

# Wars begin in the mind, so does peace



RAJYOGI BRAHMA KUMAR NIKUNJ JI

Looking at the situation of the world that we live in today, one factor that can be considered as the biggest cause of our downfall from an exalted stage of a divine being, is violence in all its forms. YES, it is violence that makes hell of heaven. In other words, paradise is lost when violence, in the form of five vices and their offshoots, enters the human mind.

These vices are nothing but violence in its various forms which violates divinity as well as spiritual and natural laws. We must understand the fact that a soul, in its original state, is a being of purity, peace, power and bliss. So, in heaven, all humans are divine because they are totally pure, which means there is absence of violence of all types. This means that no one causes

harm to anyone in heaven and there is no dishonesty, greed, deceit, anger, selfishness or negativity of any other kind.

It is only when the soul comes under the influence of the vices does it start to act wrongly. Now, to see if all this is true, we only need to observe our state of mind when we have behaved badly with someone. This would make us realise that our behaviour was dictated by anger, ego, jealousy, hatred or some other vice. So, in short, all these vices cause pain to the self and make us inflict pain on others.

Such violence is a violation of divinity and it drags

us down from a divine status to that of an ordinary human being. After all, what is the difference between the deities and humans? The former are always full of virtues and totally free of vices whereas humans have virtues in



varying degrees and are prone to come under the influence of vices.

So rare has virtue become today that if someone remains steadfast in even one virtue — say honesty — he stands out among his peers and is half-jokingly called a saint or a deity. On the contrary if the vices become predominant, they can turn a human being into a devil. Remember! divinity cannot stay where there is violence, light and darkness, nectar and poison, because divine and devilish traits cannot co-exist.

So, if we really want to bring peace to this world,

we have to first root out the vices from our minds. Without this effort no amount of political, social and economic efforts can ensure lasting peace. It is not a new idea. It was written into the preamble of the constitution of the United Nations Educational, Scientific and Cultural Organisation that, "Since wars begin in the minds of men, it is in the minds of men that the defences of peace must be constructed."

In fact, the battlefield is not outside but within us. The day we win over anger, ego, greed and jealousy inside, that very day the world outside will begin to change. Remember! True peace is not a gift handed down by governments or treaties, it is a conscious choice made by each individual.

When we return to our original qualities of purity, peace and love, we do not just transform ourselves, we become living instruments to transform the world. We only need to act upon it through spiritual effort.

*(Writer is a spiritual educator & popular columnist for publications across India, Nepal & UK. Till Date 8500+ Published Columns have been written by Him)*

# How letting go leads to happiness: Spiritual lessons for modern living



AIR ATMAN IN RAVI

LETTING go is an art in itself, an art we must master if we wish to be truly happy. From letting go of myths and superstitions, to releasing people and negative emotions, to eventually letting go of the ego, life continuously demands that we let go in order to be peaceful and joyful.

One of the main reasons we suffer is because we cling to past hurts and wrongs. We nurse, curse, and rehearse our pain, carrying grudges in our hearts. These grudges are joy-stealers. They weigh us down and give rise to anger, bitterness, and vengeance. To be free, we must forgive, forget, and move on. Similarly, we must let go of regrets. What is done cannot be undone. While we can make amends, holding on to regret only invites sadness into our lives.

Many of us live in the past. We replay memories, good or bad, over and over. But the past is history—it's over. Why sacrifice the joy of the present for what has already passed? Just as we must release the past, we must also let go of fears about the future. Worry robs us of peace and the joy of the moment. The only way to live is to live in the now, moment by moment.

We must also understand that what happens in life is the unfolding of our Karma. When we face circumstances beyond our control, we must accept them with grace. These are not accidents; they are the outcomes of our own past actions. As we sow, so shall we reap. In fact, we should rejoice knowing that our Karmic debt is being settled. The ABC Mantra serves as a powerful guide: Accept, do your Best, and Choose to surrender in Consciousness. We must do our duty without becoming attached to the outcomes of our actions.

Letting go is critical in relationships. Holding on



**Letting go is the key to true happiness. By releasing past hurts, future worries, and worldly attachments, we discover peace. The ultimate freedom comes from realising we are the Soul**

too tightly to people, being possessive in love, and forming strong attachments only leads to pain. Love deeply, but with detached attachment. Being possessive about people or things brings suffering. Reflect for a moment: did we bring anything or anyone with us when we were born? No. We came empty-handed, and we will leave the same way. Nothing belongs to us. Nobody belongs to us. Everything is transient.

In today's world, many are obsessed with money, fame, and success. Our desires never end—we want more and more. But as the Buddha said, desire is the root cause of suffering. Let go of desires, greed, and the pursuit of material things. Live with contentment and fulfillment. Enjoy life's pleasures, but receive them as Prasadam—Divine blessings.

So many of us live with negative emotions—stress, worry, fear, anger, jealousy. We must consciously let go of this negativity and instead choose positive emotions like love, courage, hope, faith, and trust. Negative energy is poison. Positive energy is

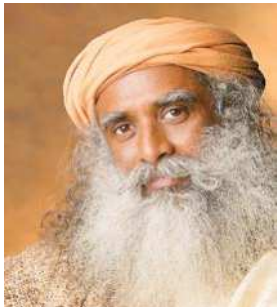
power. Choose to be happy. Tell yourself: I will be happy today no matter what comes my way! Practices such as meditation, Asana, Pranayama, contemplation, and silence can help calm the mind and add to our well-being.

The ultimate truth is that this world is an illusion—a cosmic drama, a show. We are actors who come and go. We are not the body, mind, or ego. We are the Soul, a Spark Of Unique Life, a part of the Divine. God is not a person, nor a saint, but a Supreme Immortal Power. Sadly, we remain ignorant of this truth. To live with happiness, we must let go of the myths, illusions, and false beliefs we hold, and instead realise who we are. We must transcend the body, mind, and ego—our lower self—and live as our higher self, the Divine Soul.

This is the ultimate act of letting go: letting go of the false identity of 'I' and realising that I am not 'I'. I am the Soul. This realisation leads to a life of eternal peace, love, and bliss.

*(Writer is a Happiness Ambassador and Spiritual Leader)*

# The arithmetic of life



Sadhguru

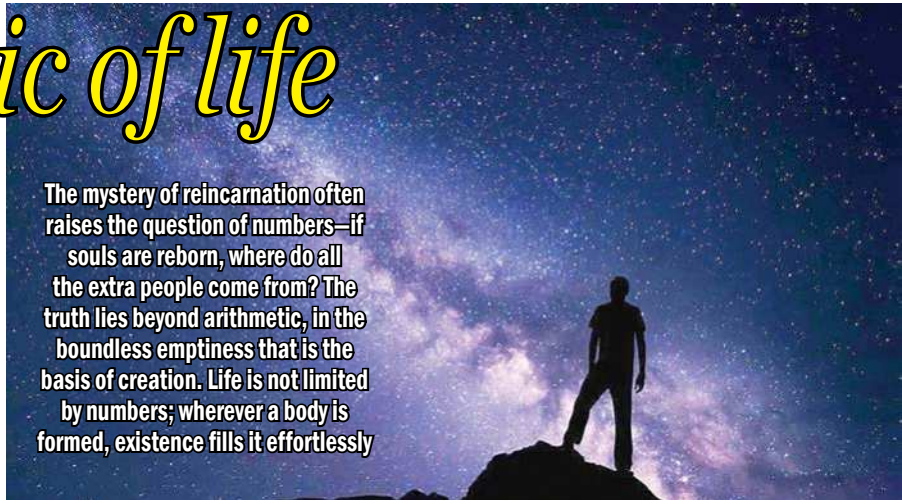
Sadhguru, I have a question about birth, rebirth and karma. If the total energy in the universe is constant, is the number of souls in the universe also a constant thing?

Sadhguru: You are asking about the arithmetic? This is a very ancient question that people have asked a million times over. The calculation is, today there are seven billion people. Let us say one thousand years ago there were only a billion people. If people are reincarnated

and born, where did they come? "Did all the monkeys become...?" Maybe! There aren't as many monkeys in the world as there used to be a thousand years ago. Does that not explain it to you?

The Boundless Emptiness But that is not how it is. The basis of creation is a boundless space of emptiness. Because there is so much emptiness, creation can happen in any scale. If there was no emptiness, there would be no possibility of creation. Without nothingness to accommodate something, where would something sit? Nothingness is the basis of all this "something."

There is no arithmetic for nothingness. Arithmetic is only for numbers — one, two, three, four belong to arithmetic. Zero does not, nor does the infinite belong to arithmetic. Suppose we formed a thousand bubbles that were floating around. If we wanted to form ten



**The mystery of reincarnation often raises the question of numbers—if souls are reborn, where do all the extra people come from? The truth lies beyond arithmetic, in the boundless emptiness that is the basis of creation. Life is not limited by numbers; wherever a body is formed, existence fills it effortlessly**

thousand bubbles, would we run out of air? It is still there, because it is not material — it is non-material. If it was material, you could count it and then wonder how these seven billion happened. "Okay, only two billion monkeys died, but there are one billion extras. Did the insects become this?" Even if you look at it that way, it still works because of the huge number of other creatures in the planet we have killed. Maybe all of them have crept themselves up into human form. "Okay, but where does

the karma come for these people. They are just empty bubbles." You can gather in a day the karma you need for ten lifetimes. In terms of the material world, can you not do something today that will buy you ten years of trouble? You are capable of that.

So, even if we reproduce and make these seven billion into twenty billion a hundred years from now, there will be no dearth for that substance which is the basis of life. There will never be a shortage. You create bodies, it will fill itself up. If you create a bubble, air

fills up. Similarly, if you create a body, it fills up. Wherever there is a suitable body, a crucible for life to go, it will go. There will be no such problem that, if there are too many pregnancies this year, there will not be enough life to get into all these new bodies!

*(Sadhguru is a Yogi, mystic, and Padma Vibhushan awardee, also known for his New York Times bestselling books. He founded Conscious Planet—Save Soil, the world's largest people's movement, impacting over 4 billion people)*

BEJAN DARUWALLA'S

HOROSCOPE

Aries

Ganesha says the situation is going to be excellent this week. These days are very suitable for strengthening your self-esteem and mental state. You will get an opportunity to recognise the energy within you and channel it in a positive direction. There will be clarity in your thoughts, which will also enable you to communicate better in relationships. There will be harmony in your personal relationships, and spending time with your loved ones will make you happy.

Taurus

Ganesha says this week can be full of some challenges. During this time, your emotions and mood may remain somewhat unstable, which can affect your personal relationships. You may feel the need to communicate more with your loved ones, but you need to avoid any kind of disagreement or confrontation. Try to remain emotionally strong. Practice introspection and self-sensitivity at this time, so that you can understand your feelings and express them in the right way.

Gemini

Ganesha says this week, Gemini people may have to face some challenges. Overall, this time is not favorable, and due to this, there may be confusion and turmoil in your mind. People around you may be unable to understand your feelings, which may make you feel a little lonely. However, you must use your communication skills. Try to express your thoughts clearly, as this may be your opportunity to improve the circumstances.

Cancer

Ganesha says this week is going to be full of perfection and positivity for Cancer people. At this time, your inner energy and sensitivity will be at their peak. You will feel emotionally strong, which will bring sweetness to your relationships. Time spent with family and friends will be even more enjoyable. Your little things and behavior will be successful in touching the hearts of others. Your empathy and understanding will deepen your relationship, which will strengthen mutual trust.

Leo

Ganesha says this week, the overall situation will be great for Leos. This week will infuse positivity and confidence in you. You will experience happiness and enthusiasm around you, which will also improve your relationships. Your confidence will have a positive impact on your conversations with your loved ones, which will deepen mutual understanding and bonding. A new shine will also be seen in your social life. This is the right time to spend time with friends and family, which will strengthen your emotional state.

Virgo

Ganesha says this week will be full of many experiences. During this time, your energy and enthusiasm will be normal, but some challenges may also come. Overall, the crises you face will force you to think more and plan. This is the time when you need to focus on your relationships. There may be tension in some relationships, so maintain clarity in conversation. If you are finding it difficult to express your feelings, listen to your conscience. Even small things can lead you to big problems. Your social life can also be a little disturbed.

Libra

Ganesha says this week, the experience of totality will be unique for Libra people. Your natural charm will make this time especially pleasant. You will be able to build great relationships with the people around you. This is the time when you will give a new dimension to the relationships important to you. Your presence in society will have a positive impact, which will attract people directly to you. If you have experienced some troubles in a relationship, then this is the time to find a solution.

Scorpio

Ganesha says this week, the general situation may remain a little challenging for Scorpios. You may feel some uncertainty and conflict in the currents of life. Ups and downs are possible in personal relationships, which may make you feel stressed. This is the time when communication with loved ones will have to become more important. Despite your efforts, some communication problems may arise, so it is important to maintain patience.

Sagittarius

Ganesha says this week, the overall experience for Sagittarius natives will be very wonderful. You will experience a lot of inner energy and confidence, which will make your mood even better. This is the time when you can establish harmony with the people around you. Your generosity and open-mindedness will strengthen your relationships. Friends and family will enjoy activities with you that will fill you with happiness.

Capricorn

Ganesha says this week, circumstances seem to be somewhat unfavorable for Capricorn natives. Some challenges may come in your life, for which you will need to keep yourself stable. This is the time for self-control and restraint, as you may have to face many pressures. There may be some turmoil in your relationships this week. There may be minor differences and misunderstandings, but you can resolve them with patience and communication.

Aquarius

Ganesha says this week will bring mixed experiences for Aquarius natives. During this time, you will see some conflicts and confusion in your life, which may cause you mental stress. It will be very important to maintain harmony at this time. According to the context, some problems may also arise in love relationships. Keep the conversation with your partner open and honest so that misunderstandings can be cleared. This week, your creativity and self-expression will be somewhat limited, but it can also allow you to organise your thoughts and think deeply.

Pisces

Ganesha says this week will be very positive. There will be a flow of new energy and inspiration in your life, which will help you understand the world around you better. This is the time for you to go deep within yourself and unleash your creativity. Your intuition can open new paths for you. You will also feel depth and stability in your relationships. This week symbolises harmony and understanding, which will make your relationship even stronger. Qualities like spontaneous communication, openness, and honesty will support you.

CHIRAG

DARUWALLA