

From the Mighty Pen of Sanjay



HABIT FORMATION AND REFORMATION



Yoga culture requires man to reform his those habits, which are harmful to him and to others and are, therefore, known as 'bad habits'. The aim of spiritual and moral education also is to liberate man from his slavery to bad habits and to help him to form new and useful ones. It is, therefore, important to know how we can break old, undesirable habits and can form, in their place, new and good ones.

What are habits?

Habits can be described as involuntary actions. They are a kind of 'automatic behaviour' as it were, for one does not do them after much thought. We know, from our everyday experience, that when we ask a person the question, "Why did he do that odd act that was disliked by others?", he answers, "It is my habit." What he means to say is that he did not do it intentionally, wilfully and thoughtfully but it was an involuntary act on his part. Some people shout over trifling things. If we ask them the question: "Why do they do this?" they will say, "It is our habit, our nature." So, habit is man's second nature. It reflects man's control or lack of control over the self and his character.

This is the Iron Age (*Kaliyuga*), the age when *Dharma* has become decrepit. Every man has one or other bad habit. People, now, act without self-control. There is no check. The sense of right judgement and proper control has given place to whims and fancies.

A large number of people have got the evil habit of 'calling bad names' and using slang terms and abuses during their conversation. They become easily excited and pour forth a continuous shower of all kinds of foul and filthy words, which cannot be published. There are people, who have the habit of using words such as '*Sala*' almost every minute. '*Sala*' means 'brother-in-law'. If you ask these people to give up this vulgar habit, they will say, "It is not a bad word" or they will say: "It is my habit, I can't help it, but I do not mean anything bad." Other people often use other bad words.

A man of refined taste, culture and polish cannot utter such words. At least, a yogi won't do it. People, who use vulgar words,

(Contd. on page no.33)

CONTENTS

- ▶ Habit Formation and Reformation (From the Mighty Pen of Sanjay) ...3
- ▶ The Joys of Summer Vacations (Editorial)4
- ▶ Growing Your Business by Managing Human Emotions Through Emotional Intelligence.....7
- ▶ Morning Musings & Night Notions.....9
- ▶ Wishing an Enlightening Buddha *Poornima* to take Spiritual Inspirations10
- ▶ Spinning the Discus of Self-Realization.....12
- ▶ Integrity is Internal Consistency that comes with Rigorous Honesty and Strong Moral Principles.....15
- ▶ Information on Membership Fees..16
- ▶ The Inner War and the Incognito Victory17
- ▶ Amazing Treatment through B.K. Self-Healing Technique20
- ▶ Spiritual Effort Slowdown21
- ▶ Incorporeal God Father Shiva's Divine Directions (*Murlī*): Elixir for Divine Life of Brahmins25
- ▶ Make God Your 'Best Mate' to Win the Game of life that ends in 'Check Mate' and Happiness Beating Sorrow28

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THE JOYS OF SUMMER VACATIONS

During summer holidays, right from the little ones to adults, everyone looks forward to enjoying their time with friends, relatives and grandparents. Decades back, it used to be an experience of complete freedom, with elders showering their love, giving ample time and company, and encouraging the youngsters to engage in new activities, and be a source of entertainment by reciting poetry or singing songs. I remember visiting my maternal grandparents, and maternal uncle and aunty who were always eager to listen to new things we children had to share, and then would reward us with pocket money and sweets! It was such a jolly atmosphere with laughter, stories and unlimited loving hugs that planted sweet memories in our hearts and minds, and made us wait eagerly for our summer vacations.

Life was so simple and playful in those good old days: Elders would spend their afternoons either playing chess or having snoring rest under the Pipal trees. The sweet cold water from the nearby well always provided so much freshness and relief from the scorching summer heat of Punjab, where the temperatures during April and May would rise beyond 40 degrees Celsius! The occasional splash in the nearby running stream would also be so enjoyable, where I gradually also learned how to swim.

During the end of May and beginning of June, the mango trees (in orchards or single trees) used to present a beautiful scenic image with bright colours of red and yellows. We enjoyed plucking some of them without any restriction, soaking them in buckets of cool water, and then sucking on the delicious mangoes one after the other. It was like a grand party for all the kids. That's why even now, I still remember the good old song, "*Bachpan ke din bhula na dena* (Don't forget the days of your childhood)..."

As we grew up and became involved in higher studies, the centre of our interests moved to college picnics, poetry recital competitions, swimming, and mountaineering trips. I fondly remember our beautiful outings where our respected Professors would teach us different kinds of skills for developing accurate observation, enhancement of imagination, and creation of new projects.

Similarly, when I joined the most esteemed spiritual university of the Brahma Kumaris, the innocent and joyful experiences I had witnessed in childhood were further manifested in my interest in Futurology. Listening to Supreme Father God Shiva's elevated versions through the medium of Pitashri Brahma Baba, we used to become extremely happy and elated knowing that we were learning from the most Knowledgeful Father-cum-Teacher-cum-Satguru.

At times, the versions we heard every morning seemed to be intellectual and a bit mind-boggling. Once whilst sharing parts of the teachings of the Brahma Kumaris with my elderly friends in Mumbai, I was

surprised to hear one of my respected Sindhi Dadas share in essence that one needs to be practical, and it's not possible to aspire to become like the Deity Shri Narayan, and he would rather continue to be a good citizen of India... **However, I am very happy to share that exposure to the benefits of spiritual lifestyle eventually inspired that same individual to become a very valuable instrument in providing healthcare facilities particularly to the people of Rajasthan, and of course visitors from many nations of the world.** His philanthropic thoughtfulness was the seed to build Global Hospital & Research Centre in Mt Abu, and we all know how much the Hospital has achieved in improving the health and well-being of thousands of souls, and offering treatment to the needy society without any distinction. No institution can grow without resources and professionally qualified service instruments, and through our long-standing association with Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, we have been very fortunate to receive 100% moral support from our beloved Dadi Prakash Maniji, Dadi Jankiji, Dadi Hirday Mohiniji, Dadi Ratan Mohiniji, Dadi Ishu and of course sisters and brothers from the younger generation.

During these days of hardships when the entire world is caught up in the web of Coronavirus, we are indeed very fortunate to have zero positive cases of COVID-19 in Sirohi district, home to our Mount Abu town and Abu Road city, up till now. The Brahma Kumaris Institution have taken on the

responsibility of providing logistical help, medical facilities, and spiritual empowerment to construction labourers and other people of lower social-economic strata by arranging meals, food rations and medicines, especially to stranded pilgrims or workers.

It shouldn't be out of place to mention that 2500 spiritual pilgrims found themselves stranded in Abu Road because of the sudden announcement of total lockdown from 25 March. These pilgrims had come from different parts of India, especially Maharashtra, Andhra Pradesh, Telangana, Tamil Nadu, Bihar, Jharkhand, Odissa and West Bengal. After 40 days stay in different complexes of Shantivan, Abu Road and Mount Abu, they started returning to their native places by road and trains in early May. They are very thankful to the Brahma Kumaris for looking after them over such a long period, and arranging for all the necessary permissions for their return journey to their respective States. We are very thankful to the local authorities, and State and Union Governments, for their kind and timely help. We are very fortunate that none of these pilgrims were affected by any serious ailments.

Everyone is looking forward to life in new India, after the complete eradication of Coronavirus. This is the most appropriate time to congratulate Hon'ble Prime Minister Shri Modiji, his team of Central Government Ministers and Officials, the State Governments through their Chief Ministers and Bureaucrats, the medical

fraternity, police force, providers of cleaning and essential services for their unconditional and courageous support, without which the country would not be able to survive this dangerous tsunami of COVID-19!!

As we learn from Media, the loss of life in Bharat has been comparatively low, and the recovery of affected patients is very, very encouraging. Some hardships had to be faced by migrant workers but they have been taken care of by State Governments and the philanthropic kind-hearted citizens of India who are providing daily food, shelter and transportation to these affected families.

At such a time, when the entire nation is gripped by fear of the virus, our divine sisters Brahma Kumaris Teachers too have been extending moral/spiritual support and other essential contributions in cash and kind. Most of the people affected by lockdown have discovered a ray of hope through the means of spiritual empowerment, and connectivity with the supreme source of Strength, Peace and Well-Being:

The Government of India chose to re-telecast daily serials of the Ramayana, the Mahabharat and other religious epics twice a day to channel everyone's energies in a very meaningful way. Sisters and brothers who have been inculcating spiritual values and wisdom over the years, and meditating sincerely, have already developed the courage and strength to face difficulties with determination and far-sightedness.

The Brahma Kumaris have been holding Online Sessions for those interested in re-discovering the Self and receiving God's

grace through *Sahej Rajyoga* Meditation. For some, it's in fact proving to be a turning point in their lives, which will prepare them for the future.

The Government of India has also been encouraging the use of ayurvedic medicines, and Indian herbs and spices in cooking, along with the practice of Breathing Exercises to build one's physical immunity.

A majority of the Police Personnel all over the country are playing their respective roles very wisely and humorously, sending out powerful messages that this life is so precious and needs to be taken care of. There is an urgent need to create a shield of positive vibrations all around the globe for saving humanity from un-asked-for destructive elements. Let us teach ourselves and others to generate thoughts and pure feelings for a new world order and systems, which can be expressed through poetry, music, drama, paintings, and other kinds of fine arts. It is time to guide people through calming and fulfilling spiritual experiences with Meditation Songs and simultaneous projection of beautiful visuals, so that they may accumulate spiritual energy and overcome each of life's test-papers.

May the entire humankind have faith in the Supreme Being and in destiny, and aspire for God's unlimited blessings for a new, healthy and happy world!

Om Shanti

– *B. K. Nirwair*

GROWING YOUR BUSINESS BY MANAGING HUMAN EMOTIONS THROUGH EMOTIONAL INTELLIGENCE



–Jayanta Roy,
JPMC Global, Mumbai

Emotion is a vital component of human decision-making. Human beings are not entirely rational in their decision-making. We often will make decisions based on emotions and, then, rationalize why we did it later with logic. Studies show that 95% of our decisions are taken at the subconscious level. Given the subconscious nature of influence, it is important that consumers are aware of the various principles pertaining to neuroscience practice. How customers remember their experience will be tied directly to the emotions they felt. Emotions drive or destroy value for a business, and often in hidden ways. Emotions influence our desire to buy or not to buy, what we choose from a company's offerings, what we remember and share about the experience; and, perhaps most importantly, whether we will be loyal to a brand.

Emotion is a key element but more often is missing from our radar. When companies connect with customers' emotions, the payoff can be huge.

Many people would argue that emotions have no place in business. But, it has been scientifically proven that we wouldn't be able to make effective decisions without emotions. Basically, a little emotion is good and can push you forward. But, if your emotions become too extreme (in either a positive or a negative way), it's easy to miss important details. The only way to deal with *the fear of failure* is to be prepared and outrank your competitors in terms of knowledge. Emotions should not deter you from reaching the goals you set. They should drive

you forward.

Customers are considered to be emotionally connected with a brand when it aligns with their motivations and helps them fulfil deep, often unconscious, desires. The most effective way to maximize customer value is to move beyond mere customer satisfaction and connect with customers at an emotional level – tapping into their fundamental motivations and fulfilling their deep, often unspoken emotional needs. Influencing customer choice has become harder than ever.

If brands want to break away from the clutter and become category dominating leaders, they must focus on human emotion.

Gallup data suggest that when organizations engage their customers and their employees, they experience a 240% boost in performance-related business outcomes compared with an organization with neither engaged employees nor engaged customers.

It is not that their emotions are good or bad, just that the emotions and energies they bring to work have to be managed well in line with what is expected in their roles. Emotions are an integral part of business and everyone gets affected by it. People are the core part of any business, be it employees, partners or customers. There is human interaction, relationships formed and where there are people there is bound to be emotions. Business automation can only go to a point; emotions are still an integral part.

Some people, who never have anything positive to say, can suck the energy from a business meeting. Their bad mood frequently puts others in one, too. Their negativity can contaminate even good news. "Emotions travel from person to person like a virus," says Sigal Barsade, a Wharton management professor.

Employees' moods, emotions, and overall dispositions have an impact on job performance, decision-making, creativity, turnover, teamwork, negotiations and leadership. People are not

To learn swimming, dive into water; to learn values face situations.

isolated emotional islands. They bring all of themselves to work, including their traits, moods and emotions, and their experiences and expressions influence others. Many a time, emotions we don't even realize we are feeling, can influence our thoughts and behaviours.

'Emotional intelligence' in the workplace is a skill through which employees treat emotions as valuable data in navigating a situation.

If something is important, and you know that the emotional context is going to be an issue; then, pick up the phone; don't just rely on e-mails. Sometimes, if it is really important, you just have to travel to where they are and meet them face-to-face to get the message across.

Research has shown that more than half of a customer's experience is made up of emotional factors. When customers have positive emotions, they feel good about a company in general, building value. When customers feel negative emotions like anger, irritation or frustration, they might not make a purchase at all, or they might make one but leave with a negative feeling about the company. Either one can destroy value. Big Data/Data Analytics can't see the distinction because it doesn't measure emotions. It only shows that a sale was completed (success!) or that the customer left without buying (area of improvement).

AI/ML/IOT/Big data do provide useful insights in certain contexts. A website with a high bounce rate, for example, might need different marketing copy or more appealing graphics. If people fill up online shopping carts but don't buy, there may be a problem with the checkout system or shipping rates. But, in other contexts, it's impossible to make real improvements in customer experience without taking customer emotions into account.

As an example, let me describe my recent experience in buying a Laptop: I had done fairly extensive online research on laptops before

visiting my local laptop dealer. I visited the dealer's place thrice and tested the shortlisted laptops and, then, made a purchase from that dealer for a certain price just a few days later. This sounds entirely positive from the dealer's standpoint, apart from the fact that I didn't buy my laptop on the first day I visited. But, in fact, my experience negotiating the deal was horrible, I was both irritated and frustrated, and I would never buy at that dealership again. But, data can't see this. It only sees another successful Laptop sale.

Evoking any of these emotions such as Irritated, Neglected, Unhappy, Stressed, Frustrated, etc. during your customer experience will cost you money, through lost revenue, lost opportunities and higher costs fixing the problems that result.

Without emotion, customer journey maps are essentially process maps and lack a story. Emotion shows where customers are most vulnerable to negative experiences and where loyalty is likely to build through positive experiences. An organization can hide behind policy because policies tend to be facts but they cannot hide behind emotions because they are felt. Feelings are not facts and facts are not feelings.

So, why emotion sometimes is overlooked in the business process? In the business-to-business world, it is often neglected because organizations underestimate the importance of emotion.

Emotions drive most of human behaviour, even if we are not aware of it. For example, even the most rational looking B2B purchasing decisions, including those employing extensive questionnaires and detailed evaluation matrices, are at the mercy of the buyer's emotions. B2B buyers are concerned with how the vendor they select will reflect on their job performance and personal image with their colleagues,

subordinates and superiors.

Regardless of whether your customers are individual consumers or businesses, business must deliver a memorable experience in positive emotion that your customers would want to repeat.

How should we overcome the difficulty associated with measuring emotion? We should nurture psychological safety and wellbeing. Being human, having empathy, and believing that everyone has potential, are enabling opportunities for people to thrive. Embrace and respect emotions of self and others, even if they are making you uncomfortable.

We should have 'inner dialogue' about the fact that our intentions are good though we might have difference in opinion and we all are equally good human beings.

While you may need to keep some facts private during a transition, the general rule is that the more informed your people are, the more they'll be able to deal with discomfort. So, learn about your team's specific fears, and, then, acknowledge them openly.

Emotions are an important part of who we are as human beings. To use your emotions to your advantage and learn how to manage them appropriately, you just need to recognize them and your triggers (of emotions). Developing your ability to self-regulate your emotions will help you stay focussed on your goals and allow you to be more successful both in professional business and personal life. ❖

Morning Musings & Night Notions



"Our scientific power has outrun our spiritual power. We have guided missiles and misguided men."

– *Martin Luther King, Jr.*

"I used to pray for answers, but now I'm praying for strength. I used to believe that prayer changes things, but now I know that prayer changes us and we change things."

– *Mother Teresa*

"Your beliefs don't make you a better person, your behaviour does."

– *Sukhraj S. Dhillon*

"With God, there's always an appointed time for things, and when you put Him first, trust in His timing, and keep the faith, miracles happen!"

– *Germany Kent*

"The more you know the Holy Spirit, the better you feel about your person."

– *Anikor Daniel*

Curiosity is the doorway to our personal possibility!"

– *H.L. Balcomb*

"Forgive others not for satisfaction but because one day you will need the forgiveness from your god!"

– *Afshan Aslam*

"If winter comes can spring be far behind?"

– *P.B. Shelley*

"Nature did never betray the heart that loved her."

– *William Wordsworth*

"Happiness is an occasional episode in the general drama of pain."

– *Thomas Hardy*

I enter the body of Brahma and adopt children through his mouth. Thus, he is the father and mother of the humanity.

– *God Father Shiva*



If you continue complaining, you cannot take the benefits of chances in life.



WISHING AN ENLIGHTENING BUDDHA *POORNIMA* TO TAKE SPIRITUAL INSPIRATIONS



– B. K. Viral, Borivali (West), Mumbai

Glad moments of celebration are in the offing on Buddha *Poornima* this month on 7th May. Hence, this day provides an excellent opportunity to inculcate some of the qualities of Gautama Buddha in our lives!

Spiritual Inspirations

This day is called Buddha *Poornima* (i.e., full moon day). Hence, let's become as 'pure and sparkling' as the full moon!

The term 'Buddha' means 'The Enlightened One'. Hence, let's also fill ourselves with the light of spiritual knowledge to get 'enlightened' like him!

Gautama Buddha took birth approximately 2250 years ago; yet, his actions continue to inspire and benefit millions today. Similarly, let's also make our life and actions so 'elevated' that they continue to inspire everyone around for a lifetime!

Buddhism says there's a Buddha within each one of us. This just means all of us have the original divine virtues of 'peace, love and happiness' within us, and we just need to keep them in awareness in order to keep their experience emerged!

It's said that Gautama Buddha attained enlightenment on the same day (after a few years) as the day he started his *Tapasya*. Hence, in a way, the moment we get spiritual knowledge and keep it in awareness, we're 'liberated' from bondages and sorrows!

Gautama Buddha is always shown in a meditative pose. Hence, let's also practise

'meditation' daily (i.e., connect to the self and to God) to become free from sorrows!

A Powerful Mind

Buddhism contains the eightfold path of right living i.e., right thinking, right speech, right action, etc. Hence, today, let's adopt the 'right way of thinking', which automatically ensures that all the other right ways are followed. And for this, let's do the following:

- Listen to spiritual knowledge daily.
- Keep churning spiritual knowledge in our mind.

Some keep a Laughing Buddha at their homes, for keeping obstacles away. Hence, today, let's realize that it's only an 'empowered state of mind' (rather than possession of physical objects), which can protect us from the influence of obstacles!

Gautama Buddha was a prince, and his journey of disinterest and dispassion started after he saw the miserable conditions of poverty and sorrow outside his palace. Hence, let's also become 'compassionate' (i.e., understanding) towards everyone around us, by realizing the following:

- Everyone is always right from their own personal perspective (i.e., no one ever says this is wrong; hence, let me do the same!)
- Everyone is right on the basis of his/her journey, experiences and sanskars (e.g., if a soul has seen someone drowning in the last birth, he'll definitely fear water, now; hence, we need to empower and transform them with love rather than force).

The lessons learnt from earlier failures become foundation for later success.

Many disciples left Gautama Buddha initially and came back later. Similarly, while following this path of self-empowerment on the

basis of God Father Shiva's elevated Directions, even if others around don't follow initially,

let's not leave the path at all but continue progressing fast ahead with perseverance. Then, our inner transformation will inspire them for their elevated progress, too, thereby leading to progress for all! Hence, it is rightly said, "When we change, the world changes!"

Hence, this time on the occasion of Buddha *Poornima*, let's remain in awareness of the divinity within, i.e., I'm originally a very pure divine peaceful being. This not only keeps our stage elevated but also frees us from the influence of obstacles and sorrows. And our resulting sparkling feature, elevated character and divine behaviour keep serving and inspiring all and empowering them for their elevated transformation too. Hence, we'll together usher in the divine land of Satyuga once again upon the planet earth! ❖



ADOPTING A CLUTTER-FREE LIFESTYLE

Each of us likes to have an organized life. Cleanliness and orderliness are our original *sanskars*. So, we want everything around us to be tidy – our home, office, work-desk, files on our computer or phone, our cupboard, garden and so on. Many people even have a specific cleaning schedule marked out regularly. Even, otherwise, when we look around and find things lying haphazardly, we like to immediately put them in order. But, how frequently do we look within and clear the internal clutter? When did we last organize our mind in a way that we can quickly access a thought or emotion we want to use? Our mind is an enormous storehouse of right and wrong thoughts. Sometimes, when we are working on an activity, the mind can be caught wandering and creating too many thoughts – either about the current task, about past experiences of a similar task, about people related to the task or about an altogether unrelated task. Even the quality of the output may become questionable. When we do not pay attention to the state of the *being* while *doing*, we may not understand why we feel exhausted or took longer to complete an activity.

Most professionals spend 8-10 hours a day at their workplace. We need to pause and observe the actual number of productive hours. It is a good indicator of our emotional health in terms of the mind and intellect. Some of us are in a habit of checking our phones or computers (internet) every few minutes to read messages in social media and electronic media. So, not just our gadgets but also our minds get flooded with information. Information is the source for thoughts; so, the mind starts creating too many thoughts of the same quality and that depletes our inner power. Inputs of positive information at regular intervals in the day and detachment from unnecessary information during the course of the day keeps us more focused, mentally tireless and active at every step, thereby bringing efficiency in action.

(Contd... from April, 2020 Issue)

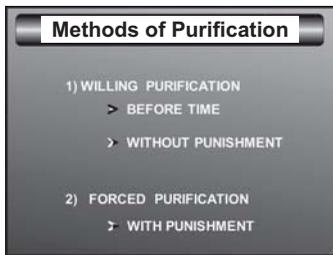


SPINNING THE DISCUS OF SELF-REALIZATION



–B.K. Prakash Talathi, Pune

Purification of body, mind and soul are quite essential to reach the ultimate state of peace, bliss and happiness. There are two methods of purification such as 'willing purification' and 'forced purification'.



Willing Purification

During the cycle of life and death, we continue to take the experiences of birth and death, life and after-life. However, when it is the time to leave the last body and return home, our Father's Sweet Silence Home, we have to settle all our pending account of *Karma* with all souls we come in contact with and also with Nature. Unless and until we clear the debt of *Karma*, we cannot return to our home! Apparently, we need someone to purify, guide and take us to the path to return back to our sweet home, the metaphysical Soul World, the pure Sweet Silence World.

Since no impure soul can return home, we continue to call God, saying, "O Purifier, come and purify me and take me to the pure world." "O Boatman, come, my boat is sinking, please take me to the shore."

"O Destroyer of Sorrow and Bestower of Happiness, come, liberate us from sorrow and bestow happiness onto us." "O Liberator, please grant us eternal liberation. We do not want to

come in the cycle of life and death."

We plead, appeal, cry for Him to have mercy upon us in many ways. We observe fast, pray, meditate, chant, offer penance, give donations, perform sacrifices, etc. Being the eternal Father of all Souls, He cannot tolerate the sufferings of His children and, finally, He comes.

He comes in very ordinary way, without any pomp and show and sends messages to all children (human souls), "As you have called for, I have come. Now, come and get yourself purified and take your inheritance."

Everyone gets such message, may not be in exactly the same words, through news-paper, radio, TV, handbills, public programs, mouth to mouth words or in the way you are getting right now. But, some way or other, the message will reach everyone on this globe.

Now, after getting the message, how do we take it is very important. Some take the message as follows:

- i) Many have come, claimed themselves as God, and may be, this also is one such call. What is the guarantee that it is true?
- ii) Many just laugh at it, feeling I am so young, there is lot of time, when I will become old I may consider.
- iii) Some believe Nature is Creator, Nature is God.
- iv) Some just do not believe in God; they say that humans created God. Many people and many views!
- v) Some feel we are already enjoying heaven here, so what is the idea of leaving this on future promises! This justifies the wise saying, "One bird in hand is worth two in

Don't speak for hours on self; give people self-realization for a second.

bush!"

vi) Some open-minded people may think let us visit them and see what they have to offer. If their philosophy appeals, I may follow it; otherwise, I will say good-bye to them. Such people come, listen to this spiritual knowledge offered to them; take the experiences of Rajyoga meditation, by learning it step by step.

Those, who like the knowledge and enjoy the experiences of meditation, continue to walk on this path of spiritual upliftment. When they enjoy and see the benefits of purity, they want to share their own gain and inspire others to get purified. This is 'willing purification', which takes place through our own initiation, willingness, before time through Power of Yoga (*Yoga-bal*).

Forced Purification

Those, who ignore the message for any reason as cited above, will continue their life as always, they may perform some good actions and many bad deeds, without having any understanding and clarity of how to perform right action. The cleansing process for such souls will be by settling their *Karma* or *Karmic* accounts through punishment. It is due to this fear of enforcement of punishment, they are compelled to leave their deep rooted *Sankaras*, i.e., ways of doing misdeeds under the influence of temporary and short-lived pleasure, which is, generally, followed by pain and sorrow. That is called 'forced purification'. However, once this force is removed, they will revert to their original sweet habits.

So, by any method of purification willing or forced, the soul gets purified and, then, it can travel to higher realm, the next pure world of heaven.

The Subtle World or Angelic World

This world is known as Subtle World or

Angelic World. Here, the souls, the points of light, are with their astral bodies of light, in double light, shining and weightless, light house and might house stage. They are commonly known as Angels. The light house shows the path and might house gives the might, power, strength to walk on this path. So, they are also known as the Guardian Angels.

This angelic world is far above this physical universe and is filled with white light with golden tinge. There is no noise, and silence is spread all over. The angels explore this world, and they move silently all over.

Now, the question arises: Whether the angels communicate with each other or not? And, if yes, how do they do so?

There is no Nature of five elements in this Subtle World. As a result, the angels do not have physical body and so they cannot communicate orally. They do communicate but with thoughts—vibrations. When we speak, the sound-waves are created and spread everywhere in the atmosphere; reach to the ears of others, they catch the sound waves and understand what we want to convey. Likewise, every thought creates vibrations. These vibrations can spread in all directions without barriers, not even Himalaya can stop these vibrations. The needy soul can tune in and catch these vibrations. He understands what the other soul wants to convey. In response, he creates a thought and, thus, vibrations are spread out. Again, these vibrations reach to the one, who created the first thought. He receives the response and understands what his friend thinks. The communication takes place. This is very much similar to the radio or TV set at our house, when tuned in properly, this set can catch the waves of sound broadcast from the radio or TV station, situated in any part of the world.

The Soul World or Metaphysical World of Peace

Now, when the angel will drop his astral body, what will remain with him? He himself, nothing else. Just a soul, a point of light, point of eternal energy, in his original and eternal state. It is also known as the 'seed form' or 'bodiless form' or 'incorporeal form' (*Nirakari*).

The soul, a point of light, then leaves behind the subtle world and continues his upward journey. He enters another world of pleasant red light with a golden tinge in it. It is like a golden-red sky. This element of light is known as *Brahm Tatva* and the souls residing there being egg-shaped ('egg' means 'and' in Hindi); so, the Soul World is known as *Brahmand* (*Brahm+And*).

In this world, again, the elements of Nature are not there. The atmosphere is full of very rich vibrations of silence, peace and purity.

There are many names ascribed to this world like 'Land of Liberation' (*Mukti Dham*) as every soul here is liberated from sorrows and bondages. It is also known as an 'Incorporeal World' (*Nirakari Duniya*), the world of bodiless beings (souls).

This is also known as the 'Supreme Abode' (*Paramdham*) as the Supreme Father, Supreme Soul, resides here with His spiritual children, souls.

Once, the soul takes his seat in the Soul World, all the faculties of the soul goes into deep slumber. Nothing functions. Mind and intellect are as if 'switched off'. It is thoughtless (*Nirsankalp*), speechless (*Nirvaan*), motionless, timeless world! This deep silence is just stillness, here nothing works and nothing functions. Such silence doesn't exist anywhere, in any other world or at any other point of time. This is the World of Peace! This world is, in fact, 'Land of

Peace' (*Shanti Dham*), '*Nirvana*' (*Nir* = no, *vani*=words) meaning no words, only silence. So, the world is known as 'Sweet Silence Home'. Here, there is 'No walkie, no talkie.' There is only 'Absolute Stillness!': Just 'Be' or 'Being' and not 'Do' or 'Doing!' Thus, the soul rests here in the Rest House and down below is his Guest House. The entire environment is charged fully with the vibrations of purity, peace and love. The



atmosphere is fully concentrated with pure and positive vibrations of sweet silence.

When the soul enters this world, it sees many sparkling tiny stars seated in form of inverted tree and the Seed of this tree (*Vrikshapati*) is our Supreme Father, the Creator.

The soul goes ahead and takes his seat on the inverted tree. Now, the questions arise: How does the soul take its seat? On what basis its seat is fixed?

The article is summed up as follows:

- ❑ 'Willing purification' is carried out by the Father, the Ocean of Love and the Ocean of Knowledge. He, very sweetly with abundant love, tenderness and lot of patience, purifies us on the basis our willingness..
- ❑ The other method, 'forced purification', is very harsh, painful and stressful. Here, the time and experience become the teachers. These teachers teach in very hard way with punishment.

(Contd. on page no. 24)

The more one works without expecting result, the more one becomes successful.

INTEGRITY IS INTERNAL CONSISTENCY THAT COMES WITH RIGOROUS HONESTY AND STRONG MORAL PRINCIPLES

–B. K. Sujoy, Durgapur (W.B.)

George Eliot has rightly said: “Keep true, never be ashamed of doing right, decide on what you think is right and stick to it.”

From the spiritual perspective, 'integrity' is defined as having spiritual qualities and 'discordance' is defined as having emotions and feelings that are provoked by unfulfilled material desires. No material object is inherently positive or negative. How we use it makes it so. Where there is loss of spiritual power, there is a tendency to be motivated by spiritual values.

Integrity involves recognizing our self as a whole and undivided being. Integrity follows from understanding that we can resist character weaknesses such as giving away our power, coming under the influence of others and self doubt. We feel secure that we are not susceptible to corruption, to being bought or coerced by temptations or threats. We know that our spirits cannot be broken. Our base is courage backed by self-respect. We live our life by following clear-cut ethical principles, which we have thought about deeply and express through our words, actions and behaviours.

Negative actions, words, attitudes and thought processes affect our integrity and our spiritual health. They compromise our ability to make decisions. The causes of negative actions are weaknesses and character defects. They arise from body-consciousness, which is another term for materialism. When the light of virtue and positive motives grows dim, it is displaced by the darkness of ignorance,

weaknesses and selfishness. There is neither the light of moral intelligence nor the strength to be true. Shadow and falsehood cover the soul and become the motivating forces producing negative reactions and loss of self-control. In contrast, when the soul is empowered there is light, moral intelligence and the strength to practise the value of integrity, which is 'internal consistency' that comes with rigorous honesty and strong moral principles.

From the spiritual standpoint, we, the soul, experience integrity when our thoughts, words and actions correspond to the original spiritual qualities of the soul, which are peace, purity, love, bliss and power. Positive consequences such as health and prosperity come from soul-conscious action. If an action is motivated by the original pure qualities of the soul, this leads to purity, peace and prosperity, both for the doer of the action and for those, who are directly or indirectly affected by the action, in the short term, medium term and long term; then, that action is positive. Spiritual qualities like honesty and truth also evoke positive outcomes.

Having the value of integrity means that we are honest and we have moral principles. It is a state of being whole and undivided and to have internal consistency without corruption. A person of integrity knows how to perform moral reasoning and adhere to moral and ethical principles in daily living. A person of integrity is someone, who applies the criteria of right action using the person's refined conscience. Such a person refrains from double standard and hypocrisy.

The principles of integrity are essential components of character development. They are the criteria of determining the quality of our thoughts, words and actions. They encourage us to make ethical choices that generate inner harmony and avoid such choices that create discordance and a sense of being at odds with our inner self. The quality of our thoughts, words

The truly non-violent is the one, who keeps himself/herself free from sorrow.

and actions influences our self-empowerment, self-fulfilment or self-depletion. Disregarding or being unaware of these principles leads to ill advised or careless actions, confusions, self-doubt and feelings of depression.

Everyone has natural, internal senses of right and wrong, good and bad. The problem is that

people have alienated themselves from their innate wisdom and have, therefore, developed the negative inclination for financial, physical, spiritual, emotional and moral weaknesses. The solution lies in self-empowerment through the application of the strong moral principles in life with honesty to attain the value of integrity. ❖

INFORMATION ON MEMBERSHIP FEES

- ▶ In the new year, 2020-21, the annual membership fees of “*Gyanamrit*” and “*The World Renewal*” will be Rs. 120 in India and Rs. 1,000 in foreign countries. The life membership fees will be Rs. 2,000 in India and Rs. 10,000 in foreign countries.
- ▶ Do not send the fees in anyone's personal name; only send the same in the name of *Gyanamrit* or *The World Renewal* through Draft, Money Order or EMO by post. In Shantivan Post Office the EMO facility is available, its Pin Code No. is 307510. In EMO, mention your name, address and Pin Code No. just as these are mentioned in Money Order (MO). Also write your phone/mobile No. and e-mail id.
- ▶ You must have known that the SBI Branch (SBI, P.B.K.I.V.V.) is near Shantivan.
- ▶ On the Draft, write only “*Gyanamrit*, Shantivan” or “*The World Renewal*, Shantivan.” Don't write the name of any person or city.
- ▶ Now, you can enrol your membership of *Gyanamrit* or *The World Renewal* through online deposit facility. For this, the details of Bank Account are as follows:
 - ▶▶ Name of Bank: State Bank of India (SBI)
 - ▶▶ Name of Branch of Bank: Shantivan
 - ▶▶ Saving Bank A/c No.: 30297656367
 - ▶▶ Name of Saving Bank A/c: World Renewal/Gyanamrit
 - ▶▶ IFS Code: SBIN0010638

After making online deposit, send your full address and full statement/details of online bank deposit through the emails mentioned below. Deposit only through NEFT/ONLINE.

 - ▶ Type your new direct postal address or write the same in big capital letters in English language only.
 - ▶ Instead of depositing ready cash, make online cash/money transfer through account only. Don't make cash/money transfer from any Bank Account of *Yagya*.

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Try to become faithful first in order to become successful in life.

Contd. from April, 2020 Issue

THE INNER WAR AND THE INCOGNITO VICTORY

– B.K. Girish, Bengaluru

The human souls of the world have an intimate relationship with God from the time immemorial. This relationship is more prominent in their love and romance with Him.

The Divine Romance

Love is God and God is Love. A great saint told, “Love God for the love's sake.” Don't remember Him for any other slightest reason. My understanding of God certainly changed over a period of time. From a serious Father, who gives 21 births of inheritance, I discovered Him to be the only One in the world, who is romantic.

In His romantic world, a world of His sweet remembrance, it's only an experience! It is only a world of sweetness and love. That experience of peace, that experience of purity and that experience of eternal bliss, is so vast and so exhilarating. What can I say of that! I am not good enough to describe it, but I know for sure, no mastery of language will ever describe that feeling. So, let it be just there in me as a feeling. Words are corporeal; corporeal stuff just fails to describe a super-sensuous experience.

The experiences of the bodilessness, soul-consciousness, the angelic stage, are such experiences that you would just want to hold on to them eternally. The more you hold on to them, the more do you discover their infinite depths. The more will be the urge to experience them. You float, swim, dive, fly and enjoy those moments.

After empowering myself with these

unbelievable experiences, I know no problem. Because, He has solved all problems, almost everything, or it is as if they did not exist. I just have to be there. Be there, with the faith on the fact that He is already there. The nature of “problem” does not matter. Nothing is mightier in front of the Almighty.

Honestly, this deal is extremely unbalanced. I give up useless rubbish to get precious experiences of the divine romance. This experience has in it everything you could “imagine and not imagine” for a comfortable life. How selfless He is and how much selfish I turn out to be!

After all, why should the world change and I lose these romantic moments! I put all these efforts to understand Him as He is, and after discovering this ultimate truth, I also discover the truth that we have to part again! But, this is how drama is scripted. The Golden Age (*Satyuga*) has to come to replace the Iron Age (*Kaliyuga*). In between these two, comes this age of divine romanticism, the Diamond Age (*Purushottam Sangamyuga*), when you have to only ask the *gopis* the meaning of the super-sensuous joy.

Accepting my Role

Earlier, many times, I felt I am not as fortunate as the surrendered B.K. sisters and brothers! How lucky they are, who are not even in *Kaliyuga* physically. They always are safe in God's shelter. I thought I should have been one like them; thereupon, a train of imaginative thoughts started such as: If only I were like this, if only I were like that if only I lived there.... and the endless “if only”!

I realized later that this thinking only demonstrated my stupidity and utter contempt of the Creator, who created my divine life. I am forgetting Him and creating my own files. I am creating my own web around me and getting trapped into it. What a silly thought and what an illusion!

Try not to excel others but to excel your self from what it was earlier.

He wanted me to be this way and what more can I expect! After all, what is my problem? The reality was/is that this role was/is just made for me. I am supposed to act the way He expects me to do. I heartily accepted my role and embraced contentment. Soon after my acceptance, the world changed for me. I discovered my role, my responsibilities towards myself, this great *yagya* and the world. I felt I should feel myself as much responsible as a surrendered child. Lo, from above came instantly an unexpected reply, "You are my surrendered child."

Mind Games

It's all about mind games. What I keep thinking often is the one reflected in the way others deal with me. I wrongly think they are the problem! No, I am responsible. I am responsible for the way I am treated. If I harbour thoughts of self-pity, weaknesses, confusion, hatred, jealousy, selfishness and so on, that is reflected in the way others deal with me. I also start seeing everyone with suspicion and wild imaginations! Even others' nice behaviour appears deceitful for me.

This is a very interesting experiment to do. Even if I think little of others' weakness in me, I am giving a free invitation to that in my own mind. Within days, that weakness would have become mine as well. "I don't like a person" for some reasons (bad qualities or weaknesses) means that those very bad qualities or weaknesses are already in me. Because, if and when I am full, I don't get influenced by others' weaknesses and I don't have time for that.

Charity begins at home. This cave of introversion is a great asset and is a very powerful one. Start changing from within, i.e., the mind. Let me make complete efforts to think nothing of others and everything of my own self. This is true personal spiritual effort (*purusharth*)! I have to be very "selfish" in my personal

purusharth and selfless in others' aspects. Then I can see that others' attitude and behaviour towards me have changed. My own misunderstanding and silly impression of others would have dramatically changed. What appeared as mountains become mole hills or non-issues.

God helps those, who help themselves. When I put a thought step towards my own upliftment – which, in other words, mean that the world will be better off with another person, who is on the path of realization – God will drive me with another 1000 thought steps. The resulting energy to do positive actions (*Karmas*) is too unimaginable.

Inspiring Stories

These two stories, whether real or fictitious, have always been a revelation for me in every step of my spiritual life. A mountain climber was climbing a mountain. On the way up, he slips, gets tossed out in the open and is falling freely in the air. He thought he is gone but the rope tied around his waist gets stuck somewhere and he finds himself dangling in the open. He struggles in his own way to save himself. Meanwhile, it gets dark and the atmosphere becomes unbearably cold. He starts talking to God as follows:

Climber: "O God! Please help me. Are you not seeing me? Please take me out."

God: "Perhaps, I may not be able to help you."

Climber: "If you can't, who else will?"

God: "Then, can you do as I say?"

Climber: "Yes, I will do"

God: "Cut the rope tied to you."

Climber: "I will fall if I do so".

God: "Do as I say."

Climber: "Okay."

But, the next moment after saying "Okay", he thinks otherwise; not mustering enough courage to believe in God's words, he does not cut the rope. The result was a painful death. The fact

Instead of trying to fulfil many wants, first understand what you really want.

was: he was found hanging only five feet above the ground. How often in life, I commit this mistake! Everywhere, my own mind comes in between me and the Almighty. While He says one thing, I (or my mind) end up doing just the opposite.

Note carefully the above conversations with God; each word reflected a deep meaning relevance to my own life. The words speak for themselves.

The second story is about a woodcutter. An employer hires him. He was strong, faithful, hardworking and sincere. In the first few days, he was able to cut 10 trees without problem. In the following days, his efficiency comes down. A day comes when he was not able to cut even a single tree with the whole day's hard work. He doesn't know the reason. He thinks of all possible reasons.

But, the wise employer asks him, "Have you taken time off to sharpen your axe?"

How often I keep doing the same work with the same mindset, without taking time off to think what is going on! I don't want to give time to sharpen this mind and intellect.

(To be contd...)

PROTECT YOURSELF FROM GOSSIP IN SOCIAL MEDIA

Just like we practise not to speak about people's behaviour or life issues with a negative energy, being judgmental, critical or stating their weakness, let us, now, practise the same for people whom we read and listen about in social media. Let us protect ourselves from all forms of gossip about others, insulting others and passing judgment on them. You should decide not to participate in gossip in any form: untruths, half-truths, private truths, rumors and judgments. But, your social media news feed is full of stories about people close to you, people you barely know and about absolute strangers. How do you withdraw and, yet, maintain strong social bonds? People increasingly spread rumors or vent criticism through social media. But, we have a responsibility to not participate or spread them. It's their opinion, we are not a part of their story, their issue or their solution. So, there is no need to be a part of that gossip as well. Whether someone's image is being damaged, someone is filing for divorce or someone was fired from a job, it's their private matter and not an invitation for anyone else to discuss. Let's have the courage to politely but firmly withdraw or express our disinterest. We can even change the direction of the conversation. And if we ever need to talk about people, let's make a compliment. Otherwise, our aura gets stained and so will our integrity. Remind yourself everyday this: *I am a pure being. I use social media responsibly and refrain from gossip. I choose and consume information wisely.*

Sit back and see yourself using social media with the right energies. Remind yourself that you are a knowledgeable being. Understand what is right for you. Read, watch and listen to information with care. Absorb only that information, which is healthy for your emotional health. Be stable as you read and watch information about others. Pause and ask yourself the question: is it the truth? or is it someone's perception? Is there something I can do for it? If yes, share your perspective, a positive perspective, give a constructive feedback. Ensure that your intention is for betterment, empowerment and to create change with respect. Contribute to positive transformation with your pure thoughts and words. If there is nothing you can do; then, remain silent. Your silent mind will protect you and protect others and it also preserves the spiritual energy of your self and the sanity and serenity of the environment.

A Personal Experience

AMAZING TREATMENT THROUGH B.K. SELF- HEALING TECHNIQUE



–K. R. Mohan (Engineer),
Jayamahal Extension, Bengaluru

I am from an Engineering background and I am 76 years old now. I am basically from a family of engineers and doctors. I am sharing an incredible individual or personal experience, which happened to me soon after being associated with Brahma Kumaris.

I am having Mitral Value Prolapses since when I was 15 years old. It is a condition in which the two valve flaps of the mitral valve do not close smoothly or evenly, but instead bulge (prolapsed) upward into the left atrium. But it has not affected my life in anyway and everything was absolutely perfect till 1990. One day I visited a doctor for throat infection problem. He explained me about this health issue, saying: “If the patient wants, he can go for valve replacement. Else, leaving it as it is also may not cause any serious effect, until and unless it is monitored.”

I again visited another doctor based on my father's advice to have a second opinion. This doctor said, “Surgery is the only option as it is not curable with antibiotics.” I, however, decided not to go for surgery since I was able to do all physical activities like playing, walking, etc.

In 2018, we had been on a tour to US and Russia for sight-seeing. On 2nd day of our trip, I got down from the cab and started walking. I was not able to walk a few steps and felt completely exhausted. I took rest on the beach thinking that it would be alright after some time. But, to my utter surprise, I could not stand and walk again. We informed our tour mates and returned to

hotel. We came to India after resting in hotel for 2 days. I was frequently feeling the tiredness and was not able to walk a few steps.

I visited Sparsh Hospital and the doctors there advised me to go for surgery. I went to visit doctors of Columbia Asia for another opinion. Even they also informed me the same thing. I sent all the reports of two hospitals to my son, who stays in the U.K. Finally, surgery was the only option left for me as informed by the U.K Doctors, but I was not ready to go for surgery though my family members tried a lot to convince me for surgery.

While discussion was going on among the family members about surgery, one day, my close friend introduced me to Brahma Kumaris' branch in Jayamahal Extension, Bengaluru. It has been 6 months of my journey with Shiva Baba there. One day, a B.K. sister informed me that different wings of Brahma Kumaris do various experiments on meditation and thought power. She told me to practise self-contemplation (*Swachintan* or *Swaman*) points and explained the method also. One such point is: first rub both hands by saying “I am the Master Almighty (*Sarvashaktivan*)” thrice and keep the right hand on heart and visualize that it is perfect and healthy. I sincerely practised this point with firm faith four times a day for a few days.

This process of B.K. self-healing technique helped me a lot and I can confidently say that 70% of my health condition has improved though, sometimes, I feel that heart beats are very fast. I feel more energy than before and I go for one hour walk every day without any tiredness. With this practice, I am 100% sure that I will recover completely without surgery.

I don't have words to express my gratitude to the Supreme Surgeon Shiva Baba, whose powerful spiritual versions and the simple self-healing techniques have changed my life. Though I am 75 years old, I feel I am blessed by Baba with a new beautiful life. ❖

Life is not meant to see the closed doors but, instead, to see the open doors.

SPiritual Effort SLOWDOWN

—B. K. Surendran, Bengaluru

Normally, people have common aims in life: studying, getting a job or creating own vocation, getting married, setting up a family, procreating children and leading a happy life. Of course, the effort will proceed further turning into an endless struggle to see that the children and grandchildren are also well placed. In the process, one breathes his last, half way to his goal or while struggling to place his children in a comfortable position. There is no halting of the effort-making except for a few government servants, who, on retirement, prefer to be at home. For others, the mill of life keeps grinding to the last moment, in almost all cases with a lot of regrets and a little satisfaction thrown here and there, especially, at the present time. But, one thing is a significant: the endless effort-making, the hard struggle to achieve goals, will be ever lively.

Those of us, who have preferred the spiritual life, have a definite goal before us. It is with a definite purpose that we have been here. We are here to experience all the virtues of the self and all the attributes of God. We are here to experience all the hidden qualities in ourselves and the powers that God bestowed on us. We are here to experience the various stages of meditation and fulfilment stage. In the beginning when we started practically experiencing all these, we had brief experience of all these and we felt happy and peaceful. In fact, a new found bonanza, which the world could not get even in life-long struggle, was in sight. We felt elated and prosperous, it was an achievement par excellence. We were enthusiastic and active. There was no distinction between night and day.

We were in high spirits and controlled our hours of sleep, our otherwise unhygienic and unhealthy food habits; the routine of life was proved to be systematic, healthy and royal. Spiritual effort-making was the only one agenda before us to reach the other end of the road to manifest God to the world and the attainments one can have by knowing God as truly as He is and His relationship with us and to pull the curtain to restart the entire show of life on earth afresh. But, on the way, a little away from our starting point of unlimited prosperity in terms of all-round prosperities, spiritual comforts, laurels and tributes, name and fame, position and security, scholarly, sagely and kingly attainments, we felt comfortable, happy, healthy and assured. We are free from the cruel onslaught of vices in gross form. We like purity even though mentally there are many causalities, we have mental peace and happiness, no worldly pulls and pressures. We have come to feel that this is the be all and end all. We have made it a way of life, until the last breath we felt that we are secure from want and care. We have a position, we have a place to live comfortably, we have all conveniences both in the place of dwelling and for moving around. We have people to support. We all start feeling that we are leaders in our own right.

Spiritual Slowdown and Stagnation

We do not feel the necessity for a further march, for the so-called destruction is not in sight. It will take many years from now. If we do not enjoy these, now, we will have died before the so-called destruction takes place and our life goes waste. It is not that we have stopped the effort-making. We practise the early morning meditation as per schedule at least for the sake of schedule, attend the *Murli* class in half way or in full, take pure food, at times little spicy and fatty, which made us spiritually heavy weights, keep the company of spiritual people and so on

Wherever the man of truth treads, it becomes a trodden path for others.

and leading happy super mundane life. This is the best life. Since we do not have worldly-desires because of the impending destruction, our growth both in super-mundane and mundane life is arrested for which we have no regret. We have a worriless, hurriless, stress-free life, thanks to God. Some of us felt that there is no need to attend *Murli* class. It is only repetition. Nothing new. We are doing at our convenience. There is nobody, who has attained the complete (*Sampoorna*) fulfilment stage. There is no role model. Everybody is like us only. The reality is that since we have not yet implemented in our life, the point of knowledge, such point should be repeated. The Godly versions differ from day to day. Read the versions in silence sitting in solitude and wonderful secrets will be unfolded.

In this context, we should ask ourselves some serious questions. Have we come to the Lord to get material comfort and conveniences? Have we come to the Lord to get name and fame, praises and platitudes, or position? Certainly not. We have developed disinterest (detachment) in all kinds of passions, in name and fame, worldly desires, in our own body and bodily relations. Our aim is to know the Lord very closely as truly as He is and to experience His virtues and powers and to manifest Him to the world through our various activities. Through our life, we can send the message that God has descended and invite them to inherit the God-Fatherly birthright of Happiness and Peace. In order to do this, our effort-making in the field of dispassion (*vairagya*), renunciation (*tyaga*), meditation (*tapa*), and service (*seva*) should be constantly on the progress. We have to steadily and slowly increase our intense meditation, spiritual efforts during meditation scheduled at early morning, advancing it from 3:30 to 3 a.m. or 2:30 to 2 a.m. We have been only Rajyoga

practitioners. We must become Rajyogis. Our life should become the embodiment of renunciation, sacrifice, intense meditation and service. The comforts and conveniences, the divine family, the audiences and speeches, the pure and tasty food items, the position, name, fame, praises and platitudes, should not divert and distract our attention from pursuing our higher goals and the basic purpose of our life lies in glorifying God to the world. Life experiences in these fields serve as great authority and many kinds of powers will flow from this state of existence. Therefore, with the above principles, let us have the following programme to enjoy the experiences while being in this state of existence and also to increase the experience. Unless we have personal experience, we cannot make others experience these. Making others experience, leads to manifestation of the Lord before the world.

1. *Companionship of God*

When our effort-making get shunted and twisted, there is stagnation and saturation. The result is that we keep company of people, some we like some we do not. Some are closer some are not. People cannot be with us at all times. People, in general, are not trustworthy in these days. Even those, who are believed to be closer, have also some axe to grind, sometime, wherein selfishness gets in. But, the Lord is the One, who can be with us at all times, at all places. He has no limitations, for He is bodiless. He is not selfish. He can manifest at all places. Therefore, in order to feel His company and to be in His company at all times, we have to cast him in the type of relationship we most like in a given situation and lo, He is with us. We can experience His presence. For example, when we are in the class, He is there with us as the Teacher, Preceptor and Father. We are walking along the road, He is there with us as our close

It is blind faith to accept anything as truth without understanding it truly.

Friend. We are back from office tired, He is there as our loving Mother and so on and so forth. It is going to be a unique experience, which keeps us away from the illusions of many sorts and attraction to human beings. We develop a unique power to be in attachment with detachment. We come to love the Lord in our heart of hearts, which empowers us to love all human beings without distinction.

2. Our Core Qualities

Basically and naturally, we like all good qualities. In other words, these are called virtues. The virtues of purity, peace, bliss, cheerfulness, introvertness, tolerance, humility and contentment are liked by all. This is because these are all our own inner virtues. These are to be brought to the surface, to be brought into our mental portals and, from that stage, we have to deal with people and situations. This is possible by churning on that and educating and telling oneself that these are the original qualities. It is by thinking very often on these qualities, its various applications and its hidden powers, we can experience these virtues. Sustained thinking in these virtues while remembering the Lord as the embodiment of these virtues in oceanic proportions makes one experience the true essence of these virtues.

3. The Powers

Our inner power has no limitations. The aforesaid two types of experiences will graduate us to attain a plethora of powers, which has no time and space, no place and persons. But, it can be used at all times. These powers cannot be withdrawn by anybody. This is self-attained. The power of concentration and realisation experienced is the indirect culmination of the aforesaid two types of experiences. This is followed by the power of discrimination and judgement, power to tolerate, to accommodate and face situations and so on. These powers are

stabilised when one develops his virtues, which, in turn, upgrade into values and, then, on to powers. The company of God brings concentration of mind, which, in turn, helps one to direct, guide and apply his/her mind in churning on his/her own virtues.

Thus, these three aspects of experiences are interrelated, interconnected and interdependent. It will be a pleasure to have these experiences in stages as and when situation warrants just like in a circus a performer performs heart beating and hair-raising feats for the audience while he enjoys his performance.

The Strategy of Investments

When we stand up shaking off the incognito stagnation of spiritual life and reread the items on the agenda of our life and spiritual culture we have nurtured so far and further needs to be developed, we restore our enthusiasm, zeal, drive, initiative and enterprising nature and start looking at our total fulfilment stage. Investment in the following items is the basis for future prosperity and wellbeing and to attain liberation and fruition. Therefore, we have to see that as much as possible investing in these areas is made without waste.

1. Mental Energy

When we avoid one wasteful thought or one vicious thought, we have saved one pure thought. We have to watch our thoughts to see that these are not wasted. Let us convert waste into best, vicious into viceless thoughts. Positive thought can be a thought, which helps one to be in the companionship of God, or churning on the attributes of God or the virtues of the self or thinking of the wellbeing of others, or to be in subtle stage in Subtle World, or to feel being in the Incorporeal World, or the thoughts of the New World that is going to emerge. Practising soul-consciousness or meditation saves a lot of mind power.

2. The Energy of the Words

There are many occasions where we speak more than required for the occasion. We speak ill of others. We talk irrelevant subjects. We resort to waste, lengthy, useless and unnecessary talks in high pitch, rough and taunting manner. We fool others around thinking that we are superiors, well informed, cutting jokes about others out of context. These methods of talk waste our energy. Therefore, we have coined the beautiful slogan: speak less, speak sweetly and speak slowly. Let us implement them. Let us observe deep silence. Let us limit our talk to the point. If we speak, let that speech be for the welfare of others, let that be a blessing for others, let that give happiness to others, let us think the different aspects of what we want to speak and, then, finally speak. Let us think twice before we speak. Let us develop a special taste to speak to the Lord, who will save us from wasting our energy; and, in return, we will gain power in our speech.

3. Energy of Action

Without action, we cannot sustain ourselves. Action is also one of the most important means for serving others. Action with yoga helps us grow spiritually and internally and serve others as well to work efficiently. Let us dedicate our action to the Lord and to the welfare of the world. Let us dedicate our life for establishing peace and happiness on earth. Let us not expect the fruit of our action but be a trustee and instrument of the Lord in each and every action, without any attachment to its fruits. Such action is pure and elevated, which creates a lot of fortune for us. Our action (*Karma*) will help us to attain the three types of experiences, explained earlier. Let us share our virtues with others through our action.

4. Power of Human Relationships

There is yet another way to accumulate power

when we come in contact and interact with others; in such contact and interaction, we have to see that we have given them love and cooperation. Those, who come in contact with us and with whom we interact, will feel happy. In order to give them regard and cooperation, we must have stock of these virtues. When we develop the virtues of love in ourselves, it will get upgraded into the power of cooperation also. Let us avoid unnecessary time wasting and thought wasting relationships. The relationship should strengthen our life, make us happy and peaceful. We must be selective in relationships. Our relationship should uplift us, empower us, encourage and inspire us to scale greater heights of spiritual attainments. ❖

(.....Contd. from page no. 14)

☐ Angles are just souls embodied in the body of light. They are weightless and bright, merciful and co-operative, in double light, light house and might house stage. As the 'light house' they show the path to liberation and salvation, peace and happiness and as the 'might house' they give might to walk on these paths.

☐ They do communicate with each other on 'vibrations' theory. They move in silence, mouth is shut-up, but mind speaks.

☐ Angels do not place their foot on the soil of body-consciousness.

☐ Dropping the body of light, the soul returns home and settles on the inverted tree with all faculties closed in the seed-stage and go into deep slumber, total silence and rest, absolute stillness.

On the inverted tree, how does the soul claim its seat number? Will it be there forever? or What happens to it?

(To be Contd.)

One, who wishes good to others, is insured of his/her own good.

INCORPOREAL GOD FATHER SHIVA'S DIVINE DIRECTIONS (*MURLI*): THE CATALYTIC ELIXIR FOR DIVINE LIFE OF THE BRAHMINS AND DEITIES



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The catalytic power of *Murli* acts as the curative medicine for sick human souls, who suffer in fag-end of the Iron Age from vices, negativities and harmful tendencies that have made their lives hellish by segregating them from the sheltering canopy of God's grace, boons and blessings. *Murli* helps them in reuniting them with Him and restoring them again to the path of divinity, purity, sanity and serenity. The following are some other qualities and powers of the divine *Murli*.

***Murli* sanitizes, quarantines and empowers human souls**

When the whole world is undergoing through the paroxysm of utter physical, mental and emotional pains, anguishes, stresses, traumas, and bouts of continuous sorrows and sufferings as well as economic breakdowns and also lockdowns of cities due to the unprecedented onslaught of Corona Viral Disease of 2019 (COVID-19), the regular study of the divine *Murli*, the direct utterances of Incorporeal God Father, Supreme Soul Shiva, gives us a sigh of relief in the sense that contemplation and cogitation of the points of spiritual knowledge in it, and regular, sincere and devoted practice of linking our soul/spirit/self with God, the Supreme Divine Surgeon, enables our souls to remain self-quarantined or isolated from our own outer physical bodies and its related physical, mental and emotional sickness or disease and such other ailments.

The World Health Organization (WHO) has declared COVID-19 as pandemic. More than 32, 67,867 people have been suffering from contagion of this disease, which has already tolled the death knell of more than 2,33,560 people the world over; and in India, 35,365 cases are detected 1,152 are dead. What is more intriguing and agonizing is that the numbers of suffering and death are growing rapidly day by day. In spite of consistent efforts of the scientists and medical experts of various countries, no vaccine or medicine, which can cure it, has been found out or recognized or invented yet. As a result of which the physical, mental, social and economic states of society and world have become disorganized.

It is thought that in the event of the COVID-19 eluding science or scientific efforts to contain it, people will be compelled to give Save Our Souls (SOS) calls to God and invoke Him as a last resort to show them the way of relief from it and salvage them from this pandemic disease.

The divine powers of God and His *Murli* really empower ourselves in true sense of the term because it not only sanitizes and quarantines us but also saves us from many negative, waste, traumatic and harmful thoughts that make all other souls of the world become quite vulnerable to the unexpected onslaught of the diseases that have turned out to be a threat to human lives and thrown the world into an unprecedented panic.

Forgiveness is the true vengeance you can take upon your enemy.

of their true spiritual identity, they turned to be completely body-conscious, thereby resulting in their sharp and steep fall from the grace of God and throwing them into pains of hellish fire.

But, with God's descent upon the earth, the spiritual knowledge of *Murli* also makes a quantum shift of human consciousness from such body-consciousness to soul-consciousness. Earlier, they were only seeing and viewing all things and beings of the world and Nature with their skinny physical eyes; but, when *Murli* opened their third eye of knowledge, they began seeing and perceiving all in true spiritual vision as their level of consciousness was raised to see the soul or spirit of beings and the heart or inner essence of things, without being misled by their mere outer appearances.

Murli empowers the human souls and enables them to discern the inner recesses of human beings and thereby gauge their true feelings, attitudes and ideas in true and right perspectives. In this way, they become more sociable by exchange of their thoughts and ideas and are, therefore, directed towards living a life peaceful co-existence in a multi-linguistic, multi-religious and multi-ethnic and multi-cultural set-up or dimension of the present world. This global temperament drives the people to consider the world as a One-World-Family (*Vasudhaiv Kutumbakam*) in which every nation is considered and compared to adjacent rooms in the same global home.

***Murli* insures the life of human souls**

The human life is quite uncertain and prone to various improbabilities. One has to face many odds and oddities, trials and tribulations, agonies and anxieties, traumas and troubles in the long course of life. That too no one knows what will happen when and where. Here, comes the necessity of insurance and assurance. Just as an insurance company insures lives and properties of human beings for safety and security of future, likewise *Murli* insures the life of

human souls, who get purified, transformed and rejuvenated, with its power and vigour of knowledge, for forthcoming 21 births in the Golden Age and Silver Age of Heaven or Paradise.

God Father Shiva, the Supreme Magnate, also assures and guarantees that every single pie, which human souls spend, now, in Godly services, will be returned in pounds in future in the next golden birth because at present He is transforming the life of human souls from "worth not a penny to worth pounds" with His teachings of this spiritual knowledge and training of Rajyoga meditation.

***Murli* grants the spiritual passport to heaven**

Passport is required for a person of one's indigenous country to visit, move or immigrate to a foreign country. The immigration official of the foreign country grants the visa to the concerned applicant for the purpose of his/her immigration to the foreign land of his/her choice after due observation and check of necessary papers and documents.

Murli not only helps in transforming human souls and their life at present from its current human stage to the future deity stage but also transfers the human souls from the current hell to the imminent heaven in their divine deity forms by granting them the passport to heaven. The level of transformation in terms of thoughts, words, deeds, food habits, manners and behaviours, acquisition of spiritual knowledge, yogic powers and vibrations, inculcation of values and virtues, rendering of spiritual or Godly services performed, etc. are checked by God and His associates for granting the passport and visa to the seekers to immigrate to heaven.

***Murli* teaches the essence of all scriptures of the world**

Incorporeal God Shiva is the Ocean of Knowledge, who knows the alpha and omega of

Like a canopy God's grace has the power of protecting all from Satan.

the whole Creation from its beginning, through the middle and to the end. The vast scope of His knowledge also includes all scriptures of all religions of the world. While imparting through *Murli* the teachings of divine knowledge of the whole Universe and Creation to the human souls, His long-lost and now-found spiritual children, who are adopted by Him through Prajapita Brahma, He teaches the essence and quintessence of all scriptures of all religions of the world in order to fill them with complete knowledge. In this way, He fills them to the brim. In this regard a saying goes, thus: "The birds did swallow the ocean" (*Chidiyon ne sagar ko hop karliya*).

***Murli* shows the highway of divine life**

Human life at the hellish Iron Age has become "nasty, brutish and short" and it is compared, in the words of William Shakespeare, the famous English poet and dramatist, to "a story told by an idiot, full of sound and fury signifying nothing". Human being in this life has become narrow, vicious, nihilistic, destructive and self-suicidal by falling into the dark dungeon or blind alley where he sees a point of no return. Once, man was the best of all creations of God, the Supreme Creator, and poets wonder at his being the "paragon of excellence", thus: "What a piece of work is Man! How noble in reason! How infinite in faculty!" But, the ignoble irony is that he has, now, become completely crestfallen, wretched and more miserable and worse than the animals.

It is *Murli*, which has become instrumental in restoring his lost heavenly status and dignity by enabling him to regain the lost paradise. It shows him the righteous way of living and behaving on the firm basis of divine qualities, values, virtues, powers and spirituality, which he is, now, trying his level best to inculcate and implement in practical life during the current Age of Transition (*Sangamyuga*) from the hellish Iron Age

(*Kaliyuga*) to heavenly Golden Age (*Satyuga*). Under the Supreme Divine Directions (*Shreemat*) and Commandments of God as prescribed in *Murli*, the so called impure and fallen human souls/beings are leaving the narrow, sequestered lanes of vicious life and coming back again to the highway of divine life in which there is guarantee of complete peace, bliss, purity, prosperity, health, wealth and happiness in heaven, where Man and Nature are embodiments of excellence. In this way, under the salubrious and purifying impact of *Murli*, man undergoes a complete transformation from his current decadent stage to celestial divine stage.

***Murli* establishes us in self-respect**

In the wilderness of the Iron Age in the present world, which has almost turned to a wasteland, man has truly become like a street beggar, who begs for alms for maintaining and sustaining his tottering life in very striated circumstances. He is, now, begging almost for everything – food, clothing, shelter, money, praise, dignity, status, foothold, respect, joy, happiness, peace, bliss, boons and blessings, etc. – from anyone he meets in the street. In this way, he is called "a street beggar" in true sense of the term as he has fallen from divine grace due to indulgence in vices as a result of the sin of body-consciousness, which is motivated and caused by the villainous Devil/Satan.

Murli is responsible for establishing him again in the state of soul-consciousness and restoring to him his true and original self-respect. It is rightly said that a man, who has self-respect, begs no respect from others; rather he commands their respect like a commander of the army commands respect from the soldiers of the regiment under his full command and authority. *Murli*, in fact, enlivens and enhances the sense of self in man and earns due respect for him. **(To be Contd.)**

On earth, there is enough for man's need but not for his greed.

MAKE GOD YOUR 'BEST MATE' TO WIN THE GAME OF LIFE THAT ENDS IN 'CHECKMATE' AND HAPPINESS BEATING SORROW

–B. K. David, Paignton, England

Meditating on the 'new you' and watering the flower of your mind with the water of peace and sunlight of love allows you to remain above unhappy people, who are drowning in their sorrows and who would easily overwhelm and flood your mind and drown you!

By checking that God is always with you, you'll have a good chance of winning the game of life: the game of life in which you have 'checkmate' when you win the world, and so does everyone that's closely connected to you. To win this highest game with the prize of heaven in front of you to be won, you'll need to check that you constantly have your best mate with you. When God is walking next to you at every step and holding your hand at every turn or walking in front of you as your guide or is sitting with you at the table advising what moves you need to make and not make in this huge game of chess; then, you shall have a good chance of winning the game.

With each step you take brings a new roll of the dice. Life has become a gamble for everyone, rich and poor, with no one certain what the day will bring for them and if they will end it successfully or not. Having God at your side is essential if you are to win this game. You'll not get a checkmate and win this game without God guiding you. So, in order to win life's game that sees happiness beating sorrow, you need to play a great game that ends in 'checkmate' and for this you need to make God your 'best mate'.

Disappearing shelves and caps from life's cloakroom are making us vulnerable,

defenseless and rather naked. Unhappy people with their unhappy thoughts and thinking are warming the planet. Their sorrowful emissions are the root cause of making the ice shelves and caps melt. It's our bad thinking that's ultimately to blame for the sea to be rising and for us to be sinking in the resulting flooding.

The Blue Bungalow Effect

Likewise, people easily sink under endless waves of people's hot anger and sorrows that emanate from their uncool minds. It's our minds, which are the guilty culprits and are the root cause of all this warming of the planet. Our low and poor thinking is causing the land to submerge under the rising sea levels.

This Blue Bungalow Effect (BBE), resulting from our hot, angry mind, gives rise to evil, explosive and vicious thoughts, and is the root cause of our planet's problems. The Green House Effect (GHE) is physical and secondary to this immediate and spiritual Blue Bungalow Effect. If we can control BBE and stop its cause, the world would stop flooding and regain its stability and beauty in time.

The Red High-rise Tower Effect

The high-rise living brings high-rise problems and suffering with high seas and rivers. The Red High-rise Living Effect has superseded the Greenhouse Effect and the Blue Bungalow Effect and is, now, unstoppable. All might live with high hopes like this High Tower but when the occupants have such low minds and attitudes and think falsely, their hopes shall collapse like this Tower and be set on fire.

Let the world stand against you; victory is yours if God is with you.

Overpopulation, lack of resources and ever-increasing mental stress are all making the world get warmer, the seas higher and the moods lower.

One day, we are in a flood, the next day we are in a country that's on fire and, then, later we are being at home or rushed off to hospital while suffering from a bad back.

Soon, the High-rise shall fall and the bungalow flooded with all occupants inside and, later when drying out, evicted with no money. The Red High-rise (the world) will soon finally be destroyed in an earthquake and fall on to the BBE below. The BBC shall then be reporting only on how Red High Living and BBE are making everyone destitute.

It's too late for the world to ask itself this important question: is it far better to walk slowly towards heaven than have a head-on collision at speed with hell everyday through chasing after wealth and vices?

Meditate and Live in the Present Moment

Meditating on a new you will make you become new. By meditating and living deeply in the present moment, you can undo your negative past and prepare and sow seeds, today, for living in a positive future tomorrow.

In meditation, the two hands of your mind are in a busy but very relaxed state of undoing and preparing. In order to be in this mind altering, elevated and heightened awareness in which your mind is slowing down and relaxing ever deeper into peace that opens the gate of change for you to step through, you need to be holding God's hand with your third free hand.

The gate of change is, now, very heavy and squeaky and easily gets stuck as it has not been opened for a long time. We all need God's help, strength and oil (love) to open this gate that leads to the new you.

Check whether God, your Best Mate, is always with you

God wisely recommends that to be successful in preparing yourself to lead the highest form of life, you need Him sat next to you with you listening to His advice and have as many conversations with Him as you can. God does not mind you telling Him that the gate is hard to move as He knows there's much mud behind it built up over many thousands of years. God knows the solution lies in your desire to open the gate and realisation that you want to be a new you. God knows that for many people it would be pointless if He opened the gate for them as they are happy to just stand in the mud on this side of the closed gate and are not interested in knowing what's on the other side of their rusty gate.

Most people could only be tempted to make effort to open this inner gate if they thought gold lay behind it, which was easy to pick up.

Are you brave enough to talk endlessly to someone, who has no ears and whom you cannot see? The whole world meditates on making more money. The spiritual people would only be concerned on opening their rusty old gate so that they can struggle up and climb a slippery mountain to sit on top of it and talk to someone they cannot see but whom they know is there listening to them with a lot of love and attention.

This world has become a huge hospital for the insane with everyone as patients in need of help. Normally, when people keep on talking with an imaginary friend they lock them up in a mental hospital. Even if they say their friend is friendly and gives them good advice, they are still given tablets and supervised and have to report to the authorities twice a week and told to relax.

Are you blind to your new self and ignore him in the mirror of truth in favour of looking at and

Everyone has a role to play; one may be either a villain or a hero.

listening to your old self that gives you a headache time and again?

Make Superhuman Effort to be Superhuman Deities

God tells us, His children, to relax. The big difference is that God encourages us to talk to Him even more than what we do now. He knows that their God (money) and desires (vices) will eventually cripple them and that our effort (climbing the hill of the old self whilst focusing on God and our higher self that both sitting on the summit waiting for us) will one day make us superhuman deities.

Do you want to become superhuman or super unhappy? Can you make super effort or are you often super sleeping?

All of that superhuman reward is gained from superhuman effort from opening an old squeaking gate, climbing up a mountain and talking to someone you cannot see and holding His hand (mind).

God, it must be said, does not argue; He is super wise, powerful and amusing (at times) and, above all, knows what is good for us, even if we cannot see it at the time. We do have a choice in all this and do not have to climb the mountain of effort that gives a 'super reward' that requires your constant attention so that you do not slip or fall down. If you so wish, you can stay in bed most of the day and ignore this mountain. You can wake up and make effort to become super human or stay in this world and slowly become super unhappy.

God's Night Train to Heaven

You must either start making sincere efforts, today, to catch the night train to heaven or stay in your rickshaw going round in hell with its heat, floods, cold, arguing, wars, stress, bumpy roads, potholes and unhappiness. There is no pain when you sit on God's night train. It is only in your rickshaw that you find pain, heat, dust,

discomfort, overcrowding, noise and possible death every time you are sat in it.

You need to train your mind if you wish to join the train to heaven. God's train does not stop at any station such as Sorrowful, Unhappy, Bad, Abrupt Road, Wastewalior Nervous Junction, etc. God's train can pick everyone up in hell at New Start Station and will only stop and end its journey once it's arrived in Heaven Delhi and stationary at this station's one and only platform, which is Platform No.1. Getting off this Godly train is not like getting off at Manchester Piccadilly or London Euston, Bristol Temple Meads or Oldbury or Smethwick to be greeted by the grim, rush and stress.

The many mental rickshaws that people travel around everywhere they go will only ever pick up in hell and drop-off in hell. The rickshaw in your mind only operates in hell and knowing this fact, should inspire you to join the Godly Train if you are not already in its queue to buy a ticket to travel on it.

You can travel AC in God's train with full confidence in God as the Driver, who knows where He is going. You can risk your life every minute whilst in the rickshaw with its crazy driver – you! The crazy driver may know the roads well but the roads are dangerous; and so, too, is the crazy driver that all too often loses control and crashes either through blind ignorance, stress or anger.

Brick, Mud & Co. is a very successful firm and is always busy keeping workers in work. The mud (habit) of hell is powerful and holds firm many; so, they cannot move being stuck fast in their old ways. God's power alone can wipe your slate (mind) clean and only God's knowledge, wisdom and virtue can imbue you with the necessary qualities and energy to live to the highest capacity possible and to live a free life.

Most people get caught up in the thick mud of

vices. Over time, this mud hardens and builds them a prison cell out of the bricks of the mud of bad habits that traps them and limits their lives and brings it to a stop. Once, a person is at a standstill in his self-imposed and self-made bog of mud that restricts all his movements, he will be unable to move forwards and only be prone to sink downwards helplessly and miserably.

God's Wisdom Makes you Worthy of High Transformation and Award

There are three queues in life all worth standing in and waiting: a queue for a golden Train Ticket, a queue to get the gift of wisdom and the final sweet queue to get off the Train.

Only God's gift of wisdom can make you worthy of such a high transformation and reward of receiving a seat to travel on His overnight Train to another world.

We all need God's strength and guidance to get us out of the all-encompassing mud that surrounds everyone and is inescapable.

The mud of vice is omnipresent and with the boots of desire worn by everyone, it's all too easily to get stuck in this mud and trapped for life with little of freeing oneself.

Those that labour in the mud to try and be free are suffering greatly, and that's why they grow so tired and get nowhere in life other than lower and lower in their endless struggle to try and be a success and move forwards.

Your present or reward, if worthy, is to sit with God. The reward for the unworthy is to sit alone or with their angry dog or sleeping cat.

It's never too late to change. You can think yourself healthy or into a hospital bed through poor lifestyle and worry. You can give yourself a headache or cause yourself to smile. Your happiness is in your hands and if you clap and make it grow, it will be a blessing. Most people drop their happiness on the floor and lose it under the autumn leaves of bad habits that fell from the Tree of Goodness (ToG), which they once adorned.

The once magnificent Tree of Truth (ToT) was full with the leaves of truth and had many varieties of sweet hanging fruits from its many branches.

We, now, live in a world where lips, lipstick, hips, drink, dresses, cars and cigarettes rule. The happiness of people lies dormant under many feet of frozen snow, which has covered the whole earth for many thousands of years that is the frozen Snow of Falsehood (SoF).

Humanity idly kicks the leaves on the floor and the human beings, with tears in their eyes and nose running, have to deal with what their poor lives throw at them. Yet, you can be the master of your destiny until the moment you decide you are a servant to your old ways and habits.

God's Handshake is a Thought-shake.

The moment you shake hand with God, you will have a thought-shake, thereby creating a positive transformation in your thought pattern or process, and leading to your real self-identity and self-realization. If you realise you are a self or soul but not body and your Father is God, the Supreme Self or Soul, then, you could never think that your future is out of your control.

A master is lost in the present moment sat next to God. God has come with a present (gift) for you and that present is to have God's company in your present life. A master living in the present is not tied or pulled to either his past or future.

If you make a deal with God and keep to it, you will not have to deal with an uncertain future as it's certain that God will be with you: where there is God there is good fortune.

If you're shaking inside with worry and doubt, you cannot be cool inside and worthy of shaking God's hand.

Have you already made a deal with God and shake on it? If not, why not make a deal, today, and shake on it? ❖

If people play the role of blaming us, let us play the role of tolerating them.

(.....Contd. from page no. 3)

lose their own self-respect and, indirectly, provoke or permit others to use the same type of words for them.

Many people have the bad habit of going to 'see pictures' in cinema houses. They want to see kissing, embracing, nudity and violence, realising little that these will pollute their minds. If you ask these people the question, "Why do they spend time and money on obscenity and filth?", they will say, "Oh no, there is nothing bad in these. They are just a source of entertainment. We have formed a habit. We cannot, now, give it up."

The same is the case with the people, who have the habit of 'reading novels', stuffed with passion and sensuality. They cannot pass even a single day without taking novels in their hands. They always want their minds to be tickled with pornography, spy stories, crime tales and such other cheap thrillers. Thus, they fill their minds with lustful thoughts and bad stuff. And, yet, they do not think that these are all trash.

There are many people, who have the bad habit of 'smoking'. There are heavy smokers, who will finish packet after packet, whereas there are others, who are just starters. If you tell them that smoking is a bad habit, some of them will bring in a little bit of philosophy and some would try to support it with medical opinion also. They will say, "Smoking is very exhilarating. It is good for my brain because it helps me in concentration." Others will say, "Smoking keeps my bowels free." Others still will confess that it is a bad habit, which they find hard to give up. Little do most people realise that it is a bad habit, which pollutes their physical system and the atmosphere and causes diseases like cancer.

Some people have the habit of 'talking' too much. They cannot keep quiet even for a couple of minutes. If you shut them in a room, they will bang the doors from inside, requesting you to open it on promise that they will not speak, now,

but their habit will force them to talk again. Little do these people realise that much breath and energy are wasted in useless talk. This could usefully be spent in silent meditation. But, the irony or problem is that he, who talks and talks, is, today, considered as a smart, clever and wise person, and a person, who talks less, is thought to be lacking in General Knowledge (GK) or to be deficient in the art of conversation!

You will find that some people have the habit of being 'restless', who cannot sit silently without doing any action. They pick up your books without seeking your permission, move or spin your paper-weight, take your ball pen and write with it on the arms of your chair or on your pad of papers. They are very restless and uncontrolled.

Some people have the habit of 'peeping into others' rooms' to see who is doing what or, if they are walking along, they aimlessly see right and left, for their mind wanders and their thoughts have no fixity.

The examples of bad habits can be multiplied. But, our main object in mentioning here a few of them is not to give a list of them but to emphasise that, in most cases, people do not realise that it is a bad or a harmful habit; and when and where this truth is realised, there isn't the strong desire to get freed from its grip so that some people say: "This habit will die when I die."

The case with a person, who has embraced yoga culture is, however, different. He has accepted to root out bad habits and to cultivate healthy and virtuous habits. He only wants to know how to eradicate age-old habits, which have sickening effect on mind, are a hindrance in attaining the angelic state and, thus, create a conflict in his mind when he acquires the knowledge of purity and yoga culture. We will, therefore, give a few hints, which can help a person in liberating himself from ugly, odd and evil habits and marching ahead in the path of success.

Start reading the lives of people, then meaning of novels will be clear.

Start with enthusiasm and use will-power

A great enthusiasm, from the very start, is essential for breaking the bad habits. There is a well known proverb in English: "Well-begun is half done".

After realising that the habit, which you have decided to give up, is really bad, you should put a brave and enthusiastic fight against this villain or the enemy - this evil *sanskar*. From the very outset, call forth all your latent energies not only to cut its root and branch but also to destroy its seed, for if the seed remains, the tree is likely to grow up again.

When a house is on fire, how promptly and energetically the inmates react? At that time, they are fully concentrated and they use all the means to extinguish the fire. So, you should also have unwavering firmness to fight the devil or the fire of evil in your mind. Let there be no difference, confusion or procrastination. Put your resolve into action immediately.

Remove the words such as 'impossible', 'difficult', 'cannot', etc. from your mind. These are the expressions of a weakling or a timid person. Cheer yourself up. Be a hero in the spiritual and ethical field. The evil habit is not a tiger that will eat you up; it is a mere paper tiger. It is your own creation. You have given birth to it and nourished it to bring its growth and, now, you should not say with a weak will that it is difficult to control it. You are the child of God, the Nectar (*'Amritasya Putra'*). God, your Father, is the Almighty and you are His beloved son! He is your Helpmate, your Companion, your Friend and Guide and, therefore, have faith that, with His guidance, you can eradicate this evil, as easily as one can

extricate and pull out a hair from a lump of butter.

God has revealed the truth that, in your original nature, you were undefiled and pure and were a deity in the beginning of the World Cycle and it is, now, time to attain that pure stage. This effort, He has said, should not be difficult, for you are to do nothing but to return to your original nature. The habits are not your primary or original nature; they are your secondary or second nature. You have acquired them and you say that you cannot give them up! You are really their master but you mistakenly believe yourself to be their slave!

Have faith in yourself and in the guidance of God, who is your Most Beloved Almighty Father and you will have success. 'Faith', it has been rightly said, can move mountains and this your habit is only a molehill. Therefore, arise and have magnanimity, which is your inherent quality. Listen, purity is your God-Fatherly Birthright. Will-power and perseverance are the keys that will open unto you the door to elysian regions and high spiritual realms. God Himself has said that success is your due reward. You have only to get it.

So, therefore, rise up and take up the bow of endeavour and become instrument of the Divine to shoot this devil - your bad habit - for, God is with you as He always is on the side of the virtuous. But, remember, mere wish or desire to eradicate the evil is not enough. You must have pure and strong will besides definite aim and purpose. 'Wish' or desire is a small, temporary ripple in the lake of mind but 'will' is the power that executes the desire to fulfilment. Will is the spiritual force (*Atma-Bal*) that can work wonders. There is nothing impossible for a man of strong will-power to achieve. ❖

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