighty Supreme Father to the entire human race.

**Among all species on earth, human beings have always proved to be worthy of learning, understanding, applying and becoming.** As per the present day scenario, we can see how modern day science has uncovered all myths and removed misunderstandings about the universe, planets, stars, and elements, **but there is hardly anyone other than our Incorporeal Supreme Parent who can uncover the layers of ignorance from human intellects!** Brahma Baba became an unbeatable force of wisdom, compassion, love and strength because he beautifully balanced his faith and respect for the Supreme Parent, with being practical and analytic in his application of spiritual principles.

In order to implement and crystallise the teachings of our Supreme Parent, Teacher and *Satguru*, currently, we need to listen, study, practise and meditate for a total of at least 8 hours a day, as has been shared by Brahma Baba from his own personal example of spiritual endeavour. **He was always very candid about how slippery this path to spiritual perfection and completion can be, and thereby nurtured and protected all of us by helping us to**

**understand the pitfalls and how to surpass them.** This diligent practice would eventually bring the aspirant at par with Brahma Baba.

It's a humble request to our beloved sisters and brothers to include a few principles of spiritual discipline in your routine and lifestyle:

- ◆ Regularity in early Morning Meditation
- ◆ Understanding and Study of Godly versions from the *Gyan Murli (Sakar and Avyakt Murlis)*
- ◆ 100% attention and determination to gain victory over the vices
- ◆ Engaging in Godly Service of human souls as well as the five elements with the power of purity, utmost humility and love, considering it to be the greatest opportunity that the Supreme Being has provided to us.

Where there is internal clarity, then determination emerges to invest time and energy in achieving spiritual goals no matter what, and finally one attains the desired results.

Let this New Year bring us new hope and opportunities for Godly Service. We extend our heart-felt Godly remembrance and wish that everyone enjoys a beautiful angelic life, and continues to aspire for entering into a golden-aged world of your liking in the very near future!!!

Om Shanti,

—B. K. Nirwair

## PRAJAPITA BRAHMA: A VERSATILE LEADER

■ B. K. Surendran, Bengaluru

**T**here is a great lack of trustworthy, genuine and inspirational leaders in the world now-a-days. The leadership vacuum has created a world



where everybody has become a leader in his own right. People in general have lost respect for the so-called leaders. In this context, the world situation is almost on a free mode for everything. No fear of anybody, no respect for parents, elders, teachers and preceptors. We have self-styled leaders who have no leadership qualities and hence they have no specific direction and purpose. So, there is a leadership vacuum.

### **Brahma Baba: Leader with a Difference**

Brahma Baba has been an undisputed leader by virtue of multifarious qualities in his life, work and relationship with the people who followed him. He gave specific direction to those who started following him through his life and actions. His spiritual

*sadhana* – endeavour endeared him to one and all and clearly showed the path of spiritual journey. His ideal life elevated him to an exalted position. This happened not only when he was in physical form, but even after leaving his physical body, he continues to be the leader for spiritual seekers. His expertise in the field of knowledge and experience, human relationship, communication skills and common sense form part of the main qualities.

Brahma Baba was in search of the Supreme, and for greater wisdom and higher life. When he received the first divine vision, he started constructively 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 realize the truth that God has descended and been teaching him. He came to have the highest regard for God and also His teachings. Therefore, he implemented the directions of the Supreme on a day to day basis. He came to be a great thinker and churner of Godly knowledge. His thoughts were like a fast-flowing river. The delivery was fast with a lot of contents that 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 of God in letter and spirit. First of all, he implemented the teachings in his own life and then set an example and became an embodiment of that for others to follow. He would wake up by 2 a.m. every day at the *Amritvela* early morning which many others also implemented. He never missed the

morning murli class because he was aware that the first beneficiary of the teachings would be he himself. He made himself available to God for conducting the spiritual knowledge class irrespective of his being physically fit or otherwise. He used to set specific time for practicing soul consciousness in addition to his being in the consciousness of the soul. Due to this practice, he was able to show to the world the consequences of soul consciousness.

### **Divine Visions**

People had the vision of the Supreme Being while looking at his eyes. Many people had practically seen a crown of light over his head. Many people who had bad intentions and vicious propensities were transformed when he simply looked at them. He had similarly set time for *karmana seva* – service through action. He personally attended to all types of *karma* to set an example for others to follow wherein he combined yoga with action. He even demonstrated that while playing also one can be in yoga and combine play with yoga. He had nobody else to follow who had followed the *Shrimat* with such accuracy and discipline. But the enlightenment bestowed by God and also his intense personal efforts prepared him to dedicate himself – *samarpan* – his body, mind, and wealth in favour of God's mission. It was an adventure – with a difference, something nobody else had ever done before. He did not think what was going to happen to him tomorrow, what would happen to his family and what the world would think of his actions. 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, court cases, media ire, replenished unlimited spiritual power in himself to fulfil all affairs of God's mission with renewed vigour. This was again a guiding factor for others to follow and the flock constantly grew

into a world organization.

In the midst of the opposition and mudslinging he was not disturbed, instead generated a lot of good wishes and pure feelings for such souls. He had unstinted faith on the path shown by the Lord and he followed *the* direction of the Lord in letter and spirit. He had deeper conviction that these were side-scenes on the way to a higher goal. The goal would be reached at any cost at the right time, as his leader was the Lord. He had firm faith in the consequence of his actions. He had an attitude of instrumentality and constructiveness in the face of fierce opposition, unfavourable situations and circumstances. He had no ill-will towards anybody. He looked at everyone as his child, irrespective of the fact whether he was in his favour or otherwise. Even though his spiritual endeavours began after 60 years of his physical age, he topped in the list of spiritual seekers. He was a natural *tapaswi* whether in active life or in rest. He was not a time-conscious yogi but always combined *karma* and yoga. That was why he could attain the angelic stage at an early period of his spiritual endeavour. His life was his message which others could easily understand and experience the spiritual fragrance of bodiless, egoless and viceless levels of life. His slogan was, "Whatever I do, others will observe and follow me; let me 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 image. He was highly simplistic and yet spiritual to the core. His speech, actions and interactions with others had divinity in it. Brahma Baba was a great thinker. He was a great churner of Godly knowledge. His thoughts were decisive, concise and fast. The delivery was fast with a lot of contents that generated

power and inspiration to think further. Each and every word had its own value, for which there is no parallel in any of the world's literature. 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 his children with the intricate points and hidden treasures of knowledge. He had the unique capacity to connect his thoughts with the thoughts of the Supreme very appropriately which was capable of awakening the sleeping soul of man to his conscious activity. Those souls who came in contact were able to enjoy the thought current of the Supreme in a mysterious way. Such a person would transform his life in a positive way and ultimately psycho-socio-spiritual evolution would take place in his life. As one tune his mind towards the Supreme and follows the path of Brahma, the life begins to change.

On his Ascension Day, we remember Brahma Baba for his great contribution and as a role model of an ideal effort maker for all of us to follow. ■

## DISTRIBUTING HAPPINESS IN NEW YEAR 2022

– B.K. Yogesh Kumar, New Delhi

After entertaining us for 365 days and nights  
Remaining with us in all our struggling fights  
The Year 2021 has bidden us goodbye finally  
Let's welcome Happy New Year 2022 gracefully

With new faith, hope, and  
glorious aspirations  
Forgetting yesterday's failures  
and desperations  
What will happen in the New  
Year, no one has clue  
May every day be successful in  
Twenty Twenty-Two!



Happiness is a Godly gift,  
immortal and beautiful  
A great treasure that conquers the events woeful  
When we distribute happiness, we get it in multitude  
Good-Wish and Goodwill for all change our attitude

Accumulating wealth, prosperity and possessions  
Gives us fear, stress, anxiety and depression  
'Be Happy and give Happiness' be *mantra* of life  
Life will be free from tensions, worries and strife

“Sweet Children, remain ever-happy and enjoy your role  
Even if you leave the body, as joy is inherent virtue of soul”  
He's our Supreme Parent, Teacher, *Satguru* and Friend  
Being His Sweetheart, let the bond never ever end

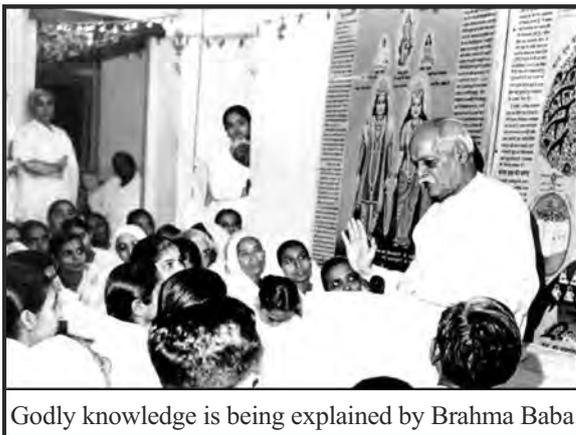
He's Incorporeal Supreme Father, a subtle point of light  
His Rajyoga teachings entitle us with peace as our birthright  
Distribute happiness of all relations with God Dear  
Wish you an ever Happy, Healthy and Prosperous New Year

## FIVE KEY LESSONS FROM BRAHMA BABA'S LIFE

–B. K. Prof. Onkar Chand, Shantivan

**A**s soon as the month of January comes, the sweet memories of beloved Brahma Baba, the Founding Father and the Corporeal Medium of Incorporeal God Shiva, automatically get refreshed in the minds of Brahma Kumar and Brahma Kumaris worldwide. His life of sacrifice, intense meditation and selfless service, fills the hearts with Godly love. His bodiless and angelic stage really touches the heart of everyone. In the same month, on January 18, 1969, he had conquered nature and five vices with the power of yoga and attained the perfect stage. This month is a reminder for all of us to conquer weaknesses of minds, explore the depths of silence and enjoy the beautiful companionship of God by following his foot steps.

The question arises that what would have been the points of his divine endeavour, through which



Godly knowledge is being explained by Brahma Baba

he attained that unique stage of perfection and got the ultimate privilege of doing the work of creation of a new world in the company of Shiv Baba? If we look at the journey of his supernatural life, then many such characteristics emerge from his life which everyone should bring into his life. We should learn at least the five following things out of hundreds from Baba's life.

### **Immense respect for women**

Baba worked tirelessly to empower the ordinary women. He had immense respect and regard for women in his heart. He respected women so much that he did not like the scene of Sri Lakshmi serving at the feet of Shri Narayana although Narayana was his beloved and respected deity. In Baba's view, this scene was a symbol of the enslavement of women. Once he called a painter and asked him to erase this scene of Sri Lakshmi from the picture and set her free. After establishment of Brahma Kumaris organization in 1936, Brahma Baba placed the *kalash* (urn) of knowledge on the heads of women. Seeing the special qualities present in mothers and sisters, Brahma Baba handed over the administrative reins of this Godly University to their hands. Today, Brahma Kumaris organization is a wonderful and unique example of women empowerment in the whole world.

### **Teaching through his actions**

Every deed of Baba was exemplary. Corporeal Baba taught everything to the children through his actions from the beginning of the *yagya*. From morning till night, Baba's entire routine was well-organized. Baba did not waste even a single moment of his life. At all times Baba was engaged in the service of souls and gross works of *yagya*. Although Baba's age at that time was close to 90 years, yet Brahma Baba used to do service in such a way that even the youth would get tired but Baba did not get tired.

Baba used to do even the smallest work of the *Ashram* with his own hands. When the children were sitting to cut vegetables, Baba also used to come and cut vegetables. Children used to say, Baba, we will do this work. Baba used to say, if you will do it, your fortune will be made; if I will do it, my fortune will be made. He did not even have consciousness of his old age. Baba was so soul-conscious that he always understood that I am doing the service of the Shiv Baba's *yagya*. Baba never sat on the throne like a *guru* and nor treated children like a *guru*.

Baba didn't say anything directly, but used to teach through his exemplary actions. Once, lot of wheat came to Madhuban. Bholi Dadi said, Baba, the wheat has to be cleaned and brothers and sisters are not being found. Baba said, open the sack and bring the plates. Baba started cleaning the wheat, seeing Baba all the brothers and sisters came, in this way within half an hour all the wheat was cleaned.

Beloved Baba always gave equal importance to every service of *yagya*. Doing every action, he would remain as a *karma yogi*, whether it was the service of cutting vegetables, the service of cleaning grain, the service of lifting stones, or giving knowledge and charity, he would do every service with love and would make every action memorable. He used to think all the time 'As I will do the work, others would do by watching me.' He taught all children from his daily routine to say 'yes' to every service. He always took care of economy in every service. He used to say that this is Shiv Baba's *yagya*, where poor children donate even single pie of theirs, which should be properly used in service so that both the giver and the one who use this in service have an imperishable fortune for 21 births. Baba used to say that you have to make fortune by doing service with the true spirit of service.

### Cool & calm in every adversity

The unjustified criticism and vile opposition could not dampen his high spiritual spirit, love, care and compassion. He always remained as an undisturbed, calm and graceful spiritual patriarch.

Baba, who was a millionaire, spent each penny of his vast empire on this mission and ran it smoothly for almost 14 years. As no treasure on this earth is imperishable if you keep on spending it, the day arrived when there was left nothing. At that time Baba had the responsibility to look after 350 spiritual children. But the admirable thing about Baba was that his faith in Shiv Baba was not shaken even in such hard and testing times. It is hard to imagine that this phase was so painful that sometimes not even a single grain was left to offer Shiv Baba as '*bhog*'. We could see the rock-like faith of Brahma Baba at that time. When someone informed Baba about it, he was troubled not the least; rather solaced them to wait till 10 a.m. and to great surprise at 10 a.m. the postman would come with the money order which was spent to buy the basic needful items and the demand of the situation was met. Anyhow, this phase also passed away successfully, proving Brahma Baba victorious and a living example of "*Befikr Badshah*", a carefree king.

Baba always remained calm in any adversity. Once Baba was taking a *murli* class, a mother came and started a ruckus because her daughter used to say, I do not want to get married. Baba stopped the *murli* and sat down in peace. One or two brothers got little excited to take out this mother, who is disturbing at the time of Baba's *murli*. Baba also told them with a gesture, keep calm. The poor mother said what was filled inside her and went away with her daughter. Baba again started the *murli* class in the same way and didn't say anything about that matter, like there was a

side scene that came and went. Baba used to behave in every situation with the same love and with the same calmness. Circumstances used to come and go, but Baba used to remain stable.

### **No desire for anything**

In his life there was no desire for name, fame and prestige, nor craving for food and drink. He had no attachment or attraction to anyone. 'I do not want anything', such was his strong sense of heart. 'Attained whatever was to be attained and nothing left now!' - This utterance used to happen continuously inside his mind. The tone of his breath was merged in this voice. He did not even take the money in his hand. He had not even had the touch of any materialistic thing, palace, car or any luxury. He was the epitome of consciousness of simplicity. One thing which was imprinted in his mind as an indelible mark was that he believed that everything belongs to Shiv Baba. Despite being the owner, he treated himself like a child. He never took anything for himself.

### **Encouraging words for everyone**

His sweet words used to solve problems; the sweetness of Brahma Baba's words was indescribable. The person who heard his words was delighted. His words were so measured, meaningful and encouraging that even the saddest of the downtrodden had a sense of hope. There was so much power in his words that even the weakest women could do such difficult tasks which very few brave men could do.

If a person had been educated, Baba would have said – “He can do the welfare of many people. He can make his fortune very high by getting involved in writing articles and publishing literature, getting divine messages published in newspapers and preparing speeches of divine knowledge. This child has a very good part in the drama.” Hearing this, the person's mind would be filled with happiness and would get engaged in

God's service.

Some would have been illiterate and thought that “we cannot do Godly service.” Then Baba would say to them, “Children, what if you are not educated? Only 'Alif' and 'Be' (first 2 alphabets of Urdu language) - these two things are to be told. (Here *Alif* denotes *Allah* i.e. God and 'Be' denotes *Baadshahi* i.e. kingdom of heaven that comes from Him.) And all this is to be told that remember the Supreme Soul, Supreme Father Shiva and become pure, then you will get the complete fortune of the coming heaven. What is the difficulty in this?”

If someone was old, he would think that “I am no longer of any use. I am useless at home, at outside and from all sides.” But such people would get excited when they heard these words from Baba's lotus mouth, “Those who are old can do a lot of service because they are experienced. If they narrate the things of God's knowledge to others with their experience, then those things will be liked by the listeners. Look, Shiv Baba has also taken the chariot of this old body, has he not? Therefore, the old aged people are my colleagues.” Hearing such things in old age and even hearing the word 'Children!' they too would study God's knowledge like children again and then engaged in the service of giving knowledge to others.

At last, I would like to say that Brahma Baba has set a perfect paradigm to proceed tirelessly on the path of perfection for not only to the Brahma Kumaris and Brahma Kumars but also for all human beings. He was the epitome of peace, love, compassion, devotion, dedication, purity, perseverance, royalty and austerity. Just as Brahma Baba transformed himself completely to lead humanity by his personal example of complete surrender unto the Supreme Being and spiritual service of highest order, we should also encourage ourselves to follow his footsteps. ■

**CAN YOU SEE THE SPYHOLE IN THE CENTRE OF THE FOREHEAD OF BRAHMA BABA THROUGH WHICH YOU CAN SEE HEAVEN AND A PERFECT YOU?**



■ B. K. David, UK

**M**an's big mirror that has become of paramount importance all over the world yet is responsible for causing everyone their sorrow, endless stress, problems and ill-health.

**Reflections of perfections**

In God's Lift can be found a picture of Brahma Baba. If you look at this photo long enough it can turn into a mirror in which you can see yourself and if you look through the peephole in the centre of his forehead long enough, you'll see yourself walking and swimming in heaven. **Looking at Brahma Baba's picture can give you a perfect reflection of your perfect self and what you can become and where you can go.**

**Man's mirror reflects back instant sorrow.**

The loaf that is your body will cause you endless sorrow. On God's Lift is found the all too familiar body conscious mirror that we all look in every day and many times over that you lose count. Yet it's this seemingly insignificant common act of looking at yourself and your reflection in the mirror, acts like kneading dough to make a loaf. This kneading and its subsequent loaf you end up with on your plate, is one that causes you great sorrow at some point as this loaf (body consciousness) is truly poisonous when eaten and digested – or even smelt.

**Use your loaf and do not become dominated by it.**

The loaf that is your body will cause you endless sorrow. We should learn to make, eat and enjoy the chapatti of soul consciousness and not be ruled by our senses and bad habits and change our lives so they become ruled by good habits.

**'The soul'**

Man's human mirror can also be seen on the wall of God's Lift. Without great care on your part, you can end up looking at yourself in this mirror all over again where you fall into the trap of getting absorbed by your body and its reflection instead of concentrating on you 'the soul'. This body conscious mirror hangs directly opposite Brahma Baba's picture in the Godly Lift. They are positioned as such not by accident; so as to make it impossible to look at both at the same time.

Reflections, perfection and body conscious cannot sit down together at the same table and eat, nor can they sleep in the same bed or be in the same room as they have totally different needs and desires. The notion of perfection and working towards it is the highest and noblest path and act that any person can undertake. So, before the undertaker comes to take away your body, why not undertake this elevated path and task?

**Dr. Jekyll has been shoved up the corner out of the way for thousands of years and now thankfully at last, Mr Hyde's reign is**

**coming to an end.**

At last, Dr Jekyll can exercise his aching back and change this world with his elevated thinking and actions. Within this Doctor (you) are healing qualities that not only on himself but are granted to him as God knows he will want to cure and heal the world.

This Doctor will first need show the world their dire sickness and then soon after, administer a prescription that contains pure tablets that when taken with pure spiritual thoughts and actions that sees the patient only taking a pure diet, can work wonders on the human mind and cure it of its evilness. It's only when we get rid of something very bad in our lives does it leave room for something very good to take its place. After all, it's only when the flower pot has been removed from the centre of the dining table, can you place your birthday cake in the centre of the table for all to marvel at it.

**Today, body conscious and perfection live less than an inch apart and it's this hidden duality that is causing everyone to be unhappy.**

Everyone has perfection still within them lurking to greater and lesser degrees which sits next to their ugly body conscious self. Once these two lived in different worlds and did not even know of each other but now, their body consciousness reigns supreme over their perfection.

**Body consciousness has ruled the world unopposed for thousands of years.**

Body consciousness and perfection shall soon, once again, be worlds apart. It is now the time for perfection to show his beautiful face and play his winning hand in front of the world and it's only those sitting (meditating) on the perfect side of the table that will win. Now is the time for perfection to rule the globe triumphantly and not

in a way that body consciousness has been doing by handing out fake rewards that shrivel up and set on fire before your eyes and cause you great sorrow.

**There's a very small peephole in the picture of Brahma Baba located in the forehead and if you look through it you can see a magical world.**

The whole world is always busy looking at their reflection in a body consciousness mirror with just a few having turned their backs on this mirror in favour of looking at Brahma Baba's picture. There are even less that become engrossed in looking through the spy hole and becoming inspired to be worthy of living in heaven that they can see by living a life that echoes Brahma Baba's life that was led to the highest order possible every day and in every minute was seen and felt to be the embodiment of love, peace and coolness and was without fluctuation.

The amazing thing I see is that many can copy and live that elevated life which Brahma Baba led for the day or two but thereafter, everything collapses. To follow his example for a week or two is far out of the reach of all and an impossibility for them to keep up for more than 36 hours.

**So what's missing in most people that would allow them to gain perfection?**

A desire for truth and realisation as to what you can become and who is teaching you, dedication, love for God and your spiritual self (the soul), a deep love for truth and a burning and unquenchable thirst to be blissfully happy. When all these are present in you each minute and your efforts are constant, you'll be able and worthy to walk in the footsteps of this great man whose shoes never once left the Godly path on which he walked. There is not even one footprint of

Brahma Baba's shoe to be found in the dirt track that runs either side of this Godly path even though that track was ever-present and only ever one step away.

**God has given us the mirror in which we can see perfection.**

Man gives you the mirror where you can see clearly your wrinkles, imperfections, scars, bald head and old body looking back at you. Few can grasp that in such a mirror, they'll only ever see sorrow glaring back at them. Man's mirror is one of despair and often the only person looking back at you will be full of sorrow, frustration or anger. The frame around the mirror might be gold and offering you much, but it's only gold paint and its reflection is 100% accurate and shows the ravishes that time can have on your face and body which no one can escape and only the pure can slow down.

**As the sun can burn your face, so body consciousness will burn your soul.**

An overcoat keeps out the cold, makeup hides wrinkles, deodorant and perfume mask bad smells and high heels lengthen short fat legs and Botox and tattoos try to give them something they haven't got and it's all concocted up and people walk about under its bright umbrella of body consciousness. Body consciousness poisons the mind and is detrimental to a person's well-being and mental stability as when you rely on something and that something is fake and illusionary and simply not real, there can only be one outcome and that must be of dire consequences when the umbrella of flamboyance you were holding sets on fire and leaves the rays from this false body conscious sun to burn your head.

We've all grown old according to man's mirror but in God's mirror we, the soul, are eternal and

although have lost much spiritual energy, but by looking at God's picture and getting lost in His image of perfection, you can recharge your soul and return to your perfect self as you live within the parameters of perfection. For the majority they are faced with the constant reality of having to look in man's mirror where the only thing staring back at them is sorrow and disappointment as their lifestyle has seemingly cursed them and made them ugly.

**The once clean Temple in which we all lived, has for many people, turned into a brothel and slaughter house for the innocent.**

No matter how expensive their clothes, car, house or how high the carat is their gold jewellery or refined or thick their makeup is, you can never cover up and make beautiful the sins in the soul which eventually find their way on to the face and when these sins are hiding in your body, take revenge and cause limps, weak hearts, diabetes, strokes, heart attacks, BP and aches and pains and in every ailment which can cause a person to suffer.

**Punishment might belong to the Lord but it's us humans that put the hammer in His hand.**

Try as everyone does, you cannot hide the truth and what you think and what you've done in the past will come rolling down a steep hill and will either knock you over and cause you much laughter or crush you - or kill you. ■

**The ability to bend without breaking**

**True tolerance makes us flexible. And when we are flexible we can accommodate and adjust to anything and anyone and maintain well-being.**

## SELF MANAGING AND TRANSFORMATIONAL LEADERSHIP

■ T.V. Jayaprakash, Palakkad

**O**ne need to understand how to manage the self through the dynamics of intellect, mind, emotions and behaviour. A change in consciousness is fundamental to a sustained change in attitude and behaviour. Personal leadership capabilities could be developed to equip oneself with the knowledge to maintain intellectual clarity, mental freshness and emotional strength.

Transformational leadership model is like a compass that gives direction to people to determine the way they have to navigate and achieve their vision. It is the values that lay the foundation of our character, attitude, influence, motivation and perception. The insights help to redefine the vision; and the values become a vital force to reach out the same. One should have a right mental attitude, being free from all preconceived notions.

Values contain a judgement element; in that they carry an individual's ideas as to what is right, good and desirable. They have not only content but intensity attributes too. The content attribute gives importance to the mode of conduct or end-state of existence of the quality or feature. The intensity attribute specifies the relative importance we assign to values as freedom, pleasure, self-respect, honesty, obedience, equality etc.

An organization has an ethical responsibility

for the needs and challenges of the society. Being a detached observer, we can see ourselves and the influences in the way of our life. The balance we maintain is the key to stability. Keep a balance between the past and the future. Also, maintain a balance between hard thinking and soft thinking. One is to be logical, analytical and rational; also, simultaneously be intuitive, creative and emotive. A practical self-development programme is necessary for people facing major challenges in their life. A change crisis is a period of stress and uncertainty for an individual. The anxiety can be unbearable unless they have exceptional self-management skills.

Those who have the self-management skills can take the responsibility of leading others through a period of chaos. We have to be equipped to cope with a transformational change. Just adjusting to the changing environment is not enough. There comes a time when either a breakthrough transformation occurs or collapses. It is in this context that the aspects of applied spirituality have an immediate relevance to organizational and human resources development.

The Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya has its own self-management systems faculty. Firms of international management consultants in collaboration with the PBKIVV have developed self managing leadership (SML) that provides individuals with the personal skills and confidence necessary to master and lead others through the present day chaos of transformational change.

This will increase one's capacity, capability and ability, to make more and even improve their quality. To sum up, the happier and fulfilled staff

not only works better but can contribute significantly to the achievement of their objectives. Western management experts and behavioural scientists have focused on the correlation between Eastern Spirituality and where Self Managing Leadership fits in an organizational development program.

SML is based on the fusion of these two approaches. Spiritual Knowledge and Practice which are relevant to life at work are dealt with. Others include Self Management Quality of Life (SMQ), Stress Management, Personal Remodelling etc. Any particular belief system need not be adopted, except a firm belief in the participant's own self and their own innate qualities and abilities.

Planning for the individual is planning for the organization. Self-management personal planning models lead to self-development and leading a meaningful life of fulfilment and satisfaction. Have the right mental state when planning for our future. Be cautious of ourselves and the influences on the way of our life so that they don't distort the judgement and discrimination. The best mental position is that of a detached observer.

Your role as a leader is to bring about significant changes in our mission, vision and values. A leader's mind features a fine balance of thinking styles, both hard and soft according to the need. Don't be too emotional or too rational.

SWOT analysis is an analysis of our own personal Strengths, Weaknesses, Opportunities and Threats. It is an analytical tool commonly used in the strategic planning for a business but is used in a different way for personal strategic planning. Our personal

strengths are those aspects of life which are really good and working well.

Weaknesses are those aspects of life which are not so good and are causing sorrow or discomfort to us. Opportunities are those golden chances that may be right in front of us, if only we are able to recognise them. Threats are those things that we may be worrying about in the future.

Observe ourselves in a loveful but detached manner, and review ourselves. Be objective and unemotional during the process. Living in the present moment, go into the past, recollect the memories from the past happenings, events and situations and find out what can be used, in order to be successful and on which we can depend in the future. And, remove our old weaknesses.

We can navigate our lives on the basis of the opportunities that we can see opening up in our own life. Now, it is clear where we are standing, what our personal resources are, and what we need to pay extra attention in order to steer through for personal development in the direction we want to.

In our present life, the missing dimension is spiritual wisdom, otherwise called insight! There is a powerful organization within yourself in order to manage yourself in a better way. We need to know and understand our inner organization. There are two aspects of us; the innate self or the real self, and the acquired self or the physical self.

The innate self known as the soul, *atma*, or spirit; is the essence and storehouse of all values. It has three main faculties, through which it functions or performs all the mental activities; the mind, intellect and the subconscious.

(Contd. ... on next issue)

## **FUTURE OF THE WORLD: SCIENCE AND SPIRITUALITY**

■ **B. K. Dr. Shiv Kumar**, Ahmedabad

**W**hat is the future of the human civilization? Science has been quite promising, and people are optimistic about some kind of scientific miracle. There are several who foretell or predict about the future. Heaven on the earth with purity, happiness, protection and good health is projected. Before drawing any conclusion let us experience the emerging trend, forces and patterns.

### **Miracle of Science**

Today, revolution of artificial intelligence, internet of things and machine learning are competing hard and challenging human intelligence. Robots and chat bots are going to replace the engineers and doctors in offering more efficient, accurate and faster solutions. Definitely, beyond intelligence there are emotions and love, whether these artificial humanoids can experience these. There are several exciting news regarding the technologies and space exploration. Elon Musk of Tesla, Richard Branson of Virgin Atlantic, Jeff Bezos of Amazon have initiated space tourism. People are paying millions of dollars just to have a few hours of unique space experience. Exploration of space is no more limited to astronaut or scientists. 3D printing is revolutionizing the manufacturing technologies. GPS technology surprising everyone with location tracking and updates. There are huge curiosity, what next,

whether we can colonize other planets like Mars and Venus? Whether medical science can reverse the ageing, transforming the old person to an everlasting youth? Whether advanced farming technologies can produce plenty of food? Can we reclaim the purity and cleanliness of our beloved planet through advanced technologies? People are optimistic of power and ability of science, less confident of self restraints, discipline and control. If medicine can cure and safeguard from sufferings, where is the theory of *Karma* and consequences.

### **Vanity, Pride and Ego of Science**

The modern computer was born out of the urgent necessity after the Second World War to face the challenge of Nazism through innovation. Similarly advancement of management science and mathematical physics became faster during the World War II to optimize the resource, time and process. Recently countries have successfully launched hypersonic missile which can travel 5 times faster than sound at the speed of 6200 km/ hr. In the name of self-defence, when the developed countries are heavily investing on warheads and nuclear arsenals, unsettling the geopolitical situations. Commercialisation of weapons is one of the most attractive business proposition. Countries are loaded with guns, arms and ammunition, while children are dying out of hunger. Scientific supremacy were displayed through the destructive weapons, equipment and fighter planes during triumph parade on important days. Extreme advancement in science is supporting extremism, hatred, war and conflict through weapons. The father of hydrogen bomb Edward Teller challenged the intelligence of Robert Oppenheimer, the father of atomic bomb by developing something deadly

and more powerful. Scientists may be humble and innocent but not the businessmen and politicians. Perhaps investing so much on space exploration, arsenals, scientific discoveries will be responsible for the destruction. Scientist have been spending billions of dollars on meaningless questions: how energy is created or annihilated, beginning or end of universe, evolution from primates to mammals, etc . Science should focus on solving on issues of utmost priority: poverty, health, pollution, disparity, etc rather than supporting a few to accumulate and exercise power.

### **Steady rise in Illness, Poverty and Violence**

We have been observing sharp degradation in the world politics . The countries like Belarus, Sudan, Lebanon, Algiers, Nigeria, Haiti, etc all of us can hear several devastating news. Army and terrorism are taking over the political system stampeding citizen's freedom and rights. Recent days we saw what happened in Afghanistan, Myanmar, Sudan, Haiti, etc. Out of fear millions are leaving their countries to get into developed countries for the job, food and good life. Migrants and refugees are increasing, they are taking dangerous root through deserts, forest, rivers and sea to reach safe place. Europe and USA are increasing their border security. All of us remember the migration during the India- Pakistan partition. Till date almost 25 crores are infected by COVID and 50 lakhs lost the life around the world and many new variants are also emerging. Security of women and children are decreasing.

### **Growing Energy Crisis and Alternatives**

There are huge shortage of coals and gas around the world. They contribute maximum in generation of power and electricity. There are

already sharp rise in the price of energy. Some of the countries witnessed complete blackout because of shortage of energy resources. Countries are striving for the alternative energy. At present solar is contributing just 3% of electricity. The non-conventional and renewable energy like solar, wind, sea current, waste to energy etc are contributing to energy production, but not beyond 10%. One good news about them – the cost of production of electricity through renewable source is reducing drastically. Slowly-steadily the use and applications of battery driven technologies are increasing in term of electric vehicles. The pace of development in such direction need to be faster. Even atomic energy is quite safe and environment friendly, if it can be handled properly, but it needs huge capital cost. So atomic, solar, wind, waste to energy will be the energy source of the future.

### **Automation, robotics, AI, ML and Animations**

Automations is the buzz word and becoming necessity for the factories to be efficient, profitable and effective. Robots can work relentlessly without demanding single penny as salary, retirement benefits and accidental benefits. The applications of internet of things, AI and ML are increasing in every sphere, factories production capacity are increasing, speed and accuracy are unmatched. Developed countries like Germany are bringing their factories back to their countries and converting them to fully automate. We have been witnessing transitions and transformations. A lot of research is going on driverless car, if that project will be successful, millions of drivers will lose job, or supply chain materials through drone that will take away jobs of millions of supply chain guys. Chat bots have already replaced million of jobs of call centres. Growing competitions,

commercialisation and technological development are creating a few opportunities but killing many livelihoods. After all transitions, these development will help people in heaven to lead a smooth, happy and effortless life; as such there will be less population and they need automation. These technologies along with drone technologies will help for the driverless flying car: such as "Pushpak Viman".

Some of the technologies even if beneficial like internet but at the same time may not be healthy for human life and relations or work life balance, so many filtrations are needed for the future. Animation and virtual entertainment are also increasing, some of them are amusing and many of them are damaging and all these needs serious analysis.

### **Spiritual Message of Almighty**

As per the Almighty Shiva Baba the power of "Atma" or "Soul" through the power of "Atomic" or the power of Silence through the power of Science will bring heaven on the earth. All of us need to enhance the *Atmic* (soul-conscious) power to face the upcoming crisis to have heaven on the earth. It is all about fighting between virtue and vice within the self to transform the planet. ■

## **LEARN TO FLY – FIRST LOVE YOURSELF**

■ **B. K. Chirya, Owego, USA**

**B**ecome a self transformer and transform your thoughts and habits from negative to positive in a second with a powerful brake. When we have negative or waste thoughts, their speed is fast. We need to increase the practice of applying a powerful brake to slow down our thoughts in a second and bring about a change.

Why can't we change the pattern of our thoughts so easily? Imagine being a baby bird so comfortable in the nest, it never wants to fly. It doesn't realize it can fly and never realizes the blissful freedom of flight, never feels the wind through its wings. It thinks other birds flying around are unwise or foolish. In much the same way, we never really leave our nests of old thought patterns. Our habitual thoughts become our comfort zone and each repetitive thought pattern is like a twig in the nest, making the nest stronger and our stay in the nest seemingly comfortable, safe and permanent. We don't experience our true spiritual flight or freedom or feel the floating feeling of our inner beautiful nature.

*No one is more capable of flying free than you are because the ability to change is within all of us, all the time.* The solution is to remind yourself you can fly free. Where to begin? Talk to yourself: "I can F. L. Y. – First Love Yourself.". Pause and experience the feeling. We're most alive when we love ourselves. This spiritual 'brake' of love makes us strong, makes us brave to 'break' our attachments of old thought forms. It's an act of courage and most refreshing. With love I can change and fly no matter what happens. My world is not only this nest in a tree; the whole world is my garden, my home. I have removed the twigs of old thought forms and spread my self confident wings of love and light. Now I easily leave this nest of attachments as I am much wiser, stronger and stable, and fly free with the wind of positivity beneath my wings. Above all, it is the essence of just one positive thought in one second that helps us quickly to empower ourselves. When we F. L. Y. and consistently transform our thoughts from negative to positive, world transformation through our self transformation will be completed. When I change, the world changes! ■

## LAW OF KARMA

■ **B. K. S. C. Sunil Kumar**, Bengaluru

I was walking on the way once when someone from behind hit me on my head. As I looked back, I saw a maniac. Till then a crowd had gathered and they suggested me to hit him. But I immediately freed him and let him go.

I never saw that mad man before. And I didn't have any information about him. What is the relation between me and that mad person? Without any reason I was beaten by that unknown man. This is the law of *karma*. In this birth he and I may have no introduction, acquaintance, no contact or no relationship. Perhaps it is the calculation of the *karma* of our pre-birth, which was completed on that day.

**Many such accidental events happen in all of our lives.**

The theory of *karma* or law of *karma* is very subtle and exact too. The role of everyone in the theatre of this world drama creation is precise. But we must be able to view it from a meaningful standpoint. This vast world is full of inequality. The poor and the rich; the sick and the healthy, the homeless and the wealthy; the dull and the fanatics, weak and the intelligent, the employed and the unemployed – like this there are many inequalities in this vast world which are commonly visible. The blame for all these inequalities is directed towards God, the Supreme. But blaming God for our present situation or for whatever happens in our life is ignorance because our present situations are

the result of our past deeds. We are only responsible for the inequalities and condition in our lives. In this, it is unreasonable to curse the Supreme or our fate. We are only responsible for our current conditions.

Newton's third law states, "For every action, there is an equal and opposite reaction". Each of our words, our every thought and action ripples back to us.

Some are born rich and healthy while others have disability from birth. Some people have wealth but no health. Some have no children at all and some are deserted by their children itself. Some people just can't get any kind of happiness from any relationship. Why, the inequality?

Being born wealthy is the result of his good *karma* in past or donation to people. If he was healthy, he would have built a hospital or may have treated the patients in previous births. If we experience pain from any relation, then that means we may also have caused hurt.

Thus, the law of *karma* is very subtle, exact, deep and very intense. When a newborn child who has not yet opened his eyes is diagnosed with any serious ailment, it can be said to be the result of his past birth act only. Here this does not mean that we only reap the fruits of pre-natal *karma* or pre births, even in this birth, each and every *karma* will bear its fruit.

When we practise 'soul consciousness' as a way of moving beyond the ego or identification of the self with role, position, wealth, status, relationship, and even gender, then the inherent qualities of the soul motivate every thought, word and action. This is elevated *karma* or *Akarma*.

Another dimension to elevated *karma* is that once the inherent goodness is awakened in the self, then the next step of connecting to a greater Source, the Supreme Being, happens in a very

natural and powerful way. The return of such *karma* is manifold. God's love, peace and power begins to flow into me. Entering into *karma* in this way can also mitigate the effects of negative *karma* already created.

When we are not conscious of the qualities of the soul, then selfish desires, jealousy, attachment and other inferior feelings motivate our actions. Such actions are called '*Vikarma*' or vicious actions, which are born of ignorance and vices. Sometimes the subtle vices can go unnoticed in the short term, or even pass for virtues, but in the longer term they cause suffering. For example, I may help someone, but if I want their love and respect in return, a state of co-dependency may develop, and in the long term that will weaken us both.

Remember! a tree never eats its own fruits; it just gives. Similarly elevated souls who are full of virtues and attainments, will always share their virtues with others and in return receive multimillion blessings from the Supreme and good wishes of all. ■

### **Law of Attraction - We Get What We Are**

We may come across certain people (or even ourselves) who seem extremely deprived of love and affection, although they try very hard to gain acceptance from family or friends. They care for everyone but often left uncared for. Sometimes it is not just about being ignored, but they even attract the opposite quality of energies like anger, hatred, rejection, ridicule or disapproval. This happens when we suffer a severe lack of self-love or a low self-esteem. By radiating such vibrations, we invite or attract lack of love and respect from other people too, because we get the same energy as we give. Whether it is love, peace, or happiness, if we cannot give it to ourselves, nobody else can give it to us. It all starts from us and goes inside-out. The same happens when someone works very hard for success but repeatedly attracts failure. This is also directly related to quality of our subtle energy. Upon setting a goal, we need to journey towards it without creating a trace of negativity like fear or doubt. We fail more often due to fear of failure, rather than lacking what it takes to succeed. Even if we fail at a particular junction, we need to train the mind to progress positively towards the goal. When our vibrations are positive, more possibilities open up.

Each of us has eight spiritual powers. With meditation and regular spiritual studies, we need to increase the power to accept the self. **What people think about us is not important. What we think about us means everything.** Let us build our self esteem on our core values, not based on achievements or people's acceptance. Similarly we need to increase our power to face so that our energies flow beyond fear and self-doubt. This power re-conditions the mind towards courage and hence we become successful in any aspect of life. The Law of Attraction comes into play in such scenarios. The law does not mean We Get What We Want, it actually means We Get What We Are. Our thoughts and words are what we are, these vibrate to the universe and we get them back. What we are also includes our *sanskars* and *karmic* accounts, so what we get will depend on them too. ■

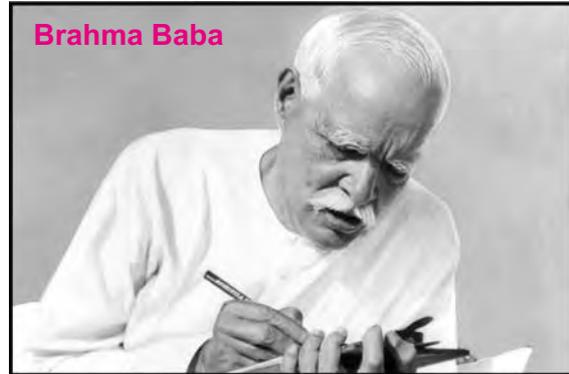
## THE LEGACIES OF PRAJAPITA BRAHMA

■ Rajyogi Khem, Trinidad

**T**he complete Brahma Baba, Deity Brahma, is one aspect of God's three divine acts as represented in the image of *Trimurti* God Shiva and should not be confused with the word "*brahm*", which is the sixth element of light that pervades the metaphysical world *Nirvana Dham*, the Supreme abode of God. He is known as the "special son" of Heavenly God Father Shiva because he surrendered his mind, body and wealth towards the establishment of the new world order of the Golden age. For this, Brahma is known as the master creator and called "Bhagirath", the lucky chariot. Today, people are confused as, God Shiva, the Incorporeal One, has been inadvertently or innocently omitted from the Trinity and only Brahma (creator), Vishnu (sustainer) and Shankar (transformer) are shown.

### Prajapita Brahma Baba

He was named Brahma by God Shiva Himself. He then earned the title Prajapita Brahma, the "father of humanity" because of his effort and dedication to make others similar to himself by imparting the knowledge of the Gita as spoken by God Shiva through his lotus mouth. It is similar to how Mother Saraswati earned herself the title of Jagadamba, the world mother. This name was given to him as he was chosen from the old world for transformation into a Brahmin by God Shiva Himself. When Brahma left his mortal body, he had reached the



complete and perfect stage of purity known as the "*karmateet* stage". He then assumed his angelic form to continue his *avyakt* role in world transformation and it is for this *alaukik* role he is known as *Adi Dev Brahma*.

This aspect is captured in the Gita c9 v1 quote: **"To you, who are devoid of the carping spirit, I shall now unfold the knowledge of Nirguna Brahma along with the knowledge of Sakara Brahma knowing which you will be freed from the evil of worldly existence"**. (*Gita, 24<sup>th</sup> edition by Syt. Jayadayal Goyandka printed and published by Motilal Jalan*)

*Sakara Brahma* in the above *shloka* (verse) is Prajapita Brahma in his earthly human form and role whereas *Nirguna Brahma* is his angelic role as *Adi Dev Brahma* in a subtle body of light residing in the angelic world. The Gita in c9v2 says: this knowledge of Brahma is a sovereign science, a sovereign secret, Supremely holy, most excellent, directly enjoyable, attended with virtue, very easy to practice and imperishable.

It is very obvious from Gita c9v1 that if you want **to be freed from the evil of worldly existence**, that is, become a resident of the world without sin, the Golden Age or Heaven, you must understand the deep secrets of *Nirguna* and *Sakara Brahma*. These secrets reveal that you must become a mouth born progeny of

Brahma Baba to burn all the old sanskars of the old world as Arjuna did before you can attain liberation and liberation in life.

### **Brahma's Day and Night**

The vice-less Golden and Silver ages were ruled by the deities and there was peace, purity and prosperity for half of the cycle, equalling 2500 years and it is this period that is known as the "day of Brahma", heaven or paradise. The vicious Copper and Iron ages are known as the dark ages where the vices of anger, greed, ego, lust and attachment created a world of ignorance, sorrow and untimely death and these two ages are also for 2500 years, known as the "night of Brahma" or hell.

### **Brahma Kumars and Kumaris**

Those who got the knowledge of the Shrimad Bhagavad Gita, imparted by God Shiva through the lotus mouth of Prajapita Brahma and transformed themselves, are known as Brahma Kumars and Kumaris. They are known as the authentic Brahmins of the Confluence age, the mouth born progenies of Brahma.

### **Brahmachari and Brahmchari**

*Brahmachari* are those who earn the title of Brahma Kumars and Kumaris and follow in the footsteps of Prajapita Brahma to become complete and perfect in all aspects towards a vice-less life and become equal to Father Brahma or "*bapsamaan*". "*Brahmcharya*" on the other hand is the first of the 4 stages in a man's life as prescribed by the Hindu scriptures extending till the 25<sup>th</sup> year during which one is expected to live strictly as a celibate dedicated to the consummation of his educational effort under the guidance and direction of a preceptor.

Therefore, a *Brahmchari* is one who lives a celibate life in preparation for the second stage of *Grihasth*, the family path whereas a

*Brahmachari* is one who follows in the footsteps of Brahma to first become a *Brahmin* in preparation for the next stage of becoming deity. (note spelling/meaning difference between *Brahmachari* and *Brahmchari*)

### **Brahmari and Brahmini**

A *Brahmini* is a Brahma Kumari who has become an arm of Prajapita Brahma and has surrendered her life to impart the knowledge of the Gita tirelessly to make others follow in the footsteps of father Brahma and at the same time makes effort to become complete and perfect. This is analogous to certain insects who by incessant buzzing make other insects similar to themselves and are called "*Brahmari*". Hence the similarity in function and determination of a Brahmini and a Brahmari to transform others.

### **Brahmapuri and Brahmloka**

*Brahmapuri* is the subtle region between the planet earth and *Brahmloka*. Avyakt Adi Dev Brahma resides here in a subtle body of light to continue his role in world transformation. At the end of the cycle, when all the souls have to return home to *Brahmloka*, also called *Paramdham*, the soul-world, they must pass through this subtle region (*Sukshmaloka/ Brahmmapuri*) for final purification to settle any remaining *karmic* accounts that was not settled by making effort while in earthly human form. Adi Dev continues to work very closely to God Shiva for the establishment of the Golden Age and they are known as *BapDada*.

### **Brahmloka and Brahmand**

*Brahmloka* or *Brahmand* is the same region. *Brahmloka* is the residence of all souls and it is the highest of the three worlds, whereas *Sukshmaloka* is the middle angelic world where angelic Adi Dev Brahma resides. *Brahmloka* has many others names such as *Paramdham*,

*Shantidham, Muktidham*, the land of *Nirvana* or Soul-World. *Brahmloka* is the eternal home of the Supreme Father, God Shiva and all the souls.

*Brahmloka* is pervaded by golden red light and because of its shape, it is called *Brahmand*. *Brahm* is the sixth element of golden red light whereas “*and*” pronounced “*andh*” describes it as oval or egg-shaped. On the path of devotion, there are many *Sanyasis* who wrongly believe that they will eventually merge with the *Brahm* element that they consider as God and as such they are called “*Brahmgyanis*”.

### **Brahman and Brahmin**

A *Brahman* is the first of the four castes in the traditional Hindu hierarchy as taught in the path of devotion. On the path of divine knowledge, the *Brahmin* is a mouth born progeny of Prajapita Brahma and is considered to be the highest or “topknot”, to be followed by the deities, warriors, merchants and finally *shudras* as there are five castes instead of the traditional four in the path of devotion.

### **Brahma Muhurat**

*Brahma Muhurat* is said to be the auspicious time of the morning which is ideal for meditation or remembrance as well as for “*ruh rehan*” (love-full spiritual chit chat) with God. On the path of divine knowledge, this period is between 4 a.m. and 5 a.m. and it is called “*Amritvela*”, the period when God dedicates His time for *Brahmins* to fulfil all their spiritual desires. He opens up His treasure stores of virtues, powers and knowledge but Baba’s children receive them number-wise according to their *Purusharth*. This is why God Shiva is also called *Bholanath*, the Innocent Lord, because at this auspicious time, He is most forgiving and merciful.

### **Brahma Astra**

In the ancient warfare, the *Brahmastra* was a missile, said to be set in motion by divine force. It

is an unailing weapon that hits and destroys its target. It was the *Brahma Astra* that was used by Rama to annihilate Rawan. Other missiles could only make Rawan unconscious, giving Rawan a chance to get up and attack again. In the path of divine knowledge as taught through Brahma, the *Brahma Astra* is not a physical weapon, but it is the combined might of *Gyan* and *yoga* (*Jwala devi*) to destroy the vices and the evils of the world. The *Brahma Astra* is the *Gyan* and *Yoga* of the Gita.

### **Brahma Bhojan**

*Brahma Bhojan* is the pure vegetarian food which is cooked in sweet remembrance of God and offered to God for His blessings. This is the reason *Brahma Bhojan* is said to be the food consumed by *Brahmins* to become deities. Pure satwic food is *Brahma Bhojan* for the body, but a diet of pure thoughts is *Brahma Bhojan* for the mind, the faculty of the soul.

### **Brahmaputra River**

The Brahmaputra river is one of the many large rivers that nourish the Indian subcontinent. The *Brahmaputra* transports the largest volume of water of all the rivers and merges with the revered Saraswati and mighty Ganges in the plains of Bangladesh just before merging in the Bay of Bengal called the diamond harbour. Of significance, it is the only male name given among the many great rivers of India, the others are named after female deities. It is symbolic of the huge *kumbhmela* where millions gather to pay homage every 12 years at the confluence of the great rivers and the ocean. However, in relation to Brahma and Brahmins, it is when the rivers of knowledge have the opportunity to meet the Ocean of Knowledge once in the whole cycle, at the Confluence Age. The Confluence Age is called the Diamond age and where the Traven Rivers meet the ocean is called the diamond harbour. Is the name “diamond harbour” coincidence or providence? ■

## THIS IS THE TIME FOR SPIRITUAL AWAKENING

■ B.K. Rose Mary

**N**ow is the time for spiritual awakening as humans are now busy with the very survival question “How to save the planet?” People ruined it beyond repair? Spiritual Awakening means you are awakened to the fact that you are made of matter + spirit. Once this happens, your priorities are straightened out and you begin to manifest seven qualities of the spirit. It means your nature is completely changed from physical to spiritual, and you begin to reap great blessings now and in the future.

### Chemistry of the above

In our physical bodies we find solids [earth], liquids [water], body-heat [fire], air-circulation and space [ether/*akash*] they all occupy. Thus human body is exact representation of the physical world outside which is made of *panchabhootas*. *Pancha* means “five” and *Bhuta* means “being, spirit, elements” [such as: Land, Water, Fire, Air and *Akash*]. Hence content-wise, the insightful sages called universe as *prapancha* (play and interaction of the five elements). Surprisingly, these five elements are individually inimical to each other. For example, water of oceans can swallow earth, fire can evaporate the water, air can suck fire ... etc. Yet they are collectively supportive, working for the sustenance of all inanimate and animate beings [which is a lesson many intelligent humans are yet to learn].

These five physical elements have their emergent properties or can give us certain sensations such as Smell, Taste, Light, Sound and Touch (or Pressure). And there are five corresponding sense-organs in living beings to experience them such as Nose, Tongue, Eyes, Ears and Skin. Plants are one-sensed; worms are two-sensed; insects are three-sensed; reptiles are four-sensed; birds and animals are five-sensed; Human beings are six-sensed as they are body + spirit (made of seven immaterial elements/qualities—bliss, divine knowledge of right and wrong, peace, love, joy, purity and power).

If one forgets the above make-up and thinks he is this body, the above seven-qualities will be replaced with their opposite qualities such as envy, ego, greed, attachment, anger, lust, fear respectively. And these harmful qualities arise when a person gives more importance to various *bhutas* or elements that make up the body and enjoyment those elements provide. And *bhutas* are known for their harming nature. Let us see how this happens. Body has seven energy wheels (*chakras*) serving as local energy centres for the related parts of body.

1) *Mooladhara* (root) *chakra* [connected to Earth aspect of body], works better when a person shows more will power. When in fear, this *chakra* doesn't work to the optimum level. In fear you feel drained. When frightened, some would even freeze for a few moments, “cerebral cortex (area of the brain that harnesses reasoning and judgment) becomes impaired – so now it's difficult to make good decisions or think clearly”. So is the case with each of the negative qualities mentioned below – they can affect the body adversely.

- 2) *Swadhisthana* (spleen) *chakra* (connected to the Water aspect of body), works better when a person brings purity into his thought, words and deeds (works poorly when one is ruled by lust).
- 3) *Manipura* (naval) *chakra* (connected to the Fire aspect of body), works better when a person is full of joy (works poorly when one is ruled by anger).
- 4) *Anahata* (heart) *chakra* (connected to the Air aspect of body), works better when a person shows more love (works poorly when one is under attachment).
- 5) *Visudhi* (throat) *chakra* (connected to the Ether aspect of body), works better when a person shows more peace (works poorly when one is ruled by greed).
- 6) *Agna* (medulla plexus) *chakra* (connected to the Mind-Intellect combination), works better when a person brings more love of truth/divine knowledge (works poorly when one is ruled by ego).
- 7) *Sahasra* (crown) *chakra* (connected to Consciousness or soul/spirit), works better when person is in bliss (but works poorly when one is ruled by envy). Word for bliss is *Ānand* (= without end) in Indian languages. When one has all the six spiritual qualities without end he is in *anand* (= without end). Word *anand* is a combination of negative prefix *ā* + *nand*." When put together it means "without end." (*anand*) One who is in *anand* would only feel happy over happiness of others, and would only be delighted to make others happy – envy is out of question.

### How do five elements become like ghosts?

Certain words may mean one thing, yet construction of the word may reveal even more

insightful depth. For example, personality is what appears to be, not the real character of a person because word personality is from *persona* which means "mask." Comparison is another such word that brings joy or sorrow – joy results when you are compared with less fortunate ones, and sorrow results when you are compared with more-fortunate ones. Thus certain words can mean positive or negative. So is the word *bhuta* – it can help or hurt you depending upon how you use it.

Word *bhuta* is "past participle of *bhavati* ("to be") and means any of the five elements. But it is like any vehicle – it can be used as a weapon to kill self/others or can be used to transport people to their destination. When under temptation of any vices such as anger, one should remember that he is now about to worship *bhuta* (demon) called fire. In such awareness, joy comes in and anger goes out. So is the case with any of the seven vices. By this way spiritual awakening brings complete change of nature.

Ancient people of India were known for their Spiritual Awakening. This true history of ancient India remains protected in its Grammar Rules because it reflects how spiritual people were.

- 1) They named Past Tense as named *Bhuta Kaal* because getting worried over the Past Tense makes the present like a hell, dwelling place of evil spirits (*bhutas*). They named Present Tense as *Vardhamana Kaal*, from the root *Vardha* which means "increasing, causing increase or prosperity." (*Vardha*) because, being focused on the present tense increases the productivity and prosperity, thus is key to happiness – hence was aptly called *Vardhamana Kaal* (which was later declined to be pronounced as *Vartamāna Kaal*). They named Future Tense as *Bhāvī Kaal*. Word

*bhavi*, from *bhava*, 'states of mind', from *bhū*, to become. You become what you think, your state of mind, your attitude, determines whether your future is going to be joyful or sorrowful.

- 2) The word for person / individual is *Vyakti*, from the root *Vyakta* which means “manifested, distinctly perceived, absolutely and specifically known or understood. One can be called an individual only if he has absolute clarity on such subjects as his own make-up as body (perishable) + spirit (imperishable) over which body's cycle of growth and decay happens, history as an eternal cycle of heaven-like situation and hell-like situation happening on earth, and all happenings as cycle of cause and effect. (Bhagavat Gita 2:22; 4:7, 8; 5:14) Such a person is always happy and balanced because past, present and future is clear to him.
- 3) We communicate using sentences, and sentences are made of words and words are made of alphabets. And see how ancient Indians named alphabets – as *akshara* which contains their philosophy of life. *Akshara* means “indestructible.” Implied Message: Use the words in an up-building way, befitting the indestructible nature of *atma* (soul), the exact representation of the very being of Supreme Soul, Shiva, The Benefactor, in such way that it doesn't destroy the joy of others, in such a way that it nourishes the user and listener. ■

## BASIC PRINCIPLES OF TRUE SUCCESS

Sometimes when we don't achieve our goals, we say - I was not successful, I failed. Calling yourself a failure is unfair to yourself. Start seeing yourself as truly successful always. When we don't achieve what we planned to, we label ourselves as failures. We need to understand the essence of success.

1. Success is not about what you do, success is first who you are. It is about I- the being, the energy which thinks, feels, speaks, behaves, comes into action, completes every task and achieves goals. Success begins with I the being, not the doing.
2. If you are unhappy, disturbed, agitated or egoistic, and yet you fulfil your desires in the outer world, can you call yourself successful? It is not possible because you are not happy with who you are.
3. Remember that you are successful when you are happy, caring and kind. You are successful if you connect to people irrespective of their achievements, position or age. You are successful if you share what you know and cooperate with others.
4. When you the being are successful and then come into action in the outer world, you enjoy your achievements. Even if you don't get what you wanted, remember you are still successful, just that achievement is pending for now. You will have the energy to retry and achieve.

## DEALING WITH PEER PRESSURE



■ **B.K. Manjula Baijal**, Bengaluru

**P**eer pressure is the phenomenon wherein we tend to get influenced by the lifestyles and the ways of thinking of our peers. Peer pressure can prove beneficial but it is most often observed to have negative effects on society. What is negative peer pressure? What is positive peer pressure? How does it affect the individual?

In our efforts to get acceptance and respect in our social groups, fitting in can become a priority. We feel a desperate need to do what everyone else is doing. Peer pressure can drive us towards things we are not prepared for, leaving us anxious and struggling. No matter how famous it makes us, let us not succumb to it. Remind yourself daily – “I am an independent being. I am free from peer pressure. I choose how to live my life beautifully. I set healthy boundaries in relationships and live by my choices. I remain unaffected by peer pressure.” This will help you boost your self-esteem, honour your choices and establish clear social boundaries. You will overcome the urge to follow people around you.

Have you been under different kinds of pressures from people, to do something you were not comfortable with? Had you yielded to their influence at some point, out of fear, helplessness or to feel accepted? How much has peer pressure affected you? Our family and friends have different perspectives and choices.

They do certain things which we are not comfortable doing. No matter how tempting it is to follow them, saying no to peer pressure is our choice. This life is our journey, to be lived as per our choices. If we are always concerned about what people think about us, our self-esteem drops drastically. Let's not comply with peer groups by compromising on our capacity, values or principles. We have the ability to decide for ourselves. Let us respect ourselves and not depend on others to feel accepted. Listen to your inner voice, respond based on your physical strength, emotional stamina, values, affordability, commitments and capacity. Choose your habits and lifestyle and do only what is healthy and soul strengthening. Your family and friends will support you. Even someone does not approve of your choices or opinions, accept your differences with them and radiate respect to them.

### **The Facts About Peer Pressure**

Who you surround yourself with is important. Your friends are considered your peers. Teenagers have the freedom of choosing their own friends. You may not even realize it is happening, but you and your friends influence each others' behaviours and decisions. As you get older, your friends will start to play larger roles in your life. While there is a lot of benefits of having a close group of peers, there is also a flip-side. Most negative peer pressure is not as obvious as you may think.

This pressure to conform can be very subtle. For instance, your friends may all decide to walk a different way home. You tag along because you do every day. Then, they all stop and begin doing drugs. The level of trust the friends have built up is now falsely being tested and the person that is

not conforming can sense this tension in their friendship. The teen may think, "If they are all doing it, then it must be okay?".

Even if you think you have the best friend group there is and nothing negative will ever strike, you are wrong. Almost every single friend group will encounter a sticky situation involving peer pressure. The best thing to do is to prepare yourself for when the situation arises and stick to your decision to not fall victim to peer pressure. You are your own self, so set your values and morals accordingly. If something arises that will go against your values or morals, have no issue saying, "no" to it.

### **Tips For Managing Peer Pressure**

If you or someone you know is suffering from peer pressure or the damaging effects, consider seeking help. Here are some tips for how to manage peer pressure, for both teens and parents or loved ones. If you are a teenager, consider these methods when dealing with negative peer pressure.

- ⇒ Avoid peers that are engaging in damaging behaviour or may lead you down a bad path.
- ⇒ Hang around friends that are positive influences. These will be peers that help you say, "no" to bad situations.
- ⇒ Develop a code word with your parents in case things take a turn. This makes it so you can call your parents to come get you from a situation, but your friends will not know it is because of them.
- ⇒ If you are a parent or loved one, consider these tips to help a teen manage negative peer pressure.

Allow the teen to be honest with you and encourage this communication. Tell them that if they are feeling any risky behaviour or are angry

about something, that they can come to you and you will formulate a solution with them to help.

--Inform your teen about the damaging consequences of peer pressure and how important it is to be able to say, "no". This assertiveness is not a sign of weakness. Last but not least, keep communication lines open with the teen. Allow them to call you if they were ever in a situation that turned sour.

### **The Parental Influence**

During development, even well into the teenage years, children look up to their parents. Parents are a child's primary role model and they form the environment the child will grow up in, whether positive or negative. Negative pressure can even come from parents, either knowingly or unknowingly. An environment that may be harmful to the teen may be normalized by the behaviour and actions of the parents.

A child often learns by observation. So, if they are watching their parents living an unhealthy lifestyle, they will tend to mimic those behaviours. A child looks up to their parent and may want to have the approval of their parent. They may think that engaging in behaviours similar to their parents will grant that approval.

**Last but not the least would like to conclude with some tips for each of you, just think that:**

- ▶ I'm not in this world to live up to your expectations and you're not in this world to live up to mine.
- ▶ What kind of peer pressure you receive says a lot about your peer group.
- ▶ The ugly reality is that peer pressure reaches its greatest intensity at just the age when kids tend to be most insensitive and cruel.
- ▶ Not all peer pressure is bad. If you have peers

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

## WHAT NEW THINGS COME IN THE NEW YEAR?

■ **B.K. Dr. Swapan Rudra,**  
Durgapur (W.B)

**Y**ear passes one after one at an interval of 365 days. Each year starts as new, gradually it becomes old and then goes away. May the year be gone as a number, but not from the mind of the people. Present becomes past and history is written on the basis of remarkable events and incidents concerned with people and places of that time. Modern science says that time does not refer any kind of container from where events and objects move through nor an entity that flows. Time is a part of the fundamental intellectual structure of human mind within which they sequence and compare events. Time has no separate existence, it is intimately associated with space and the world is embedded in this 4-dimensional space-time continuum and all events and moments in history are described in terms of their location in space-time ocean and the same remains stored in human mind. The space-time does not evolve, but simply exists, whereas, human mind always change according to the location of earth in the spatial environment. As every particle is located along its world line, we can examine that particular object from the stand point of its space-time representation. The world line, that stretches from the past to the future, exists as a complete object which may be sliced here and there so that we can see where the particle is located at a particular instant. Once we determine the complete world line of a particle

from the forces acting upon it, we can solve its complete history. Both the space-time and world line does not change in time, but human mind changes with the progression of time by years.

Mind flows in superluminal speed beyond the earth-bound time limitation wherever we stay or live on this earth. We stand and move on and around earth through land, water or sky and sometimes try to reach into distant space within and outside the solar system through space shuttles, but that will also be under human control from earth. Once control is lost, it has no more value due to the reason of losing the core connection. Thoughts may emerge in mind or mind has the capacity to create those and then after processing, it transfers the same to the intellect and the final decision goes into the memory. Thus millions of processed thoughts remain stored in our *sanskars* or impressions which help human mind to sequence the events from past to future through the platform of the present. Hence it is called that all the events happened throughout the globe are located chronologically in the space-time. The universe we can or cannot see is self contained and not affected by anything outside itself. It would neither be created or destroyed, there will only be changes at regular intervals through transformation from one phase to the other following the Law of Entropy. Although every incident is inscribed in the space-time of 5000-year world-line, still we cannot see any event in advance and for this reason only, the world drama is so beautiful and interesting. New year itself brings anything or not, people always hope some new things in the new year and therefore, they celebrate Merry Christmas and new year with lots of enthusiasm all around the globe. Such kind of mental renovation makes the year

new and brings happiness.

So, we are always getting a new mental flow which always differs from the past one like the flow of a river water. At the present stage of this extreme *Kaliyugi* world, people cannot think much more about the future happenings due to complete ignorance. People can never think about a well advanced and well adorned Golden World in near future. The whole human society is now in search of peace and happiness because they all feel crisis of the same and people are internally fighting against themselves. We could utilize our time and save inner energy only through the spiritual path knowing our Father through His *Shrimat* and to be absorbed in His remembrance all the time instead of doing work in hands. That would be the way of enrichment of all the human souls getting spiritual light and might from the Supreme Powerhouse. God is the creator and director of the World Drama and also the Supreme Engineer to construct the future heaven transforming the present impure world into the pure and perfect one. That may be a magic or miracle, but not known by the present world except few *Brahma* mouth-born *Brahmins* who are in Godly knowledge through *Brahmakumaris*. When we could believe that reality, we would achieve divinity. No more time is in hand and massive changes are going to happen leading complete destruction of the Iron-Aged world and to bring Heaven on the same earth. So now let us welcome and celebrate the Happy New Year 2022 as well as the Happy New Era. ■

Contd. from page ... 30

who are pushing you to go further in life and believe in your dreams, man, you got it made!

- ▶ Those who stand for nothing fall for anything.
- ▶ You would have no peer pressure if you cared less about the opinions of others.
- ▶ Why fit in when you were born to stand out.
- ▶ Take your self, your self-respect, and self-image to a point where people won't even ask you to do low-level stuff.
- ▶ Be true to who you are and proud of who you're becoming. I never met a critic who was doing better than me.
- ▶ The more you give into peer pressure, the more people will ask you to do what they want to do. The less you give into it, the less they will ask you.

\*People either inspire you or they drain you, choose wisely. ■

TRUST GROWS FROM FAITH

It can be difficult to learn who to trust. When we have had bad experience with people who betrayed our trust in the past, it can be difficult to let anyone else in. It can take some time to learn to trust anyone again. Trust goes both ways. If I want to gain someone's trust, I have to show them that I trust them before he or she will open up to me.

**Bro. Jagdish Ji And Brahma Baba**  
Contd. from page ... 3

### Disbelieving my eyes and ears

Even if I had wanted to, I could not forget that picture of Baba. From that silent image issued a voice: "Child, they are bidding farewell. Let them go, and you also go. I will come to you later." This *Avyakt* voice was resounding in my inner ears. That smile was coming in front of my inner eyes again and again. I was hearing something from those closed lips, and I felt those eyes signalling something to me. I don't know how long I was in this wonderful state, but it must have been around 1.00 a.m. when – what do I see! – Baba is standing in that room before me, and is asking with love, "Why, child, are you unable to sleep?" I was extremely happy seeing Baba, and couldn't believe my eyes and ears. I tried to get up to go towards him. However, Baba moved towards me, and putting his hand on my forehead, said, "Child, sleep now. We'll meet again in the morning." I did not remember my manners to accompany Baba to his room, but under Baba's influence, sleep wrapped its quilt around me as I was lost in remembrance. When I woke up next morning and remembered that scene, I realized how Baba, the medium of Shiva Baba, connected with me by the thread of remembrance, was compassionately pulled by the remembrance of this mere child and put him to sleep lovingly with His blessed hands. All this was a personal experience, but it is also clear from it how, through the thread of knowledge and love, we can connect with Baba.

### Leaving my light on

Several such experiences happened to me. Whenever I used to go to Pandav Bhawan, I was mostly given accommodation in the newly constructed building beside Brother Nirwair's

room. Baba's room was in front. One or two hours after night class, the light in Baba's room stayed on and more often than not I didn't turn off my light. Several times, Baba sent a sister, like Lachu Behn, Sandeshi Behn, Santri Behn, or Jawahar Behn, to see if the light was turned on in my room. Mostly it was, and so Baba would say: "*Achchha*, call him." That is why I used to leave the light on. When I would go to Baba's room, he would sometimes give some directions for the next day as I stood at the door, or sometimes he would invite me to sit on his bed and talk about something, or even sometimes he would invite me to lie down with him as he churned over some spiritual aspects.

It also used to happen that when I would wake up, mostly around 2.30 to 3.00 a.m., I used to look at the window of Baba's room to see if the light was on. If it was, I would turn on my light. Usually, there would soon be a call from Baba's room. In this way, sometimes at 3.00, 3.30 or 4.00 a.m., I had the good fortune to have a heart-to-heart with Baba in solitude and peace.

### Trying to leave Baba here to find Him there

Once, I woke up early and showered. As I sat in my room, I thought how good it would be if I were to go into trance and have a vision to see what *Paramdham* is like; how big and vast it is and how the sun, moon and stars look on the way there. Okay, even if I did not see these, at least I could take and bring messages as a helper in God's service. Many obstacles arise in the yagya, and as Baba sends me on such service, at least through divine vision I could take help from Baba during the difficulties. Shortly afterwards, there was a call from Baba's room. The sister asked me if I had taken my shower. I replied that I had, so she said, "Then, let's go. Baba is remembering you."

When I met Baba, he told me to lie down on his bed, and said to Sandeshi Behn, "Daughter, go to Baba and tell Him that this one is my beloved child and a good helper in service. If he receives divine vision he could help much better. Therefore, tell Baba that this Baba personally recommends that if Baba should pull his strings today it would be good. Okay daughter, you can go now."

After saying that, he turned towards me and said, "*Achchha*, child, remember Baba now. Who knows, Shiva Baba might call you today. We have put in our application, so it is now according to Baba's will." Saying this, Baba started to help me, and even I tried to leave this body somehow and go to Shiva Baba. I was trying to bring Baba's remembrance completely in my mind. I became lost to the world. I experienced being in the subtle region, but Shiva Baba was not there. After some time, I returned from that *avyakt* stage back to my physical senses. At the same time, Sandeshi Behn also came back from her trance. Baba asked, "Daughter, did this child reach there? What did Shiva Baba say regarding this child?" Sandeshi Behn started laughing. I was also

smiling. Sandeshi Behn said, "Baba, he did reach there, but he did not know where Shiva Baba was! Then I told Shiva Baba what you said, and He replied: "The child can come. If he continues to listen to the messengers and be light, he can come to the subtle regions." Then, Baba turned towards me, and said, "*Achchha*, child, it was our duty to try. Baba did apply for you, but it is ultimately Shiv Baba's will. The key for divine vision is with Him. He has also not given me the keys."

Hearing these sweet sentiments, my heart was overwhelmed with love for Baba. I wondered: How the feelings of our mind and heart reach Baba! What Baba has not done for us! The same day, Baba also tried to send Dadi Prakashmani Ji into trance. I took it as a signal showing me the weakness in my wisdom because here was I with Baba himself; trying to leave Him here to find Him there! Thus, I had to come back without meeting Baba there! Nevertheless, Baba is so sweet, making so much effort on us children! ■■■

### SECRETS

**Acceptance is the secret of contentment. Appreciation is the secret of happiness.**

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**Raipur:** In a Media Seminar sitting on the stage are: Prof. Baldev Sharma, VC of Kushabhau Thakre University of Journalism and Mass Communication, Mr. Shiv Dubey, State Editor of Dainik Bhaskar, BK Kamla, BK Manju and others.



**Jaisalmer (Raj):** Mr. Mohammad Saleh, Cabinet Minister of Minority Affairs is inaugurating a new building of centre along with BK Babita.



**Janakpurdhm (Nepal):** Mr. Mohammad Lalbabu Raut, Chief Minister of Province No. 2 is being given Godly gift by BK Raj.



**Sasaram (Bihar):** Mr. Tarkishore Prasad, Deputy Chief Minister is being given Godly gift by BK Babita.



**Agra:** Mr.Kiren Rijiju, Union Minister of Law and Justice and Prof. S.P. Singh Baghel, Member of Parliament are in group photo with BK Mamta and BK Darshan after sharing Godly knowledge.



**Siwani (Hry):** Mr. JP Dalal, Agriculture Minister is being given Godly gift by BK Rajender and BK Nirmal.



Divine Message of

**Rajyogini Dadi Ratanmohini**

for **New Year-2022**

The most beloved children of the Creator of the new age, the Creator of fortune, the Supreme Father, the Supreme Teacher and the Supreme *Sadguru*, all the sisters and brothers,

The New Year refreshes the memories of the New Golden Age. So on the auspicious occasion of the confluence of the old and the New Year, many-many congratulations to all of you who become flawless diamonds.

With the advent of the New Year, the visions of the New Age are becoming visible in front of our eyes.

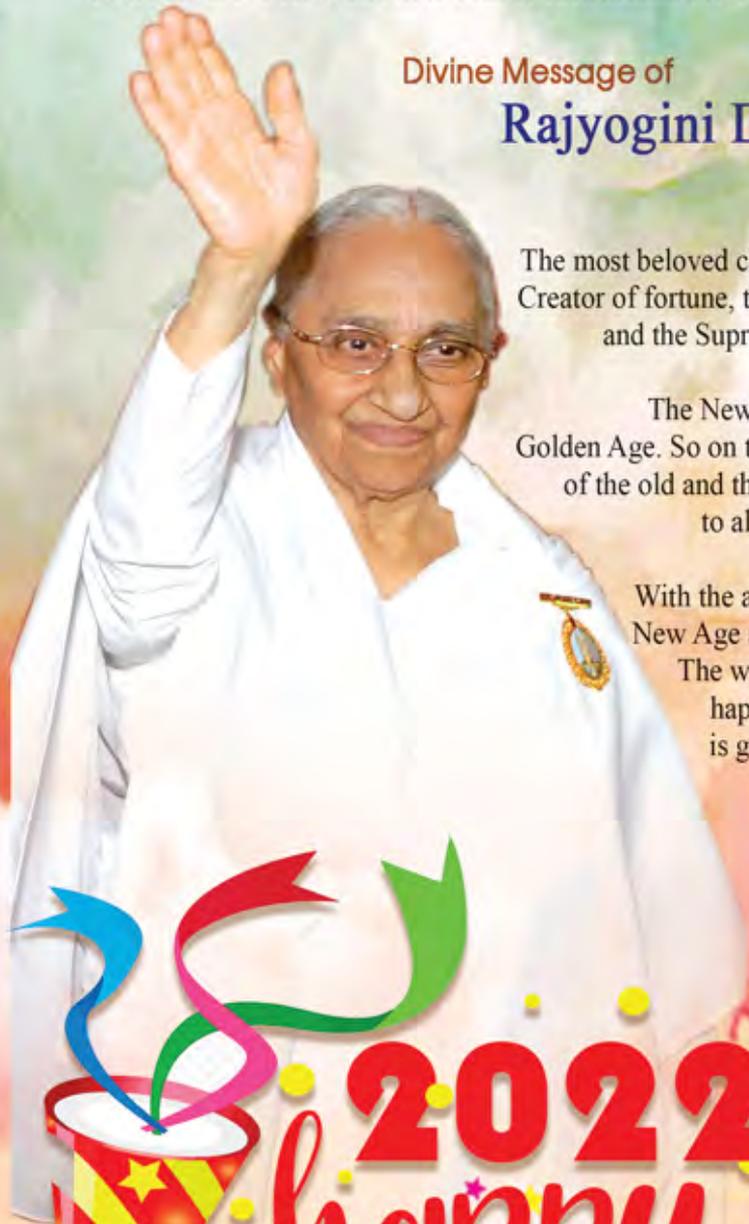
The wish of all souls that there should be unity, happiness, peace and prosperity in the world is going to be fulfilled very soon. The divine world of one religion, one state and one language is calling upon us.

Let us put aside the past matters and welcome the New Year with pure feelings. With the blessings of health, wealth and happiness, may all of you accept everlasting congratulations to become ever victorious!

Happy New Year and  
Happy New Era to all brothers and  
sisters again!

Your Divine Sister,

**BK Ratanmohini**



**2022**  
*happy*  
*New Year*

