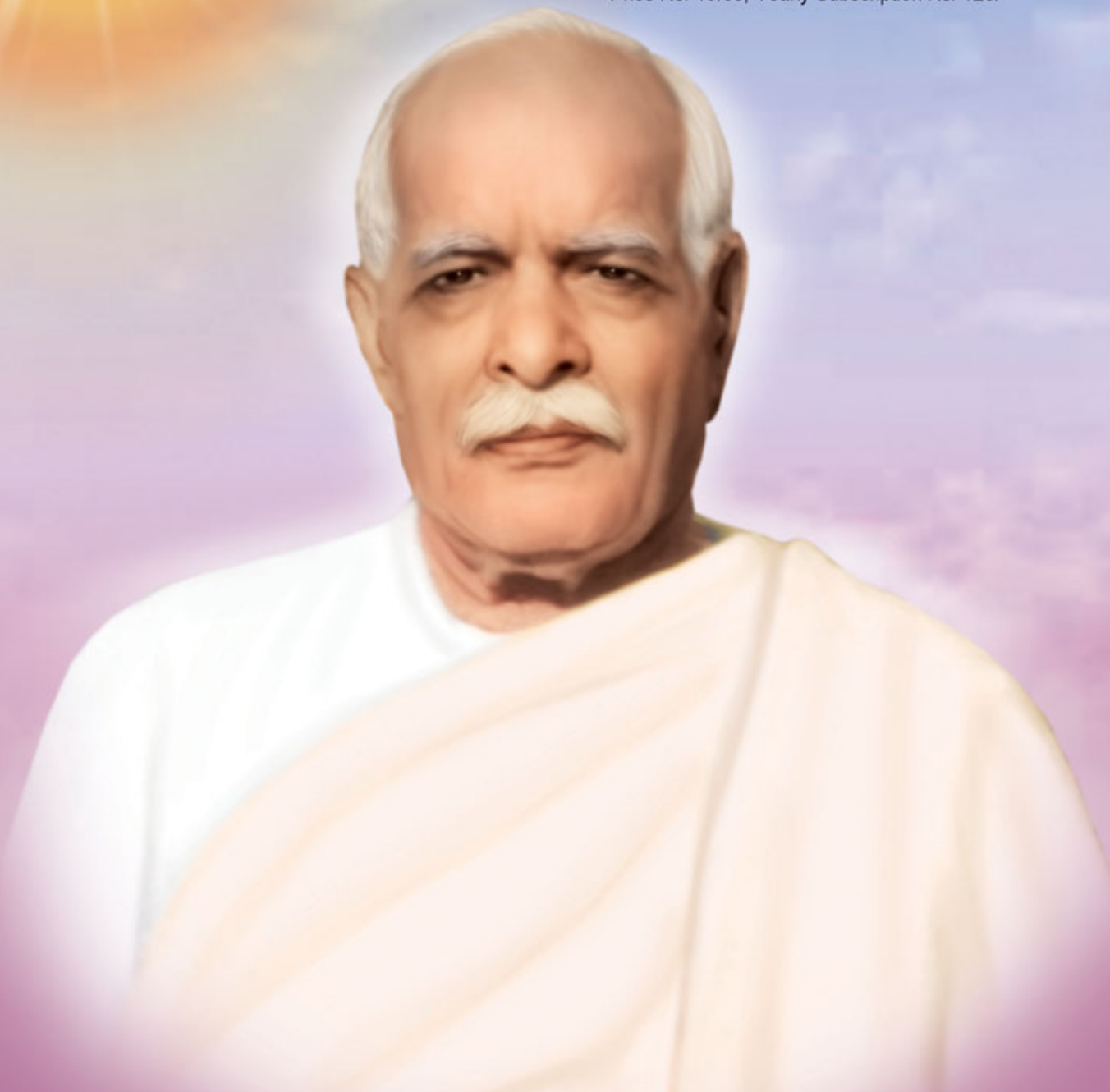




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Pitashri Brahma Baba

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



Puri (Odisha): HE Draupadi Murmu, the President of India is being greeted by BK Dr. Nirupama, BK Pratima & BK Dr. Satyananda.



Gurugram (ORC): 21st Annual Day program of ORC is being inaugurated by Mr. Anurag Thakur, Union Minister, Mr. Sudhir Kumar Singla, MLA, Acharya Dr. Lokesh Muni, BK Brijmohan, BK Asha and others.



Jaipur: HE Kalraj Mishra, Governor of Rajasthan is inaugurating the Peace Palace Meditation Center along with BK Mruthyunjaya, BK Shanta and BK ML Sharma.



Kurukshetra (HR)- On Gita Jayanti Mahotsav BK Saroj is presenting a bouquet to HE Bandaru Dattatraya, Governor of Haryana. HE Banwarilal Purohit, Governor of Punjab is also seen along with BK sisters.



Moscow: On completion of 33 years of BK services in Russia BK Dr. Vijay is being presented award "Golden Pen of Russia" by Mr. Alexander Bukharov, Founder of the National Literary Award.



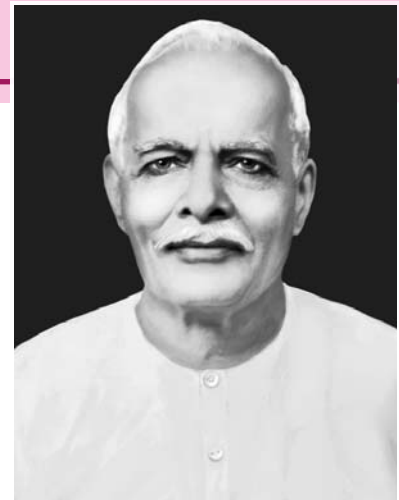
Guwahati: Mr. Paban Kumar Borthakur, Chief Secretary of Assam is addressing the conference on 'Excellence in Administration through Spirituality'. BK Asha, BK Bindu, BK Harish are also sitting on the stage.

From the mighty pen of Sanjay



BRAHMA BABA'S TEACHINGS AND PREVAILING WORLD CONDITIONS

Baba's message is still vibrant in the ears and minds of hundreds of thousands of people who will observe 18th January this year as a day of meditation.



When we look at the world scenario, we notice that many countries, including some highly advanced ones are under heavy external debts. Others have borrowed unscrupulously from financial institutions and common people of their own land and are surviving on deficit budgets and on printing huge amounts of paper currency that is no longer tied to any national gold reserves. Still other nations, such as Japan, who have high standards of living, have their own burden of problems that arise from workaholic habits, exorbitant costs of living and deep mental discontent of the people. Perhaps, the worst of are some Third World countries, which are hard-hit by abject poverty that causes acute suffering and humiliation to millions of people who live in

pathetic sub-human conditions that defy description.

And yet this gloomy situation is in spite of the fact that versatile and high-calibre economists and their political comrades-in-arms in these countries put their brains together to determine the developmental thrusts, goals and strategies. One would, therefore, like to know why the plans, so ambitiously conceived by knowledgeable people and funded so liberally by national and international bodies, eventually collapse so miserably.

Impartial surveys into these grave realities and their causes reveal that, in

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THANKS TO THE WARMTH OF WINTER SUN



**Let's welcome new beginnings in 2023
with maturity, compassion and generosity of spirit**

These days, we in North India especially are experiencing icy winter at its peak. Even at a place like Shantivan, Brahma Kumaris Abu Road, every morning and evening comes to remind us that the warmth of the sun is so very precious! We are very fortunate to be able to experience comforting, nourishing sunshine for at least 10 hours a day. Our hearts fly to parts of the globe where the weather is not comfortable or suitable. Certain areas are enduring unexpected temperature of -40 degrees Celsius, and the blizzard in some parts of the United States of America, have resulted in the death of dozens of people. We send thoughts of peace and good wishes to those suffering from severe cold weather. Most parts of Bharat have been experiencing mild temperatures, assuring us that God's land of reincarnation is definitely a better place to be in when compared to most developed countries.

The entire winter atmosphere at Abu Road and Mount Abu is quite magical: The fragrance of the seasonal flowers, especially that of 'Queen of the Night (*Raat ki Rani*)' evokes very sweet and loving feelings, provided we are ready to sacrifice part of our sleep and rest time in the quilts to come out and take in the beautiful nature

around us! Many school-going kids enjoy going for shopping, and then showing off their latest collection of winter outfits. Around the days of Christmas, several children were seen in their red-and-white coloured costumes, as if all had transformed themselves into our famous friend: Santa Claus!

End of the year is the perfect time to reflect on the year's events, achievements, lessons learned and challenges overcome, and particularly the new resolutions that are automatically formed before the New Year starts. It is remarkable to see how young children today are so insightful and understanding about life, and what we need to do for others and the planet, which is apparent from their creative and artistic presentations. Parents and other elders must be keeping busy in fulfilling the promises and pure desires of young children and young adults. This is the ideal time to think about better ways of enjoying not only Christmas holidays, but planning the whole year as far as the festivals, important occasions and memorial days go. The excursion trips include visits to prime tourist spots and hill stations, or holidays near the ocean or on cruise ships etc. The underlying aim of such vacations is always

to be in the company of one's very near and dear ones, especially parents, uncles, aunts and cousins.

There is a class of people who are also thinking more deeply about refreshing



themselves with deeper reflections, and meditations to explore more and more beautiful spiritual experiences. **At the start of the New Year, one is capable of evaluating his or her spiritual progress of the past year, and thinking deeply about the course correction for the future.** Those who practice Rajyoga Meditation would definitely try to enjoy longer periods in

reflection and self-rejuvenation, and there is every possibility of fulfilling one's pure desires of deeper, wholesome experiences in meditation.

It's very rare that we human souls get a chance to detach completely from the physical costume and environment, to be able to tune into the highest stage of Self-Realization. The exposure to spiritual discourses and spiritual music-cum-songs helps us to emerge the awareness of being points of divine energy, souls, and then remain very close to the Supreme Being to experience super-sensuous feelings of joy and happiness. Those of us who have been on the search for a long time find this to be the most otherworldly experience, as we are able to feel the influence and support of God's nearness in Meditation. **The meditator loves to not only regain the highest stage in Meditation, that is our original stage of complete peace, wisdom and bliss, but further wishes to enjoy**

HAPPY NEW YEAR- 2023

On behalf of the Editorial Team of The World Renewal Magazine, we extend warm greetings to all our esteemed Readers for a Happy, Ever-Healthy, and Ever-Prosperous New Year! May every household rejoice feelings of togetherness, not only in the first month of the year, but throughout 2023 by remaining empowered through Spiritual Study and Rajyoga Meditation.

Wishing you again and again very sweet experiences through spiritual learning and 100% positivity in your interactions.

deeper and deeper waves of God's presence and power; it's only then that a meditator can attain finality of one's spiritual efforts.

On the path of Devotion, the aim was just to have a vision or a glimpse of the Divine Being, but in Spirituality we understand that there is so much more to attain and accomplish. **Our perfect and final cherished goal is to become one with the Supreme Being—not just connected but combined as eternal companions, which confirms the vision of togetherness with the Supreme Being.** This is not an imaginative exercise, but a tangible reality, wherein we are able to live this relationship and bond with our beloved Supreme Parent, Teacher and Satguru in our daily lives, and while carrying our duties and responsibilities.

This kind of spiritual endeavor slowly keeps summing up in the form of our deep-rooted *sanskars* or personality traits. Any human soul who has been able to transform one's *sanskars* continuously over a long period of cherished time is finally able to reach the goal of **'Like Father (God), like son (spiritual child)'**. In a way, this is the highest achievement on the path of Spirituality, which could become a natural state of being if practiced regularly. Many of the obstacles we face in life through relationships or health or finances etc. get dissolved through this above-mentioned diligent practice; those who remain focused on making efforts regularly can conquer a majority of these subtle difficulties. Furthermore, the meditator starts enjoying

super-sensuous joy all the time.

To create firmness in our thoughts, it would be advisable to study Godly versions (*Gyan Murlis*) regularly. Many times we come across such versions that confirm this subtle, spiritual experience. **At times, it may see very challenging or near impossible to attain these surreal experiences and attainments, however, we just have to look back at our past days, the initial phase of spiritual childhood, and recall how far along we have come on this journey.** We then can truly appreciate and value the transformation that God has brought about in our lives.

On the threshold of the New Year, **let us be determined in implementing a systematic process of contemplation on Soul-Consciousness, and remaining combined with the Supreme Being:**

- 1) Prepare the Mind and Intellect with self-talk and visualizations,
- 2) Channel the consciousness away from the gross world and body towards the eternal qualities of the Self,
- 3) Emerge one's form of the point of light in front of the Supreme and Benevolent Parent and draw in pure, unconditional love and power from the Ocean,
- 4) Repeat and rehearse the above experience multiple times during the day, and
- 5) Stabilize oneself in this elevated stage, and become the same.

Come; let's welcome new beginnings in 2023 with maturity, compassion and generosity of spirit...

– B.K. Nirwair

LOOK FOR THE BEST IN OTHERS IT BRINGS OUT THE BEST IN YOU

Protect your energy field from the behaviours and energies of people around you, simply by focussing only on the goodness in people and speak only of the positive characteristics in them.

B.K. Chirya Risely, USA

Work is only work only if we prefer to be somewhere else. Work tends to be a negative perception of a task which we reluctantly approach. Work is only labour when we forget to see our life as it truly is – an opportunity to be creative, enrich others and be enriched ourselves.

Why do we sometimes reluctantly approach work? Work becomes 'work' when at the workplace we think, speak or hear about the habit and behaviour of others and situations, which are thought to be wrong. Unconsciously we consume this negativity into our energy field. Gossip is the simplest way to deplete our energy and to pollute the work environment. When you look at the defects of others, those defects enter you. Protect your energy field from the behaviours and energies of people around you, simply by focusing only on the goodness in people and speak only of the positive characteristics in them. **Transform the habit of thinking and speaking negatively about others or situations.** It is hard work, creates a stressful atmosphere and just doesn't work! To think about the transformation of others is a waste of time. Each of us has to

think about how we can be good instruments for our own transformation.



Whatever we do, we do for or to ourselves. Focussing on people's good qualities makes us feel, be and do good.

The wiser we become, the more gently we deal with other people's mistakes. It is because a gentle heart never makes others feel guilty about their mistakes. **When people are rude to you, realize they reveal who they are - NOT who you are!** So don't take it personally. When we work well it is much easier to say 'no' when we need to, for we know our own value, and are not dependent on others' approval to feel good about ourselves.

In meditation sit back and program your mind to focus only on the goodness in yourself and others. In this way increase your self-control and will power. Care for everyone's feelings and privacy.

(Contd. ... on page no. 10)

18th January - Ascension Day

PRAJAPITA BRAHMA THE UNIQUE GLOBAL EDUCATIONIST

Brahma Kumaris organisation is founded by Prajapita Brahma based on the direction of the Supreme Father Shiva, to educate masses and spread values, virtues, goodness and humanity.

B.K. Surendran, Bangaluru

Educate and empower human beings with divinity and goodness, to shed the badness of lust, anger, greed, attachment, jealousy and laziness to be deities in the forthcoming heavenly world' – God Shiva

There are innumerable educational institutions in the world that impart knowledge on science and technology, arts, management, and a host of other subjects which ultimately enables students earn a living and improve the material well-being of the masses. When we go into the root of all problems in the world, we come to understand that the mind and intellect are the leaders of all activities in the world. But so far nobody has correctly understood the root of the mind and intellect. When God descended on Prajapita Brahma, He started revealing the secrets of the working of the mind and intellect in human beings.

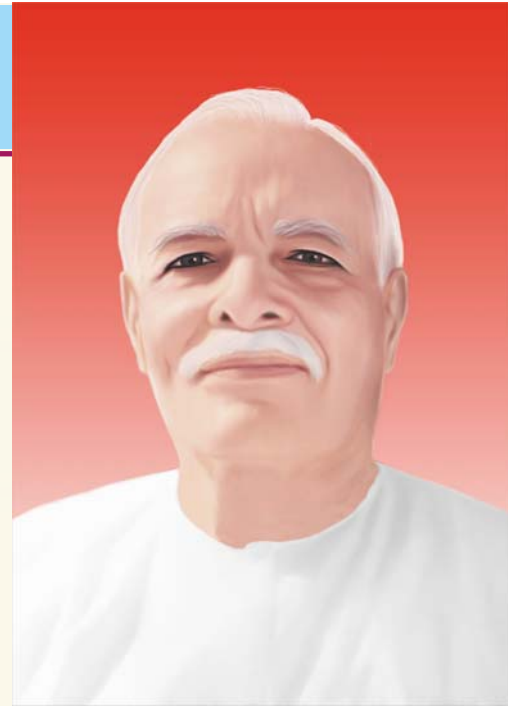
Mind and Intellect: Mind is the thinking faculty of the self. The self is the spiritual energy which is popularly known as soul. 'I am a soul in the body which is made up of flesh, blood and bones.' The mind generates thoughts which are the creators

of world situations.

The mind rules this

world. It is said that the mind generates "around 50 thoughts per minute" which means "70000 thoughts in a day". An individual's life is managed by his thoughts. Similarly, the intellect is the discriminating power of the soul. When the mind generates a thought, it is the intellect which accepts or rejects the thought. The soul is the owner of the faculties that uses the faculties to generate pure, powerful and positive thoughts while avoiding waste, negative and vicious thoughts. Thoughts create happiness, cheerfulness, hope, optimism, vibrancy and goodness; and these are all necessary for a healthy, happy and wealthy life. Therefore, **it is proved that happiness or peace depends on the quality of the thoughts and not based on the material possessions, posts, awards and rewards.** Of course, it has momentary experiences of happiness.

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalya is founded by Prajapita



8

Cultivate Auspicious, Good, Spiritual Habits. Purify your Heart.

Jan. 2023

Brahma based on the direction of the Supreme Father Shiva, to educate masses and spread values, virtues, goodness and humanity. **Swami Vivekananda said "Education is the manifestation of divinity and perfection already in man".** He observed that 'we have intellectual giants and moustached babies.' This world requires man-making education. A hundred thousand men and women, fired with the zeal of holiness, fortified with the eternal faith in the Lord, and nerved to lion's courage by their sympathy for the poor and the fallen, and the downtrodden, will go over the length and breadth of the land, spreading the gospel of help, the gospel of social rising up, the gospel of equality. Teach yourself, teach everyone his real nature, call upon the sleeping soul and see how it awakes. Power will come, glory will come, goodness will come, purity will come and everything that is excellent will come, when this sleeping soul is roused to self-conscious activity."

Swami Vivekananda was of the opinion that the so called educated people should be re-educated once again. Now the Lord who is the Ocean of Godly knowledge, is blessing human beings through Rajyoga Meditation with a package of '*Sarva vidhya pratishta*', i.e., all kinds of education and soft skills; beyond this it teaches theoretical and practical applications of spiritual energy and knowledge, in all fields of human life. God as the Supreme Teacher and Guru covers various subjects, some of them are mentioned below. These sermons are

essential and useful for educated and uneducated, rather uneducated are more receptive and active in experiencing spiritual knowledge and power. The education spelt by the Lord is equally beneficial for the highly educated as well as the common masses engaged in all types of labour in the fields, breaking stones at construction sites, the home makers or common folks. God's lesson is focused on the growth and development of all human beings in the world. **He gives education for the following subjects:**

1. Skills and knowledge for managing the self and organizations
2. Stress-free life with divine knowledge and skills
3. Positive change in youth and elders
4. Positive thinking and attitude
5. Women empowerment
6. Personality development and growth
7. Harmonious relationship in all fields of human activity
8. Value based education for children and adults to infuse humanness, goodness and sympathy among all
9. Guidance on the miracle of thoughts in day-to-day life
10. The mesmerising power of pure feelings and good wishes in day to day life
11. Rayoga meditation and Godly knowledge to understand the intrinsic spiritual powers to experience super sensuous joy

Prajapita Brahma is instrumental in establishing this Global University covering all continents of the World.

Majority of the faculties are women who have dedicated their life for the service of mankind; they are serving through teaching, training and guiding millions. All the faculties, brothers and sisters in the University render voluntary service. There are no paid servants. There are more than 15 lac people, who attend the classes regularly through physical or online mode. Prajapita Brahma left his corporeal body to ascend the subtle world on Eighteenth January, 1969. Every year on this auspicious day, brothers and sisters of the organisation offer tributes and love to the divine soul.

On the Ascension Day of Prajapita Brahma, we pay rich tributes to him for his unique and outstanding contribution in spiritual education of the masses for striking a balance between material prosperity and spiritual growth. ■■

Contd. from page ... 7

Refuse to judge people or indulge in small talk. Speak only kind and good words about others. **Your positive thoughts and words about others, raise your energy and the energy of everyone around you.** When we are able to see work in this way, we find something called enthusiasm inside. When we are enthusiastic, we work well and we are valued. We are used as a role model. When we put love and enthusiasm into what we do, it rebounds in the form of opportunities and blessings, two of the most important ingredients of a truly wealthy life. We look forward to work and see it truly as an opportunity to be creative, enrich others and be enriched ourselves. ■■

WORDS OF WISDOM

- ◆ One Small positive thought in the morning can change your whole day.
- ◆ When you're facing difficulty, the easiest things to do are worry and complain – but that's the path to more difficulties. Remain positive.
- ◆ The courage to continue is what distinguishes success from failure.
- ◆ The better you feel about yourself, the less you feel the need to show off.
- ◆ More people will like you if you believe that people are good until proven bad.
- ◆ Man needs difficulties in life because they are necessary to enjoy the success.
- ◆ It's okay to be discouraged. It's not okay to quit.

“NOTE” – THE VALUE OF HUMAN LIFE!

There are many parallels between a currency note and a human life.

B.K. Ravi, Kolkata

What is spirituality? What is the value of our human life? Are we born, in this human form, just to grow, reproduce and die? What do we seek here? These questions have kept plaguing me from time to time and in my own way, I have tried to find answers, related to day-to-day life.

Firstly, spirituality and time cannot be separated. **One cannot say that I will turn spiritual only at the far end of life.** It should be side-by-side, as a way of life, itself.

Having come to Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, I **realized that firstly, the only person you can change is yourself, none other.**

While thus contemplating, I thought of this example.

There are many parallels between a currency note and a human life. Whenever we see a currency note, say a hundred rupee (or for that matter, now a 500 or a Rs 2000/- note) lying on the road, what would be our initial reaction?

99% of us, would first look around and try to find out its original owner. If the currency note is not ours and if we find no one around; may be we will pick it up. It would be only the

courageous 1%, who, maybe, would let it lie as it is on the road and walk on.

Having thus picked it up, 99% of us again would either put it in a temple *daanpatra* (donation box), or maybe give it to some beggar, or buy an unfortunate hungry person some food, or gift it to charity. It is again maybe the 1%, who would use it on themselves, because, by nature, we are taught not to use things that do not belong to us.

But why then, did we pick it up, if we were to use it on someone else?

It is because the Rupee note or currency note (of whichever denomination it may be), has not lost its intrinsic value. And we do not want it to go waste. The value printed on the currency note is mostly far greater than the cost of the paper it is printed on. It is still legal tender. Its value does not decrease, even if it is wet, soiled, mutilated, imperfect, worn out or slightly torn.

This is where I find a similarity with our human life. God has created us human beings full of all the 16 celestial degrees or qualities. Over time and with prolonged usage, we may have become worn out, torn, soiled or even forgotten ourselves. But that does not decrease our intrinsic value. We still have those basic qualities hidden within. We were sent by Him in absolutely perfect shape and form and it was we ourselves, who have reached the bottom



now. That is why, the Supreme Soul also picks each one of us up.

Let us go further.

Once the torn note is taken to the bank, it can be exchanged and banks are mandated to provide fresh (or slightly better) ones. Similarly, we continue in one cycle for up to 84 births, shedding our old costume in the present birth and trying to do good in the next birth.

It is only when a series of notes has outlived its utility that is sent back to the Reserve Bank of India (RBI) where one particular series may be decommissioned and a fresh series issued. This is the same analogy that is followed when Shiva Baba takes us to *Paramdham*, at the end of the World Drama Cycle of 5000 years and we come down again, number wise, for a new cycle. The fresh notes are issued again.

Some may argue as to why some of us come down earlier than others and why they play a longer part in a cycle. For this, those souls that have earned a higher number come down earlier whereas, as with the series of notes, that were recently printed on or just before 08 November 2016, could not live their full life, as demonetization is the perfect example wherein, they were rendered useless when demonetization was announced. Even if they were brand new, their cycle had ended and they ceased to be legal tender.

There is also another humorous analogy: “Bad money drives good money out of circulation”, as per the famous Gresham's Law. This means, the bad notes

circulate in the market, while people preserve the good or new ones.

Initially, when we are new, we enjoy the *Pralabdh* (reward or fruit, as in Satyuga and Tretayuga) by being hoarded, before we come into circulation.

In human life analogy, this is not bad but good, as we should try to live our full 84 births and have a long life in each birth, with no *akalemrityu* (untimely death), so that we are not left out, like the 'demonetized' notes, without the ability to circulate in the market.

And when the time comes for us, having been fully soiled and utilized in the market, we can gladly give up our 'costume' and get ready for the next cycle, where we come down as a fresh series. ■ ■

Life Changing Advice

- **Life is short. Don't pass up an opportunity to let someone know how much you care about them.**
- **Always end the day with a positive thought. No matter how hard things were, tomorrow is a fresh opportunity to make it better.**
- **Don't compare, just create.**
- **Find your purpose, your passion, your unique place in the world... and fight for it.**
- **Don't be afraid to give up the good and go for the great.**
- **If you want something new, you have to stop doing something old.**

RULING THY KINGDOM

B.K. Jyoti Pandey, Washington, USA

*When my "eyes" saw that laden garden,
My feet proceeded to fill my carton.
I plucked a fruit with my bear hands,
Opened my mouth to quench those glands.
If only, I had some control; If only, I could've heard my soul!*

*When the fruit eventually reached my belly,
The gardener came out and rushed angrily.
He whipped and whipped my innocent backside,
But I wonder where were my "eyes" that cried!
If only, I had some control; If only, I could've heard my soul!*

*My eyes and tongue and nose and ears,
Have been deceiving me for years.
That Netflix show of mere one hour,
Makes my mind lose all trapped power!
If only, I had some control; If only, I could've heard my soul!*

*My mind does wander up and down,
I aim to focus, but it goes round and round.
Alas, I wish I could control it now,
Make it obey and make it bow.
If only, I had some control; If only, I could've heard my soul!*

*My intellect is my ultimate throne,
My mind follows that what is shown,
I convinced my intellect, visualized a picture,
Where I was that king and yes! that victor.
It's only, the way to roll; It's only, the way to my soul!*

*I now know where true beauty lies,
Not in that fruit but in those eyes.
Its not those eyes that you can see,
But that third eye that gives the decree.
It's only, the way to roll; It's only, the way to my soul!*

*With that third eye I rule my kingdom,
I feel so elated with so much wisdom.
Now, when I see that laden tree,
My feet stay still and I feel so free.
It's only, the way to roll; It's only, how I keep in control. ■ ■*

A HERO WHO CREATES AN EPIC

For worldly hero, villain is from external force or from outside; but for a Rajyoga practitioner villain is within him/her.

B. K. Subramanian, Avadi

Thousands and lakhs of people are born and die in this world. But a very few among them could create an epic even after one thousand/two thousand years of their death. They were able to tow the hearts of others by their heroic play whilst living and acting in the world drama. They are still living in the form of literature.

There has been no Hero in the history of the world without villain. Hero means he must fight with the villain and conquer him.

From the world history we might have known about Socrates, a great philosopher who lived in Greece two thousand years ago. In his case his own wife turned against him for his philosophical ideas and thinking. His wife became a villain and trouble maker, caused obstructions in spreading his ideology and contents particularly among the youth.

But what do we see today? Even after two thousand years we think and talk about him. The students of English Literature study the life history/biography of Socrates in schools and colleges.

Likewise, Napoleon was a great soldier and later became an Emperor of France. He was able to fight and conquer many kings who were ruling different parts of Europe. If so why can't an ordinary human being become king/queen by winning over *Maya* (vices).

For worldly hero, villain is from external

force or from outside; but for a Rajyoga practitioner villain is within him/her. **The vices in human beings such as lust, anger, greed, ego and attachment are the greatest enemies**

(mahashatru). It is a challenge for Rajyogi to conquer those vices, the real villain of human beings.

No Educational Institution or Spiritual Institution in the world other than Brahma Kumaris has boldly come forward to teach Rajyoga to all human beings in the world irrespective of their age, sex, marital status etc. **Brahma Kumaris teachings of Rajyoga are not man made philosophy; it is God's ideology and his teachings are true by nature.** No human being in the world can explain about the soul, about the Supreme Soul and about the world drama form beginning to an end.

God alone has the authority to speak on the above points elaborately with detailed

(Contd. ... on page no. 31)



LEARNING

A UNIVERSAL EXPERIENCE

What are the qualities that humans can learn from animals and birds?

B.K Ram Singh, Rewari



In this world, not everyone is able to learn everything completely. Since learning is a comprehensive, ongoing, and crucial process that lasts a lifetime, it is believed that man will continue to learn something new till death. A person's learning process begins the moment he or she is born on our planet.

To learn is to gain information, knowledge, or a desirable habit from another person. Learning is the term used to describe the gradual acquisition of behaviour. Learning is the process of acquiring habits, information, and attitudes; it is the act of changing behaviour through exposure to new situations and instruction. Psychology places a great deal of importance on learning. Learning is a universal experience and a deliberate mental action that one undertakes to successfully complete a task. It affects all living things and not just individuals. The process of learning involves the growth of adaptability or situational awareness.

It is necessary for a human being to learn every moment, every day and everywhere because:

- ▶▶ Man is born, to learn lessons.
- ▶▶ A person grows only by learning.

- ▶▶ Man keeps walking in life only by learning.
- ▶▶ Today man learns, tomorrow he also teaches.
- ▶▶ Man should learn a lesson, which is good for him but may the good of others also be absorbed.
- ▶▶ Man learns through his mistakes.
- ▶▶ Only by learning, man becomes self-reliant.
- ▶▶ A wise person learns himself, through his experiences in life.

What should a man learn?

One ought to develop empathy for others' pain. It doesn't matter if it's your own or someone else's pain. Because of this, there is a proverb that says, "A person is only called good who knows how to give up." Why then is it said that a person learns something new every day of their life because they enter this mortal world at birth with a consciousness rich in self-awareness and the potential for curiosity? To keep moving forward, he must learn to fill in the gaps that he perceives to exist.

Why humans lag behind in learning from animals and birds?

Why does man currently fall behind in learning from animals and birds if he has

such a robust, comprehensive ongoing, and lifelong learning process himself? Despite the fact that we humans think we are far more sophisticated than animals and birds, it is still important to learn from them today. Humans are breaching all the laws and restrictions, which is making life on Earth unbearable. This is the cause of modern man's accelerated ageing, inclination toward illness, and an unhappy way of life.

Animals and birds are associated with nature, why humans are behind?

Birds and nature are inextricably linked, and this relationship serves as a lesson in disciplined living for us humans. The most significant lessons that humans can take from birds include steak habit, a healthy lifestyle, hard work, and never giving up. If people today could learn like birds, all crime would be eradicated. Therefore, only someone who is disciplined may succeed in life.

Animals are far more capable than humans at feeling, acting naturally, and anticipating future events. Nature is often connected with animals and birds. Animals and birds begin to move about before an earthquake happens, but man cannot comprehend it until the earthquake actually begins.

Animals and birds are less sick

All of the birds and animals start eating as soon as the light comes up, but because of the cycle of breakfast, lunch, and dinner, man continues to get sick. One who eats healthily in the morning, that is, until 9:30

am, never complains of illnesses like diabetes, back pain, knee pain, stomach burning, gas formation, or cholesterol, and they also enjoy a good night's sleep.

What are the qualities that humans can learn and adopt from animals and birds

- ▶▶ Animals and birds keep away from greed and craving.
- ▶▶ They always stay together in trouble. When fire breaks in the forest, the animals and the birds warn every one of the impending danger with their voices.
- ▶▶ Birds believe in their wings and when they fly high, they stay close and fly together.
- ▶▶ They take only as much from nature as is needed. Also, they eat together.
- ▶▶ Birds wake up early in the morning, work through the day and sleep early.
- ▶▶ Animals give lots of love to their children, without any expectations.
- ▶▶ Birds strive hard to make their own homes. We must similarly make an extra effort to make our homes eco-friendly and sturdy.
- ▶▶ Reach their nests/places before nightfall. Don't go anywhere at night. ■■



GOING BEYOND THE DESIRE FOR PRAISE

It's not wrong to feel happy when you get praise. But it's not good to base your happiness on praise, because then it becomes a dependency.

A very common feeling in our everyday life which some of us experience is a desire for praise for what we have done. It is commonly said that **perform good actions for yourself, for your family and friends as well as for the world but do not desire praise in return for those actions.** This is sometimes easy to remember but difficult to practice for many. Some people say it is not natural to expect recognition for what I do in society or in my office or at home. Some people also feel that their good actions must be seen by a large number of people. Otherwise, they don't feel inspired to perform them.

Let's look at an example of an actor. When an actor performs well, he receives praise for his performance. When he does not, people talk against the performance. So, he feels happy and sad depending on his performance, as perceived by people, although he has worked hard, with equal dedication, for both his performances. In the same manner, a sportsperson, who is famous and successful, loses his fame to a considerable extent, once he retires and other younger sports-persons take his place in the same sport, who sometimes succeed more than him. So, it's not wrong to feel happy when you get praise. But it's not good to base your happiness on praise, because then it becomes a dependency. Also, **perform actions with a sense of detachment, because you may or may not get praise for those actions, but you should remain equally happy in both cases.**

Always remember that as an actor in the

world drama, I have to perform all actions to my best capability, but it is not possible to always please everyone with my performance all the time. This is because **we have woven webs of negative karma with a large number of souls in our previous births as well as in our present birth. Because of this sometimes even our good actions are seen as negative ones or sometimes not noticed by some.** When we understand this hidden secret of karma, we will perform nice actions only for our happiness and not to please others or receive their respect, which may or may not come. Suppose I talk lovingly and sweetly with someone who is negative and angry with me, do they always respond in the same manner? So, should I also stop being nice to them? So, praise for my actions from others is less important than praise from myself and even God, who always knows what I do the whole day and how I behave.

We are all also brothers at the spiritual level. As brothers, we share a bond of spiritual love with each other and to love, care and respect for each other is our natural spiritual duty. But when we consider serving others as something for which we should get recognition, we have forgotten the same. God serves the whole world in different ways. He helps us in different ways, but sometimes we do not realize it. Does He look for recognition? No. So, **as God's children, our duty is to serve everyone we meet with our goodness in every thought, word and action and not expect goodness in return. ■ ■**

HUMILITY AND INTROVERSION

Humility comes from a thought – “Nothing belongs to me” and Introversion makes the mind cool.

B.K. Mahima, Gwalior



One can be light internally only when one is ego-less. For example, there is the concept of bagless school. God says, life is also a live classroom, where I the soul, I learn from everyone from every situation. But, the heavy bag of ego will make me a dull head student. And so, Supreme Teacher teaches us to be ego-less.

The more ego-less someone is the better he learns. **Ego** is stagnancy, **Ego-lessness** is growth. Ego, is such a widely used word but, who can free us from its bondage and how? Only God can free us from artificial ego because, He Himself is egoless, viceless and incorporeal. His remembrance will burn the vice of ego.

Humility comes from a thought – “Nothing belongs to me”, but, yes, I am a “Trustee”. A trustee is supposed to be honest with the trust or God. He says – use everything I have given you – thoughts, words, time, money, knowledge in the most possible worthwhile way, never waste the Godly treasures. Be an honest trustee and also keep an account of your “Karmas”. If, instead of keeping a stern check on your “Karmic Sheet”, you're busy looking at others, then, your sheet will have more red flags. To remove the existing red flags, **God**

is teaching how to perform elevated karmas, so that the ill effect of negative karmas fades. God says - the answer to get rid of the negative effect of negative karmas, do not perform more negative karmas and perform highly elevated action based on God's *Shrimat*.

To give and take sorrow is a bad karma which has become a fashion in today's world. People only discuss about what others can do better and this is a total waste of time that makes our mind sorrowful. Extroversion makes the mind sorrowful. The mind is then always busy in answering what, why, how, where, when. And when I am busy in churning the negative, waste, ordinary of this world drama, the soul will not experience true bliss.

Introversion makes the mind cool. Introversion is not getting disconnected from the world and the people in the world. But, **introversion simple means whilst living in the world, I am busy drawing love from God, giving his love to others, checking and changing the self.** Such a soul will always dance in happiness because they have received godly intellect that only sees goodness. Such a soul is same inside and outside, it will never be that

(Contd. ... on page no. 25)

ACCEPTANCE AND EXPECTATIONS

The task of self realization cannot be achieved through haste or headlessness.

B.K Sujoy, Kolkata Museum

The path of spirituality is like that of a river. There are ups and downs; sometimes swift, sometimes slow, accept them all. We should not hurry or despair. Pursue with great zeal but do not expect the fruits; success will come, but at its own time. We will need force as well as silence. **Expectations bring haste and tension, and when one is unsuccessful, they create despair. But a seeker peacefully accepts all phases and pursues his goal.**

When desires and passions surface, the seeker becomes weak and gets disturbed. But if he does not despair and bravely faces them, he accomplishes the task. **We must accept all ups and downs with peacefulness.** We can create positivity by not identifying with them and watching them from a distance.

We will realize that we are moulded by both phases. The down phase breaks our false sense of doership and the up phase fills us up with enthusiasm. The seeker benefits from both and does not become prey to despair or despondency.

The Seeker benefits when he is happy and also when he is not. Sadness when accepted does not hinder the spiritual pursuit. He who accepts, passes through them, and manifests Supreme witnessing; continuous witnessing is the gateway to liberation.

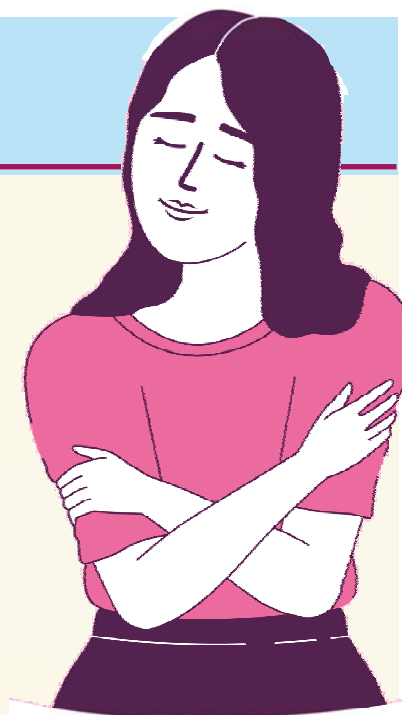
Those who have realized the self, might had undergone many unfavourable circumstances. Even if circumstances are unfavourable, it is impossible that they become an obstruction to self-realization. There is no hindrance other than despair and pessimism.

The reason for despair is that the mind is over-ambitious. It wants to accomplish more and more in shorter periods of time. And when the mind tries to hurry, it experiences despair.

Wishing for quick results without putting in the required amount of effort does not bear fruit in spirituality. The conscious and blissful self cannot be realized by mere wishful thinking. The path is easy. However, it cannot be attained by unnecessary haste, for haste is waste.

A balance is expected from a seeker. It needs patience, yearning, earnestness, enthusiasm, attentiveness and freedom from tension. Neither inadvertence nor despondency will bear fruits. Everything moves at its specific pace. While the tall trees of deodar grow slowly. Progress too has its pace.

Everything has its time, pace and order for its growth; non acceptance of it



is ignorance. We have to be extremely earnest in our spiritual pursuit. It should not be a half-hearted attempt. We may feel baffled initially. It can be disconcerting when we cannot discern the right means, we don't get desired results. At this point, it is natural for us to feel lost. But let not our discomfort throw us in despair. We should move on with the right practice. Make a diligent effort to understand the nature of the self. We should not be disheartened by the delay.

A seeker, in desperate moments may feel that he had heard so much about the self, yet he failed to experience the bliss of the self. He feels despondent, for he neither experiences the inner bliss of the self nor does he find the world comforting. However, a sincere seeker does not give up but finds his way out of this feeling of dejection. With great patience, he endeavours to go deeper within. Until now, he

wandered outside, trying to make the world happy or derive happiness from it. Now refusing to be bewildered, he retires from such extroverted behaviour, and through patient efforts, discovers the inner path, the path of self realization.

We are identifying with this little package of flesh and bones and say, I am this, then we say, we are suffering. We have thrust ourselves into this physical body. Naturally, there will be suffering.

If we consider our shadow to be us, sorrow is natural. We can't move anywhere. We will scream 'I am being dragged on the road! The traffic is passing over me. 'In the same way we think that we are the body, not the self. So, sorrow is natural. All that we have to know is, 'I am *Atma* (soul), just as we know that we are different from our shadow. This will put an end to all our sorrows. ■ ■

LAUGHTER: THE BEST MEDICINE

◆ **Ashok: Why did u run away from operation table??**

Ramesh : The nurse was repeatedly saying-"don't get nervous" ,"don't be afraid. "Be strong" This is a small operation only."

Ashok : So what was wrong in that? Why are you so afraid?

Ramesh: She was talking to the surgeon!

◆ **In a "Mental Hospital" a journalist asks the Doctor: "How do you determine whether to admit a mental patient or not?"**

Doctor: "Well..We'd fill a bathtub with water & then give a teaspoon, a glass & a bucket to the patient & ask them to empty the bathtub."

Journalist: "Oh, obviously a normal person would use the bucket coz its bigger."

Doctor: "No, a normal person would pull the drain plug! Please go to bed No.39. We will start further investigations on you!"



UNLOADING YOUR PRESSURE BAGGAGE

Can we experience freedom only when there is an absence of outside pressure?

On a spiritual level, pressure can be defined as an external force acting on us divided by our ability to bear the force or resist it. Thus, force and resistance capacity are two variants in the equation of pressure. Everyone has different resistance capacities. **Two people with different resistance capacities will experience different amounts of pressure on being subjected to the same magnitude of force.** A feeling of pressure absorbs our freedom and gives us an experience of being ruled by an external entity. There are a lot of people who hold the belief that they can experience freedom only in the absence of an external force, which is almost impossible, since there is almost some force or the other exerted on the soul by ups and downs that takes place in the role that it plays through the physical body; which includes the physical body itself; profession; family; wealth, all types of relationships, etc. Even our own personality, thoughts, feelings, emotions etc., exert pressure on us at times.

Apart from the resistance capacity, the other variant in the equation of pressure is not only force but our perception of what the magnitude of the force is. This depends primarily on the beliefs that we carry. Two people will perceive the same situation in their role (as explained above) as forces of different magnitudes. While we hold the belief that life events, people and their expectations from us, are the forces that are the causes of our pressure, we will be able to do little to change the habit of being pressurized. It is we who pressurize our self and allow the outside to

pressurize us. We can either go through our life journey while experiencing feelings of being emotionally imprisoned, confused, rushed and hurried, or we can do the same with the power of faith and determination, at the same time remaining patient and maintaining our inner emotional stability. In some cases, some of us put pressure on ourselves, because we carry the belief that a bit of pressure is good in order to achieve what we want; it provides us with positive energy and motivates us. So this is an example of perceiving a force in our life, a force which does not exist. Such kind of pressure can deceive us and give us a feeling of being beneficial in the short term but it can have harmful effects on us in the long term. Some others might not experience this pressure because they do not carry this belief at all and don't invite this force.

Can we experience freedom only when there is an absence of outside pressure? We feel pressured from many sides. At work, we feel the pressure to do tasks as per fixed guidelines of set systems and within boundaries of time, of keeping up our performance as per others' expectations and as good as our compatriots. In relationships, we feel the pressure of experiencing success in them, of satisfying others and gaining respect from them. In studies, we feel the pressure of having to excel in them, not only because that is instrumental in building our future but because of the desire to be seen in a positive light by others. We feel the pressure of having to earn more and more wealth to satisfy the necessities, comforts and



luxuries of the family and to maintain a certain image in society. In the face of problems, we feel pressure

when we are not able to solve them quickly or in the way that we want. Failure or its fear, in any sphere of life, generates pressure in us.

Sometimes we experience pressure because the mind is not functioning as per our desires or directions or we are not able to transform our negative personality to a positive one as much as we want. When we believe that something harmful can happen if we don't reach our set objectives on time or in a certain manner, we feel pressured. Physical illnesses or their fear can also create pressure for some of us.

And so life turns into an endless amount of pressure crests, like speed breakers that appear one after the other, unsettling us and not giving us time to relax. When we feel pressured, it seems that the life forces rule our life and we do not feel free. In the long-term, **this repetitive habit of creating feelings of pressure and carrying such baggage ends up leaving us exhausted on an emotional and spiritual level.**

Sometimes the pressure we are carrying is related to the situation we are in, sometimes we even carry a pressure of one situation in another situation i.e., it is unrelated pressure. All this continues throughout the day, day after day. What all this pressure does? It increases the quantity of thoughts that we carry in our mind, which in turn reduces our efficiency and discriminating and judging power. The words

and actions coming out from such a state of mind are improper and lacking in power, conviction and clarity. **To ensure that we do not carry pressure baggage on our emotional back, as per our pressure equation, we need to change the incorrect beliefs that we carry, which are the root cause of our pressure and at the same time increase our ability to bear the different life forces.** We carry thoughts that are determined by our belief of what success is and what failure is, what winning is and what losing is. Although we perceive such beliefs to be true, they are not true; they are like a facade that influence our perception of reality and generate in us feelings of pressure. The truth, on the other hand, is deeper than beliefs.

While meditation will serve as an important tool to increase our inner power to tolerate or resist life forces; spiritual knowledge, understanding and wisdom will serve as an immensely important tool which will help us in correcting our beliefs.

So in times of pressure, stopping yourself for a minute and assessing your thoughts, then going backwards, and **checking** the beliefs which are the root cause of the thoughts at that particular moment and then **changing** them requires strength and clarity, which we will obtain through the medium of spiritual wisdom. Once the beliefs are corrected, the thought patterns will change. Thoughts like: *Maybe I won't arrive on time or If I don't finish this assignment successfully, I will lose my next promotion or If I lose my money in this financial investment, my family will stop appreciating me* etc. which we create all the time - will be replaced by more positive thoughts of security, fearlessness, patience, peace, faith, determination, certainty etc. ■ ■

MY DAD'S 10 BANJOS

Would you agree that it's far better to be able to play one banjo very well rather than playing 10 banjos badly?

B.K. David, Paignton, England



Life has become all about gaining but as you see, it's turned into all about gaining materialism, wealth and beauty.

In the world's pursuit for beauty, money and to be seen to be successful, people have lost the most valuable aspect and most important aspect, that of the soul and being the soul and living as the soul. If this is lost, as it is, and completely, all is lost and that is why people chase after trying to get fulfilment in their bodies, through their senses and achieving wealth and success.

My Dad's 10 banjos hang fixed to the wall whose beauty and melody have not really been released and when they could fall from the wall.

Through lack of use and mastering just the one banjo, my dad can play each badly and the same old tunes over and over again. Over 50 years Dad is still playing the same old five tunes – and at times, rather poorly. Yet he plays with happiness and enthusiasm which accounts for a lot.

Is it better to be funny and content or on the path of skill and endeavour that sees you sometimes failing with disappointment?

Never an instruction book or lesson, but also, no real progress came to Dad but then,

he's content to play the same old tunes which gives Mom and I great amusement; more than if he'd been a banjo playing expert.

The world chases its tail of gain – and when it's caught, it comes with a heavy price.

Is it not best to live a simple, clean life than make it complex with aims and achievements that might not be so pure and only be full of a person's ego and self-worth?

Leading such a life that many do, can lead one down a dark alley and when finally, the lamppost of truth gets turned on, it sees that person with little happiness, peace and inner nobility.

Most are only aware of life at the cheaper end as it's far easier and many are ignorant to the finer aspects that lie around the corner when they put down their rubbish, bad habits, anger and vices. For most, it's a life led in the bog of quicksand and sorrow that makes life a struggle when they cannot let go of their bad habits which weigh heavy in their minds and importantly, in their pockets.

Are you living as a victim and prisoner of bad habits?

If you are, welcome to humanity's huge

and omnipresent club that meets daily in this bog of quicksand that sees all fighting to stay afloat (to be happy) and where most at best survive only and where most are dragged down without much resistance.

The vices are now the new religion which are common place and worshiped and practiced daily across the world.

To follow such a path is now very normal and if you are not on this path, you are seen as strange, not going with the flow. But those in the flow do not realise the flow of their path is leading straight into the bog and once in it, few ever get out.

If one wishes to achieve not only happiness in their life but permanent happiness, they need to learn to be introspective and be fully aware of what thoughts they are having and the reasoning behind them. If you want a loaf of bread and find yourself in an aquatic shop selling only tropical fish, you are going to be disappointed and hungry until you find the right shop selling what it is you want – bread (happiness)!

Some leave man's religion of vice and start to look and search for a life that provides a reason, peace and happiness that's not fleeting.

Their curiosity sees them looking into spirituality and meditation in the hope of finding inner peace where they study the room of the mind.

It is only in this room one can gain that true last peace. Some just look through the mind/soul's letterbox and can see the divinity inside the room but the constant

discipline required can put many off from fully entering and although they've had a glimpse and a taste of the fragrance therein and insight to the wonderment of the light behind that door of meditation, they turn away and carry on looking, searching here and there, even though they've just found, and turned their back on, the biggest diamond in the world that was free, had their name inside it and being offered to them to use, admire, wear and keep.

Yet surprisingly, the vast majority, after being spellbound by the peace and tranquillity within that mind's spiritual room that they could feel emanating from it, amazingly, turn their backs on it as they get pulled back to their lives of sameness, body consciousness and greyness which they manage to only offset with increasingly longer spells spent in the many other rooms of vice that have open front doors down every high street, road and path they walk and the story does not end there when they get home.

Almost without exception, all walk past this sacred SOUL door that's of great importance down the corridor and into some other room marked VICE.

If they are not hurrying past it, a few might stand outside this spiritual room of the soul pondering what to do as they feel scared and with that, indecisiveness, with one minute seeing them wanting to step inside and the next, allowing themselves to be pulled away down the corridor, where they're free to open one of the doors that lead out on to a bog of vice.

Even after locating the engine, you need to know how it works if you are to fix it.

For me, I had to seek out truth and that meant finding peace and for that, it needed me to find the soul, the source of my peacelessness: you cannot fix a faulty car engine if you do not know where in the car the engine is.

I got lucky and found such a 'Soul Room' and did not hesitate to enter and once inside, I soon found my soul.

From experience, it's the spiritually inclined that enter this room without a second thought as they are searching with great sincerity, need and passion and for them it is most logical to step through the door and stay behind it for as long as required, which is always a lifetime, as the soul is intricate, polluted, wild, unruly and deep and in need of great attention and constant cleaning, training and to be self-disciplined.

Not all manage to stay behind this golden door of meditation in a state of soul consciousness as many people's past hold a very powerful body conscious past and get pulled back outside into their old familiar world and because it's of the body and relationships, it's also a world of unending vice, sorrow, worries and constant stress.

Have you got many 'things'?

My father often used to say when I was very small, and how it has stuck with me until today, and which now causes me to have to remind him of it, as he's become the embodiment of that very saying which he

had told me and mother when I was a child, as he believed in it fully but has long since forgotten all about what he told us as he now buys 'many things'. Dad's saying was: the more possessions you have, the more worries you have.

From Dad's many lamps, bags, coats, odds and ends, cameras and banjos and dozens of other items he collects and discards at regular intervals, I thought he still can only play the same few tunes on each banjo he has. **(to be contd.....)**

Contd. from page ... 18

inside they are something else and outside, they are trying to portray themselves as something else. This is complete purity. Inside, the soul is clean and so that cleanliness of heart is reflected outside. And, that is why they say - **'Cleanliness is next to Godliness'**. Because a clean soul will always attract the love of God and God's attraction is the only means to clean the soul, there is no other method to purify the soul other than, God's true remembrance. Water of Ganges cannot touch the soul, how can water cleanse the soul? Check for yourself - Go on a devotional pilgrimage, take a dip in the holy water and see if your heart and mind become pure and light? It can only become light when the burden of sins is taken off, and only **God can absolve the sins performed by the soul through the body.** ■ ■

INTELLIGENCE AND WISDOM

Intelligence results in knowledge. Beneficial Knowledge, when practiced, becomes wisdom—as though circuit completed.

The word for wisdom in ancient language Hebrew is סָכַל, (sakal) which means became “circumspect” – acting after taking ALL aspects such as consequence into consideration. Hence in its verb form, it is translated as “to prosper, succeed” etc. (Deuteronomy 29:9; Joshua 1:7) Thus when knowledge used in such a way it results in prosperity, success, it is called wisdom.

In Indian languages the word for wisdom is *pragya* which means behaving like Buddha. When Buddha was secretly leaving his palace and its pleasures and majesty in the middle of the night, his friend and charioteer felt compassion on him. He tried to dissuade Buddha, and asked him: “Gautam (Buddha's original name), have one look at the palace you are leaving behind.”

Buddha understood the trap, but he looked behind at the palace as he requested and said “I do not see palace, but only fire.” What a practical approach — seeing things with its future also. Palace is obviously good to start with, but remaining in it would give suffering (fire) in the end. What Buddha said was the Operating System of This World: **“What is pleasant in the beginning**



B.K. Rose Mary

becomes pain in the end, and what is painful in the beginning becomes pleasant in the end.” (Bhagavat Gita 18:37–38) Thus wisdom is to see the aftermath of vices when tempted by vicious act.

The following two examples would help to know what wisdom means in practical life.

(1) Intelligence is to know the Scientific knowledge such $E=MC^2$ which means energy and mass (matter) are interchangeable; they are different forms of the same thing; hence both are really the same thing. It is just the transformation of one into another. Under the right conditions, energy can become mass, and vice versa. Completing the circuit by also accepting its implication is WISDOM: When everything is form of energy which can neither be created nor destroyed, it is pointless to seek beginning or end for anything. Energy and matter have been in existence eternally in some form, they were never created nor did they begin at some point. This wisdom removes a greatest misconception about GOD as The Creator. Truth is that HE is not a creator as universe is eternal, needs no creation. Some scientists also see this wisdom. (What if the universe had no

beginning?) (Hawking's Idea That the Universe Had No Beginning).

Interestingly, Mythology had already explained this nicely showing how Brahma lost his 5th head as punishment when he called the infinite as finite. Story goes like this: There was a competition between Brahma and Vishnu regarding a great pillar of fire (that looked like Shiva Linga) they came across. It seemed unending, hence they decided to investigate.

Brahma took the form of a swan and rose high into the blue skies to see its peak end.

Vishnu took the form of a boar and bored his way deep into the universe to see its base.

But both failed because this cosmic pillar was the Supreme Soul, God Shiva himself, who has no beginning and no end.

Vishnu accepted his defeat.

However, Brahma boasted that he reached the summit and brought a white *ketaki* flower as proof which He claimed to have got from the top of the Shiva Linga.

Supreme Soul Shiva appeared on the scene and punished Brahma cutting his 5th head which said the lie and flower for telling lie.

The whole story is symbolic and very rich in meaning as it is prophetic about future development on this earth. What Brahma supposedly did is symbolic of all those who say there is beginning for everything – especially what some scientists claim today. To claim that this universe is the product of a Big Bang is like drawing borders across the borderless. What Brahma did is what today the materialistic scientists are doing. When

someone draws conclusions about beginnings and endings about something infinite, he becomes a believer, not a seeker. This symbolizes what Brahma did.

When one accepts that he really does not know the beginning and end of the unlimited, then he becomes a seeker. This symbolizes what Vishnu did.

If God doesn't create, what is His role?

HE only “renews” when time is ripe for that, when humans make this earth polluted and unliveable. (Mathew 19:28; Revelation 11:18) That is what all prophets declared. (Acts 3:21) That is how Bible concludes. (Revelation 21:1–5; 22:1–5) That is the very essence of Bhagavat Gita (4:7–8) Hence to believe in a beginning for everything has to do with intelligence, but to believe in more profound verses such as Ecclesiastes 1:4; Bhagavat Gita 2:16; 13:19 which says earth was never created as it is “ETERNAL” is wisdom. See how wisdom completes the picture of God and how it spares our time as we don't have to seek beginning of the beginningless!

(2) To know marriage as coming together of two people into marital union after which they live together is intelligence. Completing the circuit by also living according to the root meaning of the word marriage is wisdom. In Indian languages, the word for marriage is *vivah*, from the root *vah*, *vahan* “to carry, vehicle”—hence **marriage means living together WITHOUT ANY EXPECTATION from the other person because in marriage there is only ACCEPTANCE as though a vehicle carries load. In other words, if**

you have expectations, then it is not marriage but only a union of two beggars which will often end up in discontentment and divorce. In acceptance, both are giving freedom to each other; both are giving wings to each other. This is wisdom because marriage prospers and succeeds. In contrast, in expectation, they are cutting the wings of each other with partners feeling trapped, result being pandemonium. English word matrimony too conveys the same as it “ultimately derives from Latin *mātrimōnium*, which combines the two concepts: *mater* meaning “mother” and the suffix *-monium* signifying “action, state, or condition.” (Marriage) Thus it is union of two persons with the mind-set of mother whose delight is in giving—when child cries in the middle of the night mother does not get annoyed, but delightfully feeds the child.

The wise will bring this wisdom into all aspects of their life (not just in marriage). For example, Jesus did not lament when he was betrayed by his trusted disciple asking “Why did he do this to ME?” Instead, he took “ME” out of the picture, and saw the true picture in TOTAL DISPASSION: “It would have been fine if he were not born.” (Mark 14;21) This response shows Jesus ACCEPTED him AS HE IS with an attitude: “That is the way he is, it is HIS choice, HIS loss.” It is like when mango tree produces mango, we don’t ask “Why doesn’t it produce jack-fruit” because we know it is the nature of mango tree to produce mango. Similarly, each one has a unique nature (*sanskar*)—like late-comers

always come late even if time is relaxed for their sake, that is the way they are. (Luke 6:43–45; Bhagavat Gita 8:6) **Thus in wisdom you spare many problems because you view others as just different, not necessarily wrong.** For example, rash speaking is wrong in your family—hence you are very careful to be sweet and soft in your speaking, but your partner always speaks rashly, because that is normal in his/her house!

The above shows that intelligence could be even negative/hurting, but wisdom is always positive/healing: “There is one who speaks like the piercings of a sword, but the tongue of the wise promotes health.” (Proverbs 12:18) Intelligence can also lead one to wrong conclusions (just as there are many theories about origin of life, universe etc which means all are wrong except one), but wisdom always reaches true conclusion and also makes people good. The intelligent see suffering as proof for non-existence of God, but the wise see it as proof for existence of God as HE has left everything to Law of Karma to run its natural course. **Intelligence is innate, but wisdom is acquired through effort.** Death comes uninvited and unsought, but elixir (eternal life) comes invited, sought, with effort. Hence “the wise” take effort, seek the truth and find it. (Daniel 12:10; Mathew 7:7) Scriptures symbolically describe the wise as “eagle-eyed one” in the West (Luke 17:37) “elephant-headed one like Ganesh in the East. Both the symbolisms point to acting with a view to future. ■ ■



Pithoragarh: Mr. Pushkar Singh Dhami, Chief Minister of Uttarakhand is being presented Godly gift by BK Padama and others.



Bilaspur(CG): Mr. Rameshwar Teli, Union Minister of State for Petroleum and Natural Gas is inaugurating the drugs de-addiction stall of Brahma Kumaris along with BK Swati and others.



Hisar: Dr. Kamal Gupta, Minister of Urban and Local Bodies, Mr. Ranbir Singh Gangwa, Dy Speaker of Hry Assembly, BK Shivani, BK Ramesh are inaugurating a program on Happiness.



Udaipur (RJ): Lighting candles during a Spiritual Musical Night are Mr. Tara Chand Meena, Collector, Prof Shiv Singh Sarangdevot, VC of Rajasthan Vidyapeeth, Bollywood playback singers Shruti Jakati and Sukhram Manda, Mr. Chandra Singh Kothari, Former Mayor, Mr. Paras Singhvi, Dy Mayor, Mumbai, BK Satish and BK Reeta.



Abu Road (Mansarovar): During Rajyogi Kids Winter Carnival BK Mruthyunjaya is addressing the children, while Ms. Sangeeta Raj, famous artist from Delhi and BK Dr Savita are seating on the stage.



Gurugram (ORC): Lighting the candles on UN World Day of Remembrances for Road Traffic Victims are Mr. Subhash Verma, National Advisor, Indian Association of Travel Tourism Experts, Mr. Salil Lal, Vice President (HR), Maruti Suzuki India Ltd. Ms. Grace Chupa, Dy. High Commission of Malawi, BK Asha, BK Divyaprabha, BK Shukala and others.

THE ART OF LIVING

There are five beautiful aspects of our lives that need to be made perfect in every way.

A very significant and beautiful intention that all of us carry inside our minds is of making our lives full of plenty of joy in every sphere that is connected to us e.g. If our relationships lack love then the first thing that comes to our mind is to make ourselves so nice as a person so that people around us respect us and we receive love from them. Life becomes fulfilling by doing that. There are five beautiful aspects of our lives that need to be made perfect in every way. **One is our physical costume or body which we need to take care of in every way** including our physical health and physical personality which helps us in achieving life's purpose through it. Spirituality helps us in making proper use of our body for achieving our purpose. This is called *karma yoga* or the art of performing day-to-day *karmanas* in the remembrance of God for making the actions successful.

Another aspect is our mind which is also like a temple in which we need to always have pure thoughts and feelings as well as emotions. Our mind is the place where our entire life originates and everything we do on a physical level first takes place in our mind. Remember the negatives and the positives will at times exist in our minds but it is the extent of both which matters. The negative needs to be minimal and the positive needs to be as much as possible. Also, **our wealth is a third aspect of our lives, which needless to say, is important in its own way and life would be incomplete without it.**

A very important and the fourth pillar of life that

we all depend on so much is our **personal**

and professional relationships and interactions which give us strength and are also a medium of give and take. We give peace, love and happiness and get blessings in return. All the people who surround you and make up your life play an important role in shaping up your personality and success filled relationships are a source of immense joy for each one of us.

The fifth and most important aspect of our lives is God, who makes our life beautiful and our mind, body, wealth and relationships are shaped positively by remembering Him. God does not give us our minds but teaches us how to make our minds beautiful by connecting our minds with His. Also, our physical costume or the precious vehicle, when used in the way God wants us to use it, makes our actions filled with divinity and purity. Even our wealth and the way we use it gets affected positively when we earn it by making God our constant companion and giving Him due respect by keeping a small amount aside from our profits, for the service of people and their betterment. And lastly our relationships can never be successful without including God in them. What that means is that I take from God and share with others. I connect others with Him. These five different aspects of our life define our life. All are important in their own way and how good we are in handling all of them makes us happy and content. ■ ■



Brahma Baba's Teachings And Prevailing World Conditions

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some countries, the developmental efforts are nullified by high population increase due to lack of self-control in the people over their animalistic instinct of reproduction. In others, there is a lot of corruption in high places, or the 'insensitive' government there incurs unaffordable high expenditure, or the greedy rich deposit illegally huge sums of money in banks abroad. Others cannot make any worthwhile progress because of political instability, disturbed law and order situation or because they have to spend enormous amounts on military and paramilitary build-up in order to counteract violence with violence. In many other cases, the main cause of wide-spread economic misery is the apathy of the people in high places towards the common populace. In one short sentence, one can say that all the prevailing economic misery is due to loss of values, such as sympathy, self-control, non-violence, spirit of service, feeling of concern for the well-being of others etc.

All this leads us to the truth that, in the absence of moral, human, social and spiritual values, all the efforts put together by all the experts cannot lead a society to real happiness. This is what Brahma Baba had stated clearly and emphatically in the year 1936-37 when he founded the Brahma Kumaris World Spiritual University and this is what he has reiterated and expounded at length in the following years until the last moment of his life. Just an hour or so before his spiritual ascension on the night of 18th January, 1969, he had summed up this sacred

message in a few words when he said: "Beloved children, may you stabilise in the incorporeal, soul-conscious state and be free of all negativity and evils and of all forms of pride!" He also said: "Purity is the mother of Peace and Prosperity. May you, therefore, be holy and yogi!" This message, which is relevant to the present world condition, is still vibrant in the ears and minds of hundreds of thousands of people who will observe 18th January this year as a day of meditation. ■ ■

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clarification. Rajyoga does not require a practitioner to give up the job, studies or any other *laukik* duties. A Rajyogi is a karma yogi also.

Today we are all subjects (*prajas*). By regular practice tomorrow we become kings and queens and rule our areas in Satyuga. We take eight births in Satyuga covering one thousands two hundred and fifty years. Not only the kings and queens but all citizens of the state (*prajas*) too experience ever healthy, ever wealthy, ever happy and ever holy life throughout their life span in each birth. They do not know what is sorrow and suffering. The paradise Satyuga has been naturally formed and designed in such a style and manner.

A hero of Copper Age (*Dwaparyuga*) or Iron Age (*Kaliyuga*) is of course praiseworthy; but they are not worship-worthy. It is the hero and heroines of Golden Age (*Satyuga*) and Silver Age (*Tretayuga*) who are not only praiseworthy but also worship-worthy. They are double crowned kings and queens. ■ ■



Delhi: Mr. Shripad Yesso Naik, Union Minister of State for Tourism & Ports, is being presented Godly gift by BK Asha, BK Bakshi and BK Vidhatri.



Gurugram (ORC): Justice Deepak Mishra, former Chief Justice of India, Mr. Sandeep Agrawal, IFTP President, BK Brijmohan, BK Pushpa, BK Latha and others are inaugurating the National Conference for Jurists.



Delhi (Harinagar): Dr. Lokesh Muni, Founder President of 'Ahimsa Vishwa Bharti' is addressing the dedication ceremony of 16 BK sisters. Vice Admiral SN Ghormade, Vice Chief of Naval Staff, BK Santosh, BK Asha, BK Shukala are also on the stage.



Indore: Prof. Himanshu Rai, Director of IIM Indore is speaking in a program organized to observe the 7th Remembrance Day of BK Omprakash Bhaiji. BK Hemlata, BK Karuna, BK Anita and others are also sitting on the stage.



Sonepat: On Gita Jayanti Mahotsav Sri Sri 1008 Dr. Swami Dayanand Saraswati Ji Maharaj is being presented Godly gift by BK Veena. Dr. Rajendra Kumar Anayat, VC, University of Science and Technology (DCRUST) is also seen on the stage.



Hyderabad (Shanti Sarovar): Mr. Arvind K Garu, Special Chief Secretary, MA&UD, BK Kuldeep, BK Suryamani and others are lighting candles during the closing ceremony of the month long campaign on 'I Can Do It' for disabled children (Divyang).



2023

ATTITUDE MATTERS

A beautiful aspect of our lives which we sometimes do not give adequate importance to is the need for taking care of our attitude towards everyone and how we look at each one.

There was once a businessman who became known as the most successful person in his field because of his hard work and dedication. Thousands of people admired and respected him. Everyone's attitude was extremely nice and positive towards him. Sometime in the middle of his career he started doing badly and suddenly people began to move away from him. The attitude of many people towards him started becoming negative and the same people, who were happy with him, in his success, no longer were there for him, in his failure. The world had turned its back to him. Why did he face such a response from the people around him? Was something lacking in him? Did he commit some mistake? Not at all. But the world was like that for him. Bad. They say **your attitude for someone should not only be positive but ever-positive i.e. continuously positive.**

Are we able to always have a positive attitude for everyone? Do you ever wonder what stops us from doing that? Our perception of people changes very easily. There is a small example of two people A and B having a conversation amongst each other. B explained something negative about C to A and went away. Later in the day, C came to A to ask for help and A refused to help because he thought C was not a nice person. Who was responsible for this action? B and his negative feedback about C which he gave to A. This changed A's attitude towards C. This can happen with us in our social circles or in our offices or even in families. **Attitude matters.**

It is the foundation stone of all relationships.

Our attitude towards a person is commonly based a lot on what we listen from others about him or her, as discussed in yesterday's message. On the other hand, **a person who is determined to have a positive attitude will not let all that he hears, affect him. He will maintain a balance by knowing everything about a person or what others are saying about the other person, if required and yet remaining the same.** This is because sometimes in a particular role, in any sphere of life, it may be important to know everything about a person from others also. That does not mean that we should gossip about the other person and indulge in discussions about him or her. This may be unnecessary at times because sometimes people give incorrect feedback also. But that's not true every time. Sometimes the feedback may be correct and not so nice. Also it may be important to know that piece of information about a particular person, which you are receiving.

At that time, use your power of discrimination and judgment to know whether what you are hearing is true or not because the other person may be incorrect or may purposely be lying or lying because of his or her own lack of discrimination and judgment power. Also, at times, it may be good to refuse the other person's piece of information or if that's not possible, hear it, but not let it affect you negatively. In other words, neither should you be disturbed by that piece of information nor neither should you share

that piece of information with others. Lastly and very importantly your attitude towards that person whose information was shared with you should remain the same. Otherwise **following your attitude change, your behaviour towards that person changes and as a result the relationship with that person gets spoilt. How to keep a positive attitude for a person about whom we hear negative information?** A little bit about that in tomorrow's message.

When listening to a piece of information use your third eye or third ear if you like to call it that. We normally use the words third eye or the eye of wisdom. In the same way **the ear of wisdom means while you listen to something about a person with your physical ears, use this third ear to differentiate between what is right and what is wrong.** What that means is emerge spiritual wisdom of different life situations in your mind. Also, emerge the knowledge of Law of Karma (Action). The Law of Karma states that every action on a spiritual level causes a similar reaction or life situation to come back to us. **A positive action brings a positive life situation back to us and a negative action brings a negative life situation back to us.** The two ears will listen physically but the third ear will listen to the physical information after filtering it with the filter of the Law of Karma. That

additionally means understanding every hidden aspect of the information being shared with you about a particular person and yet keeps a positive attitude towards that person.

At the same time, **use the 8 powers in that particular situation like the power to tolerate, power to accommodate, power to face, power to pack up, power to discriminate, power to judge, power to withdraw and power to cooperate to bring about success in that particular situation.** What that means do the right thing at the right time – resolve the problem filled situation without harming anyone's interests on a physical or subtle level of mental energies. Also, keep good wishes for everyone involved, keep yourself free from waste and negative thoughts and maintain the positive environment of the workplace or home. Also, spread good information about everyone including the person who may have committed a mistake or the person who has given you wrong information about that person. Lastly, remember everyone's original qualities are peace, joy, love, bliss, purity, power and truth. **Look at everyone with these spectacles of their original qualities and don't look with the filters of negativity and weaknesses of different colours.** Then everyone will look beautiful. Attitude matters and it is the key to success. So always keep it nice, pure and positive. ■ ■

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Bhubaneswar: HE Draupadi Murmu, the President of India is being greeted by BK Santosh, BK Praful and BK Vijay.



Gurugram: BK Asha is presenting Godly gift to HE Bandaru Dattatreya, Governor of Haryana along with BK Vidhatri and BK Neha.



Surat: Mr. Mansukh Mandavaiya, Union Health Minister is being presented Godly gift by BK Tripathi after a spiritual program.



Hyderabad: Grand Sports Conclave on "Winning the Game of Mind" at Shanti Sarovar Retreat Centre is being inaugurated by Mr. V Srinivas Goud, Minister of Sports, Mr. MSK Prasad, Former BCCI Chief Selector, BK Kuldeep, BK Jagbir and others.



Dallas (USA): During a program on "Azadi ka Amrit Mahotsav" at Tapasya Dham BK center Mr. Aseem Mahajan, Consul General of India and other dignitaries are seen with BK sisters.



Abu Road (Shantivan): A Conference on Gita Jayanti is being inaugurated by Mahamandaleshwar Shiv Swaroopanand Saraswati, Mahant Acharya Dr. Siyaram Das, BK Brijmohan, BK Sheilu, BK Usha and others.



Divine Message of

Rajyogini Dadi Ratanmohini

for **New Year-2023**

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

2023

**happy
New year**

