

Know Thyself

{Written by Sagar Sonker based on all the knowledge given directly by God}

Wish you a merry Christmas and a very Happy New Year 2010

To,

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Introduction

In this fast-paced world, it is necessary to take a pause at some intervals and just make a simple check as to whether we are really walking towards what we want in life. It is necessary to correct ourselves if we are not on the right path.

Spirituality, in its right perspective, helps us understand ourselves and our life much better. It helps us live our life in the best possible way and achieve all that we always dreamt of.

The basic difference between Spirituality and Philosophy is that Philosophy is more theoretical and involves almost no practical experiences, whereas Spirituality actually gives you direction to experience whatever you learn in theory. Thus, Spirituality is more practical. This book is inspired from the 7 Days Rajyoga Meditation Course conducted at the Brahma Kumaris. It unveils all the secrets of the world, thereby giving a direction to the mind to think from another angle and look at life in an altogether different way.

All contents in this write-up are based on the Shrimat (Godly words) that I have come across in various literatures available at the *Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalya* Centers and Websites, and my own experiences, thoughts, and feelings. Everything written here are now my beliefs, which I consider as the absolute truths of my life. However, I have written it in a simple way, in my own words, and as per my own understanding and beliefs, for the readers to understand it easily.

Every Chapter in this booklet is separately categorized and one flows into the other. So, reference of a past chapter may be made in subsequent chapters. It is, thus, recommended to read the book serially.

This is also available as a downloadable PDF booklet (temporarily unavailable). The intention behind creating such a booklet is making it handy and easily available to everyone on the fly. Just another easier way of sharing the same information.

While reading, keep your mind open to any kind of information that may come to you. It is difficult to digest a lot of facts at first (it happened to me too). At times, facts are mentioned in exactly the opposite way as we always believed them to be. However, you may gradually get answers to your own questions. If not, always feel free to **contact me**, and I will try my best to resolve your queries, if any.

It may not be mandatory to believe all that is written here. There are prescriptions and certain terms that may be necessary to follow in order to attain a higher level of spiritual life. It's necessary, not mandatory. As I said, these are all the things that I have started believing in and have found a very good improvement in my own way of living my life. It may be helpful to you too. Share it with someone else, and it may be useful to others too.

Happy Reading! :)

Who are you?

We are proud of ourselves. We should definitely be proud. If someone asks you your introduction, you would introduce yourself as a boy/girl, a son/daughter, a father/mother, a husband/wife, a student, an employee, a friend, a brother/sister, a Manager, a CEO, a film-actor, a director, a President, or your name itself (i.e. "I am Sagar") depending on the situation you are in. However, don't you think, these are actually the tags we have attached and acquired over a period of time?

First we acquire the body, and then our name and then so on. Thus, gradually, I become a son, then a student, then a professional, a husband, a father, a grandfather, and our introduction keeps changing with time. However, due to continuous change in our identity, today, many of us have the question, "Who am I?", "What is my purpose in this world?" and this chapter should definitely solve these questions.

When you wear a ring or a bracelet or a necklace for a long time, you automatically start considering it as a part of yourself. Subtly, that becomes a part of you, and you get attached to it. Similarly, over a period of time now, we have got attached to this body so much that we consider that we are this body. Thus, we think we will perish after a stipulated time.

We also say that we are what we have acquired i.e. "I am an engineer", "I am Sagar", "I am a dancer". Let us change these statements and be a bit clearer about the same facts above: "I work as an engineer", "My name is Sagar", and "I dance as a passion". Well, grammatically there could be not much difference in the two statements comparatively, but then why is it necessary to give so much importance to framing our sentences?

It is not just about English Grammar, but more about what we believe about ourselves. We believed we are this body, but looking at the latter sentences, we realize there is some "I" who is saying "this is something of mine" i.e. the 'I' is separate from the 'tag'. When we say my body, we understand that there is someone who is saying "my". We always say, My body is paining. We never say I the body is paining. Thus, it is clear that there is some 'I' who is saying all this.

So, who am I?

Within this assembly of bones and muscles and plenty of organs is the energy making this body (instrument) function. Be it breathing, moving, talking, walking, or any other voluntary/involuntary function, everything is controlled by this energy. This energy is like a tiny point of light. This point of light is present in the center of the forehead, behind the eyes, amidst the brain (in between the thalamus, hypo-thalamus, pituitary, and pineal glands). "I" refers to this point of light. This point of light is called the "soul". The other words for soul are *aatma*, consciousness, energy, being, *rooha* (in Hindi). Thus, it is the soul who is doing and saying all this. Thus, you are that soul, and your body is just the instrument, the costume that you have worn to express yourself. So, whenever you refer to "I", it is the soul. You are a soul. It is just that we have forgotten it over a period of time.

Soul is energy, but how to believe it?

You are a soul. The soul is a meta-physical energy, smaller than an atom, invisible through the naked eyes. How to believe it? We often talk about the mind, which is

invisible. Do we need a proof that the mind is present? Not really. This is because we experience the mind each moment. Human Being is composed of humus, means the body made of five elements (water, air, ether, fire, earth), and being, the energy making the body move. If you can experience the presence of your mind, you can even experience the soul, because mind is just a part / faculty of the soul.

Faculties of a Soul

Soul is energy, which is manifested into three faculties and plays three different roles. It is playing in each one of us every other moment. The three faculties are Mind, Intellect, and Sanskars. Whenever we think and create thoughts, soul plays the role of a mind. Whenever we make any decision, soul plays the role of the intellect. Whatever we do is a part of the actions we perform. These actions can be physical or even arriving at a conclusion within the mind. Such actions generate results of some kind, which are fed back into the Soul as Sanskars (or impressions or habits). Thus, Mind, Intellect, and Sanskars are not the parts of a Soul, but the roles played by the soul.

What is the use of knowing this?

Energy can never be created, nor be destroyed. So, once you understand, realize, remember, experiment, and experience that you are soul, and not this body, you will automatically understand that you can never be destroyed. So, the fear of death vanishes. It is you who changes the body once it becomes old and takes a fresh new body.

It is just that we have forgotten this fact, and due to fear of ageing, death, we have lost patience and have been doing so many wrong things at the wrong time, trying to acquire as much as possible as soon as possible. Since the Sanskars are the impressions stored within the soul, and a soul takes births and re-births, all these Sanskars are carried forward to the next life. This is the reason why most of us know things without having to be taught. These could be good Sanskars or bad Sanskars.

Is it "my soul"? Or am I a soul?

Soul is not another label to attach onto ourselves. Meaning, I was so many things earlier, now, I am a soul also. We all are aware of the concept of the soul. We have heard about it, seen about it. However, we do not know it in the right perspective. We feel that the soul is somewhere in the body, or the soul exists after our death, or soul means ghost etc. However, we could not experience any of this. It is now that we understand that it is not "my soul", I am the energy, the soul, who is doing everything through this body. Everything I do, is a part of my role. Most importantly, after learning this knowledge in its right perspective, we not only know it as a concept, but also experiment and experience being a soul. This is when we are in the "soul-conscious" state. Thus, we now shift our focus from body-consciousness (i.e. thinking you are the body) to soul-consciousness (i.e. understanding you are a soul). Thus, reading the rest of the booklet, keep this fundamental truth in mind. This will help you understand it much easier.

So, why is it necessary to realize "Who am I?"

It is important to realize this and experience this in the right perspective (i.e. "I am a soul"), because of a simple reason. When I thought that "I am a boy", I did my best to live up to my own expectations based on the fact that (I felt) I am a boy. Thus, I was how a boy is, in the best possible way. When I thought that "I am a doctor", I considered my entire self to be a doctor, and hence I adopted the best traits, talents, and values of a doctor, and strived to be the best doctor, and radiated my energy around as a doctor.

Now, that I realize the truth, "I am a soul", I will try my best to look around in the right perspective, and realize and radiate my qualities (i.e. Love, Peace, Happiness, Purity, Knowledge, Power) around. Moreover, we realize that everything around is just the role we are playing. We realize that everything that happens is external. I am separate from my body, my roles, my designation. I am not all these, I play all these.

All that we acquire is our possession, which is not the I. The designation, the house, car, and all other possessions are our acquisitions, but finally, who we are is all that matters. A soul at the highest designation may not be happy, but even a soul in a hut can be completely content with life. Thus, separating the self ("I") from the acquisitions ("mine") helps us understand that no matter what happens, I am still a peaceful, loving soul. So, even if we come into a financial crisis, lose our job, lose our loved ones, it becomes understandable that you are still intact. Your virtues are still your own. Hence, I do not even need any external stimulants to be happy. I am already happy. I do not need any other person to "give" me love. I am already loveful, and now I start giving love to everybody. I do not search for Peace, because I am made of Peace.

Simple Example

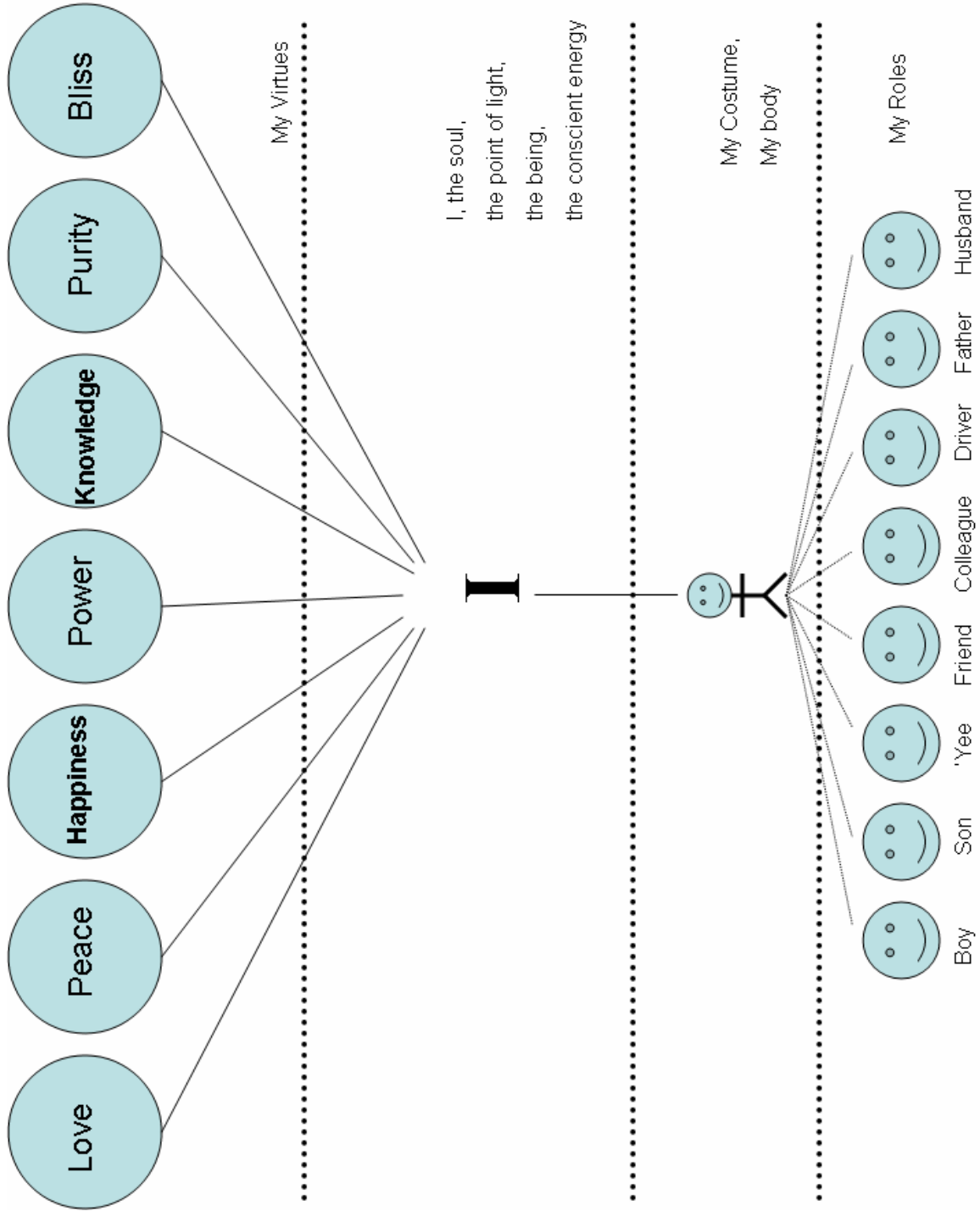
A driver drives a vehicle. (Usually, in traffic, we talk to the driver, not to the vehicle) Similarly, the soul drives this body. Without the soul (driver), the body (vehicle) is of no use. Similarly, without the body (vehicle), the soul (driver) cannot express his talents. Both are complimentary and very important for the living, however, realizing that I am a soul, and not my role gives us a clear understanding.

For example, if someone comes to me and criticizes your work, now, you will no longer say that he criticized me, but you will say, he criticized my work, which can be improved easily.

If someone laughs at that pimple, you will not feel that he laughed at you, but he laughed at your body, which is just matter. If someone is no more, you will not say he is dead, but you will say he has left this body to take another one.

The biggest fear of death disappears, because you, the soul, never dies. You just change costumes (i.e. body). This is what is meant by saying "Do not take anything personally" Whatever is happening around you is happening to your role, not to you.

The diagram below depicts this in a pictorial format.



What time is it?

Whatever you are doing now was done by you 5000 years ago. Whatever you are doing now will be done by you 5000 years later. This is because the world cycle itself lasts for 5000 years. Surprised?

This world was never created, nor destroyed. The world only transforms from one phase to another. The four phases of the earth are the Golden Age (Satyug), Silver Age (Tretayug), Copper Age (Dwaparyug), and Iron Age (Kalyug). Each of these Ages/Yugs lasts for 1250 years, thus, making the entire world cycle of 5000 years. Similar to the small cycles of Morning, Afternoon, Evening, Night, Morning; or Summer, Rainy, Winter, Spring; or the clock time 1, 2...12, 1, these ages repeat cyclically. This cycle runs eternally. Thus, we understand that after the Kalyug, the Satyug follows.

It is nowhere written, but each one of us (including small children) knows that we are in the Kalyug. Thus, there remains no need to discuss why it is the Kalyug. Kalyug is the age of Kalah-Kalesh - too much of everything, be it greed, sex-lust, problems, anger, violence, financial crisis, terrorism, natural calamities, global warming, or population. We, at the Kalyug have reached a stage where it is the too much of everything, be it in our personal life or the global world. Don't you agree?

We are at the similar time when the clock is about to strike 12 in some time. Although this period is called the Kalyug, it is the time when the Iron Age (Kalyug) transforms to the Golden Age (Satyug). This period of transformation, or confluence or change of the Age/Yug is known as the Confluence Age, Transformation Age, Diamond Age, or SangamYug. This is where the Sangam (meeting) of Kalyug with Satyug happens and where the meeting of God and His children i.e. all of us happens.

Diamond is more precious than Gold. Thus, this age is also called the Diamond Age, because it is at this time when God meets His children i.e. Us, and shares all this knowledge with us. He does not meet us ever again, neither in the Satyug, nor in the Tretayug. It is in the Dwaparyug and Kalyug that we start worshipping God in various forms, shapes, places, in the form of prayers. However, we cannot reach Him. We can only establish a living, real, and dynamic relationship with God during this Confluence Age/SangamYug. Thus, we consider SangamYug the most precious time period. SangamYug lasts for approximately 100 years and is actually the last 100 years of the Kalyug era. We are in the SangamYug and now you know where exactly we are right now, isn't it?

God descends on this earth towards the end (of the end) of the Kalyug. Thus, although we know this as the Kalyug, it is called SangamYug for those who get this knowledge. Those who do not have this knowledge continue to call this Kalyug.

What is your purpose in this world?

Now, we understood that we are a soul, an eternal, indestructible energy, which can never be created nor destroyed. We exist forever. This body is just a costume, like a dress, worn by us, to live on this earth. Only after we experience that we are an eternal energy, we realize that we cannot die. We just change our costume (body). It has a specific way to experience, which is referred to further.

However, even if we are energy, and the energy is the vital-most entity in a human being, this does not mean that the body is not important. We cannot stop being clean, we cannot stop doing work, we cannot stop playing our roles and responsibilities, because that is what we are here for. A soul can exist by itself, however, it cannot express by itself, because the energy is invisible, it has no weight, or any shape. The soul has a shape, of an infinitesimal point of light, smaller than an atom, however, it needs a body to express itself. Thus, it becomes essential for us, souls, to take birth. Thus, we understand the only primary purpose of us is to express the seven original sanskars, share the values we have, and exchange energy with other souls.

The soul has seven original Sanskars (Values), which are, Love, Peace, Happiness, Bliss, Power, Knowledge, and Purity. To be able to express these, it has to take a body, a costume. Once it takes birth of a human, it has two acquired Sanskars, which are from its Past Birth, and Genetic. Thus, we have three types of Sanskars (i) Original (ii) Past Birth (iii) Genetic

But there is so much sadness, chaos, pain around, then what is my purpose?

Imagine a few young kids playing on a playground for quite some time now. Initially, the game was very interesting, and everybody was playing with joy and full enthusiasm. However, with time, new players kept adding, and the former kids got tired over a period of time. Gradually, cheating began in the game. There were fights, quarrels, and a lot of frustration. Being innocent young kids, all of them started crying and then remembered their parents. They called their parents initially. The parents listened to their cry, but still encouraged them to play. The parents sent their other kids late in the game to encourage the kids, but in vain. Then finally, the parent himself came down to take his children back.

Similarly, our purpose on this earth is only to play, to live life with positive thoughts, words and actions. Although we are facing pain and trouble, we should understand that this is the end of the game and the new game will begin soon. Our parent, eternal Father, God has come down to take us, and we need to go back with Him and come back to play with new enthusiasm. See the chapter on World Drama to understand this in more details.

Will this world end?

We have been listening to innumerable predictions, incidents, and dates about the end of the world. Scientists, however, have not yet been able to scientifically prove the creation or destruction of the world.

However, when God Himself tells us the truth, we usually do not need any more proofs. This is because your experience is your own. For example, someone might tell you that the climate is hot outside your office, but you will believe it only when you actually experiment by going out and experiencing that heat. Then, you do not need anybody else to tell/prove to you that the climate is hot outside. Let us get some background foundation information before coming to the actual question, 'Will this world end?'

Whenever a building develops cracks, the owner/builder of the building sends his engineers to work on it and repair the problems for the time being. When the building reaches a stage when patch-work is no longer possible, the builder himself needs to interfere and demolish the building completely and re-construct it afresh. In the meanwhile, he gives the residents a temporary place to stay, and then offers them a newer building with much more features, amenities, space, and facilities. This is exactly the current state of the world, when the values of truthfulness, love, peace, and harmony are almost completely no more. Hence God has to come to re-establish the world. In fact, God has already come to intervene and re-construct the world.

Remember the words, "*Yada Yada Hi Dharmasya, Glanirva Bhavati Bharata...*"? They simply mean that when there will be a "Glaani" i.e. extreme or too much of divisions/discrimination of the religions, or when the righteousness decays in the world, God comes down on the Earth and re-establish the religion of truth, love, purity, humanity, and Godliness. Look anywhere, and you will realize that there is truly a Glaani of everything around. Greed is making humans kill each other, Sex-lust is developing hatred in people, Anger is making humans break relationships and hurt others, Ego is making people get addicted to untoward things. You, me, and everyone is facing this today. Open any newspaper, or television channel, everything is reaching its extreme at a very fast rate.

Was *Yada Yada Hi Dharmasya* said by Krishna?

These words ("*Yada Yada Hi Dharmasya...*") were said by God, Shiv, Supreme Soul (whom we call Light, Parmatma, Allah, and with so many other names) through the mouth of Krishna, but it is misconceived that Krishna spoke them by himself.

How is science related to these words?

If this is too heavy for you to understand, you can skip this paragraph and contact me for understanding it better, but please do try reading it. "*Yada Yada Hi Dharmasya...*" matches with the Second Law of Thermodynamics. Going back to Engineering, Entropy is defined as follows, "When given a system whose exact description is not precisely known, the entropy is defined as the amount of information needed to exactly specify the state of the system, given what we know about the system." i.e. in non-engineering words, Entropy is the gap (or bridge) between the chaotic (indefinable) state of a system and the ordered (definable) state of the system. The system being referred to here, is a closed system i.e. a system that is isolated from its surroundings, in which the closure is

perfect. Thermodynamics also says that the degree of closure varies with every system, and a closed system can only exchange energy, but not matter.

The second law of thermodynamics simply states two basic facts, firstly, that the nature is irreversible and secondly, that in order to change the state of a system from non-equilibrium to equilibrium, there is an energy loss, and this can only be achieved by an external agent. Example, Heat does not flow from cold to hot (without work input) i.e. in a refrigerator, other way round, heat flows from cold to hot only when aided by an external agent (i.e. the compressor).

Let us map the above engineering terms to the world, at a broader level. This world is a Closed system, because there are fixed number of souls that descend on this earth. Thus, although the population of the world is continuously increasing, there will be a point in time when all the souls have descended on the earth from the Soul World, and then the population of the world will begin to decrease. There will be a point when the last soul comes onto this earth before the transformation of the Iron Age to Golden Age begins. God is that external force who has already intervened this chaotic system, and is converting this chaotic state of the souls to an ordered state in a subtle way.

Root Cause of Problems

If we realize, the mind (or the soul) is the root cause behind all the chaos in this world today, and God addresses the root cause. He does not teach us the ways to behave, the ways to talk, walk, or mannerisms, because these are external, temporary, and superficial teachings. We read so many books on positive thinking, but do we change? Seldom!

If God has come down, then why does He not create magic?

God always addresses the root cause. He transforms the mind from the most impure state (Tamo-pradhan) to the most pure state (Sato-pradhan) and this is how He will rebuild the empire of purity, peace, love, and happiness that will reign the world to come. God does not perform any magic to transform this, because the creators of chaos can only destroy it. There are some universal laws of nature, which need to be followed. We are responsible for creating the problems for ourselves, and we are the only ones who will repay or solve them. He has completely left the choice to us. It is like we should not complain to Him that we were happy in our own ways of being, why did you change us with your magic. Hence, God does not make any miracles to change the world to a peaceful place. The world was once peaceful. It is us who have generated chaos in it, and it is us who will re-generate peace in it. He tells us the way to change ourselves. The society and nature will automatically change and transform once we change. God's role is to empower us, to uplift us with his Love, Peace, Purity, Bliss, Power, and most importantly, Knowledge. Once we acquire these virtues completely, the world transformation will happen automatically.

Scientists say that this is the beginning of Kalyug and there are lakhs of years for the world to end. Think about it. Do you really think that world can go on like this forever. It is already predicted that Global Warming will cause the water level to rise to such an extent that if all the ice in the Arctic and Antarctic regions melts, water can cover the earth 21 times as compared to today.

So, how will the transformation happen?

Here you go. Transformation is a combination of Destruction and Recreation. Let us talk

about recreation first.

All the souls who have this knowledge and connect to God to receive power from Him and purify themselves will take birth in the Satyug will be the corporeal deities ruling the Satyug. The Recreation of the souls is already in progress. Since Satyug has 100% pure souls, so only those, who reach the stage of 100% purity and soul-consciousness in this SangamYug, will come back in the Satyug. It is like preparing for an entrance exam. However, the difference is that WE ALL can pass this exam, there is no cut off. It is completely our choice and wish to study for the exam or not.

As far as the destruction is concerned, God (Shiv [Baba]) tells us that it will happen in three ways, (i) Nuclear Wars, (ii) Civil Wars, (iii) Environmental Hazards.

Nuclear Wars will happen in countries like USA, Russia and the rest that will cause masses of souls to leave their body and return to the Soul World, after countries and huge landmasses are destroyed. Nuclear War that will emit harmful and toxic chemicals will cause the spread of pollutants on a large scale, causing massive human and animal deaths due to Air/Water/Food Pollution. Nuclear War will not affect India (and the Asian sub-continent).

Civil Wars will happen in this area, again causing masses of souls to leave their body and return to the Soul World. After all this destruction, the Environmental Imbalance due to Global Warming will cause water level to rise to the extent that all these dead remnants of human bodies will be cleaned up by water. Earthquakes and Tsunamis will cause continents to shift and submerge in water. The Asian Sub-continent (containing India) was never submerged under water, and will never be. We know (and it has been scientifically proved) that all the rest of the continents have emerged out of water just in the last 500-600 years. Thus, India (much larger in area than that in the current map) will remain. Just as the last soul leaves the earth (Kalyug), the establishment of the Satyug will have already begun simultaneously. Thus, the beautiful, pure Satyug will be established, which will continue the cycle. God is never present during the transformation of any other age to any other age. Since God is present during this Transformation from this Yug to the new one, the resulting Yug will be the most beautiful one amongst the four. So, isn't this a good news? Those who have this knowledge right from now and are preparing for it will not panic or be in pain, but will understand that this is not destruction, but a transformation and a beautiful world awaits us in the future. More important to understand is that preparation is not external. No matter what precautions everybody (including the Government) will take to save lives, everyone has to go back to the Soul World. All the preparation is within us (i.e. within the soul) to purify and watch this world as a detached observer and be in the awareness that it is just rehabilitation. Practicing such a detachment takes time and efforts, so we need to start NOW. Thus, this world was never created, and neither will it ever be destroyed. This cycle goes on eternally.

This makes it necessary for us to understand, experiment, and experience soul-consciousness. It is necessary for us to connect to God. Soul, the conscient energy, always exists. So, "you" never die. You just leave the body. In body-consciousness, we have the fear of death, in soul-consciousness, we don't. But this needs practice. Thus, those who have this knowledge will understand, experiment, and experience soul-consciousness, and only such souls will be able to cross the world transformation with much ease. So, there is nothing to panic about or get scared. Masses will turn to God when they start seeing this, but it will be already too late, and they will have no time to connect to God. God is always ready for us, but it is we who are given the choice of

connecting with Him or not. He's like a Transmitter, continuously sending the signals. We, the receivers, have the choice of catching those signals or ignoring them.

Why does God not reveal the destruction or transformation date?

Transformation is not magical or a one-day process. It is gradual and happens over a period of small time. If you don't change before time, time will force you to change. Thus, creating fear in our minds will not stop the future incidents. Instead of focusing on fear of loss (of the possessions and body), let us focus on the beautiful future (the new building) that awaits us. Let us first beautify our current life by connecting to God, whom we always wanted to meet. At the end of the day, we want nothing else, but happiness, and we have this beautiful opportunity to get it.

God never reveals the date for any such incidents, though there are serious predictions about 2012, and so on. Remember, science has not been able to prove it as yet. Everything will begin soon, however, let us not wait for destruction to start happening. God wants us to begin preparation (which is nothing but connecting with Him through meditation) from TODAY, and the rest will seem to be trivial. It is very beautifully said, "Everybody wants to go to Heaven, but nobody wants to die." However, once you understand who you are, you realize that you can never die, you just change your body. Once you understand that Heaven is established right here, on earth, you are okay with the cleansing that happens. During school exams, the way we ask for a supplement just before our main answer sheet fills, or the way we fill petrol in our vehicle a little before it empties, it is the need of the hour to prepare beforehand.

Is there a God?

We have various understanding and beliefs about God based on how we have read, seen, learnt about God.

People from varied walks of life have various beliefs about God. Some consider Him as Energy, some consider Him as Light, some consider Him as Nature, some worship Him in the form of Deities, some worship the sun considering Sun is God, whereas some say that God is omnipresent. Irrespective of all these beliefs, all of us agree to the truth that God is One. We have always heard that God is One and when we refer to God, He is One.

We consider that God has powers to love, power to give, power to be peaceful and great. Now, let us validate the above beliefs. God cannot be omnipresent, because then everything should be perfect. God cannot be nature, because then nature should be perfect and there should be no calamities. God can never get angry, because He is our Father, who loves us selflessly and unconditionally. Most of us also think that there is God within each one of us. Just imagine if the Ocean of Unconditional Love, Peace, and Purity is within each one of us, why would we ever feel even the littlest of sadness, pain, and fear? They also say that there is God as well as Devil in each one of us, which actually refers to the Values and Vices we have, but not to the presence of God or Devil in the actual sense. We are simply human beings (i.e. souls) carrying virtues and vices.

Firstly, God comes and tells us who we are. We, thus, understand that 'I am a Soul'. Further, God tells us that He is also a Soul. However, He does not come into the cycle of birth and death like we do. He is incorporeal. He does not live in this world. Since He does not take birth in a human body, He has the powers that are conserved with Him always. Thus, He is the Supreme Soul. He is Paramatma (Param - Highest, Atma - Soul).

God is incorporeal. We also believe He is Niraakar. The literal meaning of Niraakar is "having no shape". However, as God explains to us, Niraakar does not mean that He does not have any name or shape. It means, that He does not take any birth and appear in the form of any physical or visible body as we would normally think. His name is Shiv, which means Seed, Kalyankari (one who is benevolent). Shiv also means root. He is the Father of all us, Souls. His name is based on the values and virtues which He has in Himself. He is an ocean of those values of Love, Peace, Happiness, Bliss, Purity, Knowledge, and Power.

Is Shiv the same as Shankar?

Most people mistake Shiv for Shankar. Shankar is the one whom we represent as a human body, and consider as the father of Ganesha. Shiv does not take any human body, and is also a point of light, a point of energy, but with Supreme Powers, because He does not take any human body. We have erected various ShivLinga temples at the 12 Jyotirlingam places across India. These were the very first temples ever created by humans in the world cycle during Dwaparyug. The ShivLingam (Lingam means Symbol) represents light (jyoti). It shows the Supreme Soul in the center representing light and all the souls (Saaligraam) below Him. Shiv is the supreme father; Shankar is not the supreme father. We worship Shankar as a deity.

Supreme Soul, Shiv, is our Father, so we call Him Shiv Baba (Baba means Father, called with love). Shiv Baba stays in the Supreme World, also known as the Soul World, Paramdhaam, Shantidhaam, Muktidhaam. We all souls also originally stay in this Soul World until we take our first birth in the Satyug. It is now when we are saying that we want Mukti (Freedom or Exemption). We are naturally saying that we want to leave this world and go back. This is because of the Glaani and too much of everything going around and within us.

Prophets of various religions were the souls who took first birth on this Earth, and had just descended from the Paramdhaan. Since they had just come from our original home, from being so close to our Father, they knew about God. They were the "engineers", who established various religions to spread love, peace, happiness, purity, who tried to patch up the old building. However, since we souls were gripped with vices and body-consciousness, we expected God to be in a human shape and form, and we did not recognize the message that these great souls. Mohammad, Jesus Christ, Budhdha and others wanted to convey that God is One, and God is Light. Since we could not reach out to God, we considered these prophets as Gods and started worshipping them, because we could be with them, we could see them physically, experience their divinity closely, and their purity and greatness.

We were not wrong, because they were the preachers of God, and divine souls. Deities, whom we still worship existed during Satyug and Tretayug. During Dwaparyug, we had the faded memory of these divine and pure deities across generations. Hence, we built temples having their statues in their memory.

Thus, the establishment of religions by human souls was for the good of everybody. However, over a period of time, there has been a Glaani of all the religions, sub-religions and castes. Various religions were established by all the great souls to spread and share the brotherhood. However, under the titles of religions, we see so many humans killing each other. Today, we even see humans killing each other on the bars of language. We forgot brotherhood, and fought with each other over petty things. Now, God has descended on this earth and it asking us to just remember who we are (not the body, but the soul) and remember who He is, not any deity, but the Supreme Soul.

Thus, yes, there is a God. He is One. We call Him by various names and worshipped Him in various forms. He is not specific to any religion, but all the religions have remembered Him in their own way. However, every religion has always said that GOD IS ONE. Now, He has come down and introduced Himself to us (after having introduced ourselves to us), by His name, form, place, and existence!

A Simple Example

If I ask three of your relatives to introduce you to me, all of them will explain me who you are. Everybody will explain it differently from their perspective. Nobody will be wrong, but neither anybody will be 100% perfect. The only one who can introduce yourself to me is YOU. Similarly, all the prophets and great souls explained God to us as per their own understanding. Nobody was wrong, but nobody was 100% perfect either. We followed the one we understood, and gradually, we followed the religion just as a result of heredity. Only God can introduce Himself 100% perfectly to us, and He did. This is what we read above.

Can you meet God?

It is like a child asking whether He has the permission or ability to meet his parent. He is yours, just go ahead and meet Him. Well, you don't need to physically go anywhere to meet Him. You can meet Him anywhere, sitting at home, at work, or while travelling as well.

Until some time ago, we thought that "I" am this body, and our lifetime is only 50 to 70 years, and then we do not exist. We thought that everything that we can see or feel through these five senses is the truth, and nothing beyond it exists. We did not know that "I" that we refer to is the soul, a point of light or energy making this body function. Now, we understand that we always exist throughout this world drama cycle, and we are indestructible. It is just that we leave this body and take another one.

On similar lines, we thought that God is also in the form of a body, some shape visible to these eyes. We did not know that there is a truth beyond these five senses, the soul. We thought that when God will appear in front of us, it will be a larger than life scene, and we will see Him in the form of some deity. However, as we now understand, experiment, and experience the existence of a soul, we need to understand, experiment, and experience the existence of the Supreme Soul. You cannot see Him through these eyes, or experience Him through these five senses. You need to go beyond these five senses, while sitting in silence and stillness. Tell yourself to get rid of all the unwanted, negative, or waste thoughts, and have just one thought in mind, "I am a Soul, child of the Supreme Soul", "I am a point of light, indestructible energy.", and in such a state of bliss and super sensuous joy (atendriya sukh), you can experience Shiv Baba / God / Supreme Soul.

Yes, you can converse with Him, however, not using any sensory organs, but with the power of thoughts. The soul by itself can only express through thoughts, and if you understand Telepathy, only those people whose thought power is very active can actually understand what you are thinking. Thus, since God is the Ocean of Purity and Bliss, He can always understand what you are telling Him. In order to have this conversation bi-directional, you have to take efforts and be more powerful and active and receive thoughts back in the conversations. After all, He is your Father, so you can converse anything to everything with Him and at any time. Surrender your sins and sadness to Him, and He will dissolve them with His love, burn them with His power. Most importantly, gather all those powers of Love, Peace, Happiness, Purity, Bliss, Power, and Knowledge from Him, and be the child of the Ocean of these Powers.

He is like the continuous transmitter of signals. We, the receivers, are weak (i.e. forgotten we are souls), and hence could not connect to Him earlier. But now that He has come down on earth and is telling us who we are, and empowering us with the knowledge, it remains our choice and duty to tune in and match the wavelength of our receivers to receive the powerful, blissful, vibrations from Him and to establish a continuous relationship with Him throughout every moment of the day.

World Drama Cycle

Before beginning my writing, I would like to share this. Brahma Kumari Sister Jayanti has explained The Wheel of Time very beautifully in this video. <http://blip.tv/file/4132734>. She explains the World Drama Cycle for one hour, followed by meditation for 9 minutes travelling through that world drama cycle.

Now, continuing with my writing. Imagine a few children playing on a playground for quite some time now. Initially, the game was very interesting, and everybody was playing with joy and full enthusiasm. However, new players kept coming in, and the former kids got tired over a period of time. Gradually, cheating began in the game. There were fights, quarrels, and a lot of frustration. As they were innocent young kids, all of them started crying and then remembered their parents. They called out for their parents. The parents listened to their cry, but still encouraged them to play. The parents sent their other kids late in the game to encourage the kids, but in vain.

Gradually, the games became so unpleasant that it was impossible for the kids to continue playing, but by this time, they had forgotten their home, and were completely unaware of their home due to the loss of memory (because they were always engrossed in the game). However, there were still some kids who were enjoying the game quite a lot - even if they were cheating others, or playing their own part.

Then came the time, when the parent could not see their children suffer, and came down to the playground, introduced themselves to their kids, reminded their kids of who they were, and whoever realized this (first group), went with the parents. These were the ones who completely played their game and then went. They began telling other kids that their parents have come. There were other children (second group) who were so engrossed in the game that they did not even look at the parents or try to listen to them. There were some others (third group), who understood who their parents were, understood who they were, but it was their den, so they could not leave the game incompletely (after all they had to do justice to the game). So, with this understanding, they continued to play the game. Meanwhile, while playing the game, they also told others that their parents have come. Imagine a situation when all are forced to leave the ground due to their complete helplessness and weakness. By this time, the playground will have become very old and dirty, and the parents will come and the kids will have no option but to leave the ground forcefully (even if they want to play). But the next time there is an opportunity to play; will the kids not be attracted to the game again? This is what the world is all about.

We (the souls) are all the kids playing in this World Drama the various roles that we have been playing so far. The game began from Satyug (Golden Age - Duration: 1250 years), when the game was excellent, perfect, and we were all completely aware that we are here for enjoyment, fun, frolic, and with complete enthusiasm (complete soul-consciousness). We had no vices, no negative karmas, and we were completely pure. Then came the Tretayug (Silver Age - Duration: 1250 years) gradually, when new souls (players) came in. The game (world) was still good, just a small fraction old. Then came the Dwaparyug (Copper Age - Duration: 1250 years), when many new souls (players) came in, and the cheating began (due to body-consciousness). Gradually, we forgot that we are a soul, but thought that we are a body. Remember, you read earlier, whenever

we wear something for a very long time, we consider it as our integral part? We started crying out for God (our eternal, incorporeal Father), because we gradually started facing pain, hurt, hatred, and loss. He knew that we would still enjoy the game, so He sent his other children (like the prophets Jesus Christ, Budhdha, Mohammed, Swami Vivekanand) for betterment of the world, but in vain, because we could not find God (i.e. unconditional love, happiness) and we were already gripped by the vices of sex-lust, anger, greed, attachment, and ego (body-consciousness - i.e. thinking 'I am this body'), we thought these prophets are Gods, and we began worshiping them, and formed sub-branches of innumerable religions. We expected a miracle to happen on meeting God, which is untrue, hence we believed these humans to be God(s).

Now, the time (Kalyug Iron Age - Duration: 1250 years) has come when the World Drama (game) has become very chaotic and unmanageable by any human being. Nature has become unpredictable, and so has the human mind. Nobody can revert back the Global Warming, and nobody can revert back the corrupted minds of the souls. This is when God Himself intervenes (recollect Yada Yada Hi Dharmasya?) and converts this chaotic world to a peaceful world, not by magic, but by transformation of the souls.

Let us take a deeper look into the World Drama Cycle

You read earlier that whatever you are doing right now, has been done by you 5000 years ago. It will be done by you 5000 years later, and this happens an infinite number of times. So, you are not reading this booklet for the first time. The scene that you are going through right now has been seen by you infinite number of times earlier, and you will see it infinite number of times later. Similar to the cycle of day-night, seasons, months, there is a cycle at a larger level that repeats infinitely. This world goes through various phases in a cyclic order. The earth was never created, nor will ever be destroyed. (Note: The theories of the creation or destruction of this world are predictions, they are not proven scientifically.) Let us start from a reference point and reach where we are right now. The world drama is 5000 years long, divided in four phases: Satyug, Tretayug, Dwaparyug, Kalyug. A cycle of 5000 years is called a single Kalpa. The maximum number of births a soul takes during one Kalpa is 84 births.



Satyug / Golden Age

This is the phase that lasts for 1250 years. You can see it in this diagram. This period is also called the Heaven, Paradise, Garden of Eden, Garden of Allah, Swarg by all of us. Heaven is different from the Soul World (Paramdhaam). Heaven is the period that exists on this Earth itself. It is not anywhere in the sky, or on any mountain. It exists right here, and the time has now come when Heaven is going to be re-established on this earth, so be ready to be a part of it. Soul World is where everybody has to go together at one point of time, however, Heaven is not where all of us will go. Satyug is the period formed in the Asian sub-continent when all the souls there exist as deities. The very first soul who takes birth in the Satyug is Lord Krishna. Since all the souls take the form of deities in Satyug, it is obvious that they are completely vice-less. They are completely pure. They are 100% soul-conscious, and completely aware of their virtues. Thus, souls in this period are called 16 Kala Sampurna.

Every soul takes a birth of 150 years long. Thus, every soul takes approximately 8 births in the Satyug, playing the roles of 8 deities during these births. You may think that if the deities are completely pure, how does the process of birth take place? It takes place through the power of yoga and through vibrations. Unlike today's world (Kalyug), when birth takes place as a result of vice-ful acts (bhrashtaachaar)!

Satyug by its end has a population of 9 lakh deities. Currency in this age is Gold. All actions performed by the souls here are neutral, because no Karmic Accounts (see Law of Karma chapter) are created. This is the beautiful age when Tigers and Goats drink water from the sweet river together. There is just one pleasant season, Spring. No diseases, no pain, no hurt. There are Vimans using which we fly from one place to another. There are also school and simple Mathematics is taught then. Paramdhaam is called Muktidhaam, where we seek Mukti, whereas Satyug is where we get Jeevanmukti i.e. being able to enjoy in corporeal form.

Tretayug / Silver Age

Transition from Satyug to Tretayug is very gradual. It is not that one fine day suddenly the next yug will start. It is similar to how your new house becomes old gradually. There is no single day when you can decide that from that day your house will be old. It is a very very gradual process. This is also the phase that lasts for 1250 years. You can see it in this diagram. This period is also called the Heaven. Heaven is different from the Soul World (Paramdhaam). However, similar to the way there is a slight difference in a brand new house and a year old house, Tretayug is a bit lower in value than Satyug.

Satyug converts to Tretayug. Since Tretayug is a bit lower in value than Satyug, souls in this period are called 14 Kala Sampurna. However, everybody is still as pure. Every soul takes a birth of approximately 100 years long. Thus, every soul takes approximately 12 births in the Tretayug, playing the roles of 12 deities during these births.

Tretayug by its end has a population of 33 Crore deities. It is also a gaayan (saying) in Indian literature that there have been 33 Crore deities in India. This is what it refers to. Currency in this age is Silver. All actions performed by the souls here are neutral, because no Karmic Accounts are created.

Thus, by this time, 2500 years (i.e. half the Kalpa) has elapsed. The first half of the Kalpa is called Shivalay (formed by the Supreme Soul Shiva), Ram Rajya, or Heaven.

Dwaparyug / Copper Age

Deities are also humans, but with divine powers. Now, by these 20-21 births, the souls have changed so many bodies and changed from deities to ordinary human beings. Gradually, somewhere there must have been situations when the souls' consciousness must have shifted to the body. After all, it is just a consciousness. A doctor can get the consciousness of a father in an operation theatre. Similarly, somewhere after 2500 years, the souls must have started getting thoughts of body-consciousness, and gradually started thinking that they are the body, not the soul. Thus, they started getting attached to the bodies, and this is how vices emerged. Note, this happened very very slowly and gradually over a period of long time.

The five vices are sex-lust, anger, greed, attachment, ego. When they thought they are the body, they even looked at others as a body, and this is how sex-lust aroused.

Thinking they are the body is ego. Feeling that I should have more money, fame, beauty than the other is jealousy and greed, which easily leads to anger.

Souls are now 8 Kala Sampurna, but still in this time, the corruption is not as intense as it is now. Time is still quite pleasant. Every soul takes a birth of approximately 60 years long. Thus, every soul takes approximately 21 births in the Dwaparyug.

Deities do not exist anymore in that yug, but still there is the remembrance of Deities in everybody's mind, because some of them have seen the deities in the past, so there is a memory that divine deities existed. Since vices also began, there was pain and suffering. This is why they started calling out for God, and in His remembrance, built the very first temples of the 12 Jyotirlingams in India. Now, since there must have been pictures of the divine deities, there were also temples of various deities built everywhere!

This was the time when the great prophets came down to re-unite the humanity and established various religions. However, we expected God to appear as a miracle and change the world with magic, so we could not completely understand these prophets when they said "God is Light". Since these prophets were also divine, we started considering them as God. Currency in this age was Copper. The population was still below 100 Crores.

Kalyug / Iron Age

If you see the statistics, the population of the world has increased from 100 Crores to 600 Crores only in the last 100 years i.e. all this happened during the Kalyug itself. Currency in this age is Paper and Iron (having almost no value compared to Gold, Silver, Copper).

In Kalyug, the souls take 42 births, and on an average, every soul's age is approximately 30 years long. Almost all the souls (i.e. we) are in complete body-consciousness, and completely gripped by the five vices. Sex, the lowest level and the most impure and viceful act is considered as the aim of life, a means of happiness, and the purest relationship between two people. This is how low we have fallen down.

Man exploited nature and thus, nature has also become unpredictable. The humans have come down to the lowest level of purity, and hence they are less than 8 Kala Sampurna.

Sangamyug

We became so sad and there was such a collective callout to God that He had to intervene and come down.

He came down in an ordinary man in 1936 and formed the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. This is when the Purushottam SangamYug began, also known as the Confluence Age, Diamond Age, or Transformation Age. It is during this age, when God transforms the souls from the Rajopradhan stage to the Satopradhan stage, purifies them, and send them back in the Satyug. SangamYug lasts for approximately years, and you can now guess how many more years to go before Satyug. Now, an important truth to know here is that once a soul comes down on this Earth to play its part during Satyug, the soul cannot go back to the Paramdhaam until Kalyug ends. Thus, there are some souls who take all 84 births and some who take less than 84 births (depending on who comes later). There are also some souls who will take

only one birth towards the end of the Kalyug. Thus, you see, the population of the world continuously increases, and does not decrease, because the souls keep coming down, and the souls who are already down on Earth take re-births.

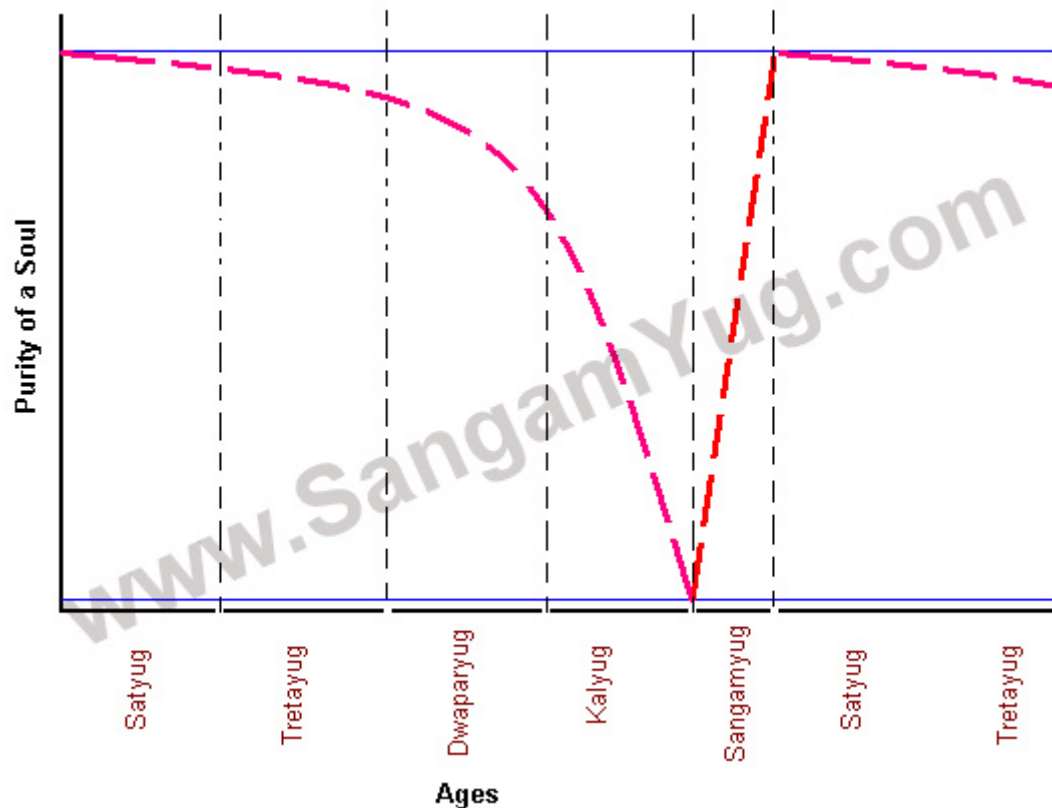
So, can you guess that the deities (souls) who came down during Satyug (if they have not gone back to the Soul World as yet [because the Kalyug has not yet been destroyed]), where are they right now? This cycle continues until all the souls come down, and once the last soul comes down, the Kalyug destruction begins as we saw earlier. All the souls go back to the Soul World, and only those souls who have purified themselves as per God's Shrimat are purified to the extent that they are eligible to come down to the Satyug.

Satyug needs completely pure and soul-conscious souls. Since it is the same soul that keeps revolving throughout the cycle, the same soul gets purified or adulterated. Now, we are adulterated, and now we need to purify ourselves to come back into the Satyug if we want to experience unlimited bliss, happiness, wealth, health, nature, and reign/rule the world. It is during this time when we have an increasing Kala.

Remember, you are a soul. It is the soul's journey from one phase to another. So, you may not go to Heaven with this body. We will all go back to the Paramdhaam, and then depending on our role, we will come back on this Earth.

Why did we become body-conscious (from soul-conscious) during Dwaparyug?

When you wear a ring or a bracelet or a necklace for a long time, you automatically start considering it as a part of yourself. Subtly, that becomes a part of you, and you get attached to it. Similarly, over a period of time now, we took so many births and re-births, and gradually, we have got attached to this body so much that we considered that we are this body. Thus, we thought we will perish after a stipulated time. This shift in consciousness was very slow and gradual, and hence we started thinking to acquire as much as possible in a short span of time. We became age-conscious, due to which, we started committing vice-ful acts. We started looking at others' body instead of the soul, and started getting attracted to them. We wanted to enjoy sensual and materialistic things, because we thought it is the body that gets happiness. We forgot that it is I, the soul, who gets happiness and pleasure, not this body.



Why is this game so sad?

Well, only 1/4th part of this game is full of sadness (Kalyug). Rest 3/4th part (from Satyug to Tretayug and even Dwaparyug) is not as sad.

Now, God has introduced Himself to us, and there are again three categories of souls that I see. Firstly, the ones who have successfully committed their games (their *lokik/corporeal* roles), and have dedicated their life to Godly service. They are also telling us about God.

The second group of souls is the ones who have understood God, realized themselves, and are waiting to commit their corporeal roles, however, preparing for the Godly service. These souls are also trying to tell everybody that God has come.

However, the third group of souls (the hugest number of population) has the ones who are enjoying the game, enjoying their vices, and are still unaware of the intervention of God. It is very necessary for each of us (each soul) to realize that God has come and is transforming this Kalyug to Satyug, which will be formed right here on earth in Asia after the world transformation. Since the eternal, indestructible soul remains the same throughout this eternal cycle, the same soul needs to prepare for the upcoming age. Hence, considering the purity of the Satyug, whoever has completely purified themselves and cleaned themselves (by eradicating their vices) will be the ones who will be able to go to the Satyug. Others will have to wait and depending on their level of purity, they will come later in the game (as per the level of purity of the age). Hope we not come in only that chaotic part of the game, but prepare ourselves to such an extent that we get to play the best part of the game as well.

A child always wants to play. Even if he was tired yesterday, today, he will urge to play. This is what we are here for. We are here to play our roles. We just need to understand why we are facing all unpleasant situations in life at most of the times. What we are seeing today is just the later part of the game. It's just that we don't remember that we have played that initial, beautiful part of the game when it was completely pure, full of fun, frolic, pleasure, and true happiness. We have seen Satyug, Tretayug, Dwaparyug. It is only for 1/4th of the time that we have seen this unpleasant Kalyug. Otherwise, we have seen the beautiful world that many crores of souls haven't. Now, the time has come when Kalyug is nearing its end. The period (of approximately 100 years) when God comes down on this earth and begins transformation is called the SangamYug. We are already in the SangamYug and approximately 73 years of the SangamYug have already elapsed. Understanding our role is critical to avoid "Identity Crisis". Questions like "Why is my life like this?", "Why is the person behaving like this with me?", "Why am I not getting something I want?", and many others beginning with "Why"'s disappear! Life becomes more peaceful, content, and you actually start getting much more than what you thought :)

It is said in many literatures that the phases go back in reverse order. Is it true?

Does Summer come after Rainy season in India? No. This is because a cycle repeats in a particular order only. When this must have been said, it must have been meant that the purity of the soul goes back from completely impure to completely pure. This happens by gaining this knowledge, imbibing it into our life and maintaining our virtues. See the diagram below to understand how the purity of the soul goes through. During this SangamYug, we become as pure in our virtues as we were in Dwaparyug, Tretayug, and then Satyug. The phases actually do not reoccur.

What about Carbon Dating which proves that any remnant existed millions of years ago?

Carbon dating proves existence for a few years and then extrapolates the same formula for millions of years. Moreover, since we now understand that the world always existed (for millions of years), the components used in calculating the life of an object includes the age of the soil from which it was found.

Paradise

*Hell is a time period, not a place.
Heaven and Hell happen at the same place, though not at the same time.
Heaven was and will be.
Hell is.*

As you may have previously, we all (souls) go to the Soul World after World Destruction, which is to happen in the next few years. We need to follow these practices to be able to take birth in Paradise/Heaven/Golden Age with a beautiful role. No harm in not following them, because in such a case, the soul continues to remain in the Soul World and descends on earth only at the later time in the [World Drama Cycle](#).

Fundamental practices to be followed:

- Celibacy / Purity
- Strict Vegetarian Diet
- Soul-Consciousness

Well, these are not compulsory, but depending on how much progress you want to make in your spiritual journey, you can choose to follow them. It's an individual's choice whether to follow these or not. Though not mandatory, they are necessary for attaining a beautiful stage in Paradise.

As you may have read on the [World Drama Cycle](#) page, Golden Age is followed by Silver, Copper and Iron Ages, followed by Golden Age, again. Every Age (*yug*) has its own level of purity and that same purity-level in souls residing in that Age. Depending upon the amount of purity in your thoughts, words, actions, deeds now (Sangamyug) you will descend back on this earth from the Soul World, and take your first birth in that respective age. Thereafter, you will continue to take births one after the other until the next World Destruction. This is an eternal cycle that repeats itself infinite times.

Golden Age is that period in the World Time Cycle when there is 100% Peace, Purity, and Happiness. Some other synonyms for Golden Age are Paradise, Satyug, Garden of Eden, Garden of Allah, Shivalaya, Raampuri, or simply, Heaven.

Paradise is not in the sky or space. It is physically formed on this earth itself. There are only 9 lakhs deities (humans having divine powers) who descend on this earth to live their lives in this time period. This period lasts for 1250 years. Lord Krishna / Adam is the first soul who descends in this age, and all other rest of the 9 Lakhs belong to his kingdom. The age of each deity is 150 years and then the deity takes another birth (body) once the body becomes old. The final population (at the end) of Satyug is 2 Crore deities.

In the Golden Age, all the humans with divine powers (i.e. deities) are 100% soul-conscious i.e. they know that they are not this body, but are souls with the 7 virtues, which are Love, Peace, Happiness, Power, Bliss, Knowledge, and Purity. There is no trace of sadness, fear, ego, lust, anger, or any other vice.

The climate is always spring, enriched, beautiful. No coldness or heat. There are mellifluous rivers, pure eatables, beautiful nature. Everything is made of gold. Wealth is

in abundance. There is nothing that one "wants", because we have everything then. Everything is magical in the way it is. With less efforts, there is more outcome. Example, just sprinkle seeds in the fields and crops grow instantaneously. Just place golden bricks over one another, and castles are ready. No hard work required. This is because all hard work is being done now by the soul, by achieving that stage. That is why Paradise is no less than a Gifted Age.

The level of non-violence is such that Tigers and Goats drink water together. Food is rich, pure and healthy. Beautiful, isn't it? Seems so imaginary, but it is the truth revealed by God Himself.

There is no sex-lust or the need of any physical relationships. Purity is of such a level that there is no presence and generation of reproductive hormones/fluids as well. Children are born as a result of vibrations of thoughts. Bodies of deities are translucent, light, and perfect, in shape, form, and beauty. We in Paradise don't have nails or unnecessary hair on the body. Deities eat less, and being in the perfect Age (*yug*), having perfect food, there are no waste materials created in the body. Thus, there is no need for excretion or elimination of waste material. No need or urges of sensual pleasure of any kind, because deities are blessed with Happiness, Bliss, and abundance.

There are no diseases, illnesses, or natural calamities. There are no untimely deaths. No thefts, no laws, no police. No trace of sadness. Everything is serene, balanced. Nature co-operates with the human beings in this period. There is complete harmony between nature and humans.

There is only one religion - that of truth. The name of the religion is "Aadi Sanatan Devi-Devtaa Dharm", and everything works in one opinion. There is, thus, one language. God is not remembered, because there is no sadness. We are all like children in this age, innocent and unaware of the feelings of vices, pain, sadness or violence.

There are basic school subjects taught like basic Mathematics. There is one big city where all the deities reside. They have '*vimaans*' to travel (fly) from one part to the other. These vehicles can be very easily operated, using three basic switches. Golden Palaces are so huge, that one palace is almost as long as the distance between Delhi and Jaipur. Well, how are these constructed, where are these gone are some of questions unanswered to me too. Keep watching this page if it really interests you. I'll write it here as soon as I know.

All of this is formed within the Indian continent itself, because rest of the continents submerge back into the water after the Iron Age. (Remember, the other countries emerged out of the water only in the last few hundreds of years.)

Only those who have seen this time period on earth (i.e. those belonging to the 9 Lakhs, 2 Crores, 33 Crores) will only believe, realize, remember, want and live in this age.

The Facebook Page [Paradise : Heaven : Satyug](#) contains some beautiful pictures that represent Paradise.

Some beautiful videos on Paradise: http://www.youtube.com/watch?v=ec4gGn_WOil

The Law of Karma

I have been listening about *Karmic* Accounts for a long time now, and had some creative ideas as to what and why certain things happen to us, so writing my thoughts down here. This is just my way of understanding The Law of *Karma*.

The Law of *Karma* could be defined briefly as, "Everything you do, comes back to you". Whatever kind of energy you give out to the Universe, the same energy comes back to you sometimes. The energy can come back in one day, one year, one decade, or even after 100s of years. Remember, you are a soul, a point of light. You are not this body. So, you are a point of energy which exists always, for many years. You take many births, and in each birth, as a result of your actions, you keep accumulating and carrying all the archive of your deeds of the past.

Every soul has a *Karmic* Account associated with itself. The ideal status or state of this Account is that it should have ZERO *Karmic* Points i.e. Zero Balance i.e. no *Karmic* Account should exist. Initially, whenever a soul comes down (descends) on the earth and takes its first birth, it has zero *Karmic* Points. However, as the soul starts performing positive or negative actions, it creates + and - points for itself. For ease of understanding, let us consider that negative *karmas* create *Karmic* Accounts, whereas positive *karmas* settle them.

Deeds can be in the form of thoughts or actions and their outcome can be for ourselves or (mostly) for others. Anyway, the result of this deed (be it positive or negative) comes back to us. As and how we begin "acting" in this world drama, depending on what type of *karma* we do (*Su-Karma* [positive], *A-Karma* [neutral], or *Vi-Karma* [negative]) the Balance in this account increases or decreases or remains the same. So, in case of a *Su-Karma*, the Balance decreases (goes close to the ideal zero). In case of a *Vi-Karma*, the Balance increases, and in case of *A-Karma*, the balance is unaltered. *A-Karmas* are performed by the deities in the Golden Age. *Vi-Karmas* are being performed by the majority of us today in the Iron Age. *Su-Karmas* are those that we also perform usually.

So, how is the calculation done?

There is no definition of any *karma* that we do. Accounts are just created or settled depending upon our actions and their intensity. Such accounts mostly exist between two individuals i.e. souls.

Taking some hypothetical examples with numbers of better understanding, if I abuse someone, 5 points will be added. If I steal something from a shop, 7 points will be added. Now, my Account's Balance is 12 *karmic* points. So, next, when I go and fall into a pit for no reason (which is not really no reason actually), 2 points are subtracted. Now, my Balance is 10. Next, if someone comes and slaps me for no intentional mistake done by me, 5 points get subtracted. Now, my balance is 5.

So, it is not that if I slap someone, there is one entry made for slapping someone, and then someone else will come and slap me so that this entry is erased. These are just points that keep fluctuating according to my *karmas*. The list, however, that maps every single *karma* to the number of *karmic* points is the part of Universal Laws and does not

exist physically anywhere. I really have no idea as to who manages that list.

Roles of everybody are pre-defined, however, this cannot be the excuse why one should come and gun down someone or abuse a little girl. At every single step, one has a choice of what to do. Your Account Balance is completely in your hands. Now that Roles are pre-defined, so is the birth and death. Depending on how a family is, the soul is sent as a child there, so that one bears the good and/or the bad with that family. Now, that the death of one is also pre-defined, it is an opportunity to reduce many points! Hypothetically, if one has, say, just 5 *Karmic* Points in his Account, he will die more peacefully than someone else who might have, say, 100 Points in his Account, but that, again, depends on the Role, the situation, the decision, how properly one has maintained his health (this is where choice comes), etc.

Similar to a Peggle game, for instance, where you hit that ball (to break those bricks) is in your hands, but once you hit the ball, what happens thereafter (the path in which the ball traverses) is pre-defined and is the result of your action. That is how it becomes your destiny.

At the end of an iteration of the World Drama Cycle (i.e. a *kalpa*), one has to go back to the *Paramdhaam* or the Supreme Abode (which is not Heaven) after the end of the *Kalyug*. Before going to the *Paramdhaam*, everybody should have zero *karmas* in their account i.e. they should be completely clean and pure before going back home. Why? Because that is how we came down earlier.

Now, that the *Kalyug* is about to end in a very short time, we have to clear the Balances of our Accounts by repaying them, and hence the energy that we had once given out is coming back to us at a very fast rate. Can't say "for no reason bad things are happening to me", but one feels giddy, one falls ill, someone hits our car, someone slaps us, someone uses bad language for us, someone suddenly falls ill and goes into a Critical stage, expires at a young age, children suffer from diabetes, heart problems, etc. Just see around what is happening and you will know. This is all the repayment of all that we had done. We probably didn't realize while doing it, but are feeling sad while receiving back our energy.

Ever wondered why many bad and less good things are happening to you? It is a result of all the *Karmic* Accounts you (i.e. soul) have created in all your past births and even the current birth. It is your journey from so many births when you have created so many accounts. Now, since the *Kalyug* is nearing its ends we need to repay all the old *Karmic* Accounts in a short span of time. Hence, we keep hearing from our elders, "Do good".

Moral of this theory is that you ought to receive everything you give others. So, why is it not that if one does a *Vi-Karma* and then tries to erase that through a *Su-Karma*? That's simply because our *Su-Karmas* are not as effective. So, if one killed someone, and then donated a lot of money, that may not erase because his Account Balance may still not be zero, mostly, because of his past *Karmas*. So, you cannot escape thinking that you can negate every *Vi-Karma* by following a *Su-Karma*. There could be a lot of back-log you may not be aware of.

Karmic Accounts are created between two souls as a result of the following four commodities exchanges:

(1) Energy

- When you exchange thoughts with somebody
- What you think about somebody
- What you talk to somebody, etc.

(2) Money

- When you take or give money from or to somebody, etc.

(3) Time

- When you spend your time for somebody
- When you (mostly) disrespect time

(4) Physical Body

- When you work, cook, labor for somebody
- When you have sexual relationships with somebody
- When you perform any physical action for/on somebody

Your *Karmic* Accounts are effortlessly and naturally wiped out when you suffer from various things. However, there is a magical way you can wipe out all your *Vi-Karmas* yourself. This is done by meditation, by connecting with God, when all the *Vi-Karmas* of all the past births dissolve. That happens because you clean your mind from all the negative belief systems, and transform to continue doing only *Su-Karmas*

Here are some frequently asked questions.

Is there any way I can know the status of my *Karmas*?

Physically, through your eyes? No! But once you reach the soul-conscious stage/state, yes, you know exactly what's happening. You start seeing people and situations around you changing miraculously. Yes, that happens.

I have never done bad to anybody in my life. Still, why are bad things happening to me?

You may have not done anything bad in this birth, but what you are getting (i.e. your destiny) is the result of all that you had done in the past, good or bad. If you want to get the result of your good deeds, you should be ready to get the results of your bad deeds too.

Miraculously, you also start seeing that situations around you start becoming positive, and in your favor. So, there remains little or no scope for you to react (reaction is always negative) badly. And then if you do any negative act, the results also come to you immediately and you can actually relate as to why something happened to you. Connecting with God and not just connecting, but then doing every *karma* living in that connection is the only way you can clear/delete/reduce/decrease your *Karmic* Points really fast. More on this "solution" theory later, but I have realized, and most importantly, experienced that Self Transformation is very easy when done by practicing Rajyoga Meditation, without compromising on any of your current roles and responsibilities.

Does death (e.g. suicide) reduce my Balance to zero once and for all?

Once you know that you are not this body, but a soul, a point of light which ALWAYS exists and just changes bodies, you will automatically understand that

your *Karmic* Account is with YOU (i.e. soul), not with your body. It is the soul that does good or bad deeds through the body and experiences happiness or sadness through the body. If not now, you will have to clear that Account in the next birth, and until your Account Balance reaches ZERO, you cannot expect to have no birth.

Can one reach and experience a stage that he has ZERO *Karmic* Points?

Yes, that is the state of perfection. Zero Balance state does not mean you will be the richest, most good-looking person. It is when you will be 100% (and 100% means 100% permanent, genuine) content, and peaceful with your life. You will have no trace of sorrows, no trace of sadness, and only happiness like a deity. This is exactly how we are in the Golden Age / Heaven.

Who has defined this Law? God?

God, Shiv Baba, the only Ultimate Father of all of us is up and above all of these things. He has not defined them. In fact, He abides by the laws of nature. This is one of the eternal Universal Laws that nobody defines. This law is also neither created, nor destroyed. It ALWAYS exists. If you realize, the Law of Gravity was never "created".

So, just remember, whatever happens with you is THE BEST. It is not ordinary. An extremely bright future awaits all of us.

What Next?

All that you read in 'Know Thyself', is just a preview of the vast knowledge that God has revealed and shared with us directly. Lots more can be written, and as and how possible, I am updating it on this section. This can be considered as just introductory information. To get a deeper insight and beautiful experiences, you can formally study the 7 days course at any *Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya / World Spiritual University Center* across the globe. It is a very simple, yet life-changing course, known as **Rajyoga Meditation Foundation Course**.

Visit www.brahmakumaris.com (India) or www.bkwsu.org (International) to locate your nearest center.

The contents of 'Rajyoga Meditation Foundation Course' are quite similar to the contents of 'Know Thyself'. However, B.K. Sisters/Brothers present at the Centers will share their own experiences and knowledge with you. This will enhance your experience. Just call up a center and ask for a suitable time-table, and they will be glad to help you. Ask as many questions as you want during the course, and they will be happy to answer you. At the end of the course, you will also be taught the unique Rajyoga meditation technique that will help you connect with God (the supreme power, your incorporeal Father) and heal yourself.

Once you complete the course, you can visit the same or any nearby center to practice meditation on a regular basis. Also, there are daily Murli Classes, where versions of Godly knowledge are shared and discussed.

It becomes important to channelize our thought process and bring such energy into our life that it helps us pass every moment with complete success. The mind creates approximately 30 to 40 thoughts per minute. It is its job. Thus, it ends up creating 30,000 to 40,000 thoughts in the entire day. Ever wondered about their quality? The state of the mind is what makes you stronger or weaker, mentally as well as physically. What you 'think' affects your health. What you think affects your future. What you are thinking right now is building your future. So, it becomes very essential to think 'right'.

Good Luck and Om Shanti