

# Purity

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## Point of View

Think everyone is good. If someone keeps throwing stones at you, don't accept them. To feel sorrow means to fail. A courageous person will stay positive and will get help from God. — *Dadi Janki*

Monthly Journal of the Brahma Kumaris, Hqs. Mount Abu, Rajasthan, India

## Out-of-body experience

An out-of-body experience (OBE) is characterized by a feeling of floating outside one's body and, in some cases, the feeling of perceiving one's physical body as if from a place outside one's body. It is sometimes associated with near-death experiences, mystical trances or occult phenomena.

Opinions regarding the objective reality of OBEs are mixed. An appreciable number of people believe the phenomenon is exactly what it feels like, and that the soul is leaving the body and exploring. Neuroscientists and psychologists regard OBEs as dissociative experiences arising from different psychological and neurological factors.

However in some instances, such as patients during surgery, people describe out-of-body experiences in which they see something they could not possibly have seen while under anaesthesia



**Abu Road, Shantivan:** Inaugurating the 11th World Congress on Clinical Preventive Cardiology and Imaging (WCCPCI) 2016 are Rajyogini Dadi Janki, Rajyogini Dadi Ratan Mohini, Ms. Krishna Raj, Union MoS for Women and Child Development, BK Nirvair, Dr. H.K. Chopra, Dr. Navin C. Nanda, Dr. S.S. Agarwal, National President, IMA, Dr. Satish Gupta, BK Laxmi and others.



(for instance, one woman accurately described a surgical instrument she had not seen previously, as well as conversation that occurred while she was clinically dead).

Not all OBEs have exactly the same aspects, and it may be that there are several different types of OBEs that have different causes and meanings. In some cases, the feeling of being outside the body is something that is suddenly realized after the fact; they see their bodies almost by accident. Some people experience spiritual epiphanies; others experience a general feeling of peacefulness and love; still others experience fearfulness and anxiety. Finally, some experience only the OBE itself, with no direct spiritual experience.

These OBEs are experienced as spontaneously occurring phenomena or, in some cases, they may be self-induced. However, there is another way of experiencing an OBE. To

understand it, we first need to look at the fundamental reality from a different perspective. Most people interpret OBEs from the perspective of physical existence. However, spirituality perceives reality from the perspective of the soul and the soul world.

That we are spiritual beings – souls – in a human body, is the first step of experiencing being distinctly separate from our bodies. The physical mass of flesh, bone and blood that we identify with is a costume that we souls wear to play our roles in this world drama. When a person dies, it is simply that the soul leaves its body to take on another role through a new body, a rebirth.

Once we realise this fundamental spiritual truth, we can be soul-conscious – aware of being distinct from the costume – physical body. Just as we naturally experience ourselves to be separate from the clothes that we wear or, to use another metaphor, if the body is a vehicle, the soul is the driver who drives the vehicle. When the costume or vehicle is damaged, worn out or defective beyond repair, it is replaced by a new one.

With this basic awareness

of the self as an imperishable, immortal and eternal soul, we can experience an OBE in a natural way. In fact, we can transcend the consciousness of being a bodily being to being 'bodiless'. There are many transcendental techniques which enable practitioners to experience a self-induced OBE, astral projection, space travelling, past-life regression and several other paranormal or mystical experiences. All these experiences still involve the sense of being 'in a body' or 'out of a body', travelling as a 'body of light' or 'astral body.'

But there is a state of being, a state of consciousness that is experienced as bodiless state. It is a state of awareness when one is fully conscious of the self as a soul – an infinitesimal point of light, like a tiny star. When we bring our awareness to this eternal identity of the self as a soul that has no form except that of being a tiny dot of light, it is called being bodiless or 'nirakari' – incorporeal.

It is in this state that we can access the original blueprint of the soul – the eternal qualities of peace, joy, love, bliss, truth and power. When we stabilise ourselves in the consciousness of being a soul, free

from all earthly identities, roles, past impressions and conditioned sanskars, attachments, desires and judgements, we experience our original 'nirvikari' (viceless) and 'nirahankari' (egoless) state. When we are stabilised in the point of light-consciousness, our mental and spiritual energy gets focused, and in this state everything else around us gets aligned to a state of perfect order and harmony.

Those who live in this pure soul-conscious stage are silently transforming the impure, negative state of the world and bringing it back to the original, pure, pristine state of being completely virtuous and non-violent. To explore and experience this wonderful state of being, you can learn Rajyoga meditation at all centres of Brahma Kumaris. ★ *(Purity Features)*

### Thanks Patrons

With this issue, 'Purity' enters its 36th year of publication. Thanks for your sustained patronage and support.



**Colombo :** Hon'ble Speaker of Parliament of Sri Lanka Mr. Karu Jayasooriya (2nd R) after a meeting with BK Ganesh and others.



**New Delhi :** Hon'ble Prime Minister Mr. Narendra Modi being appraised by BK Asha about ongoing community services of the Brahma Kumaris.

# Photo Gallery

*Clothe yourself with compassion, kindness, humility and patience.*



**Mount Abu, Gyan Sarovar :** Inaugurating SpARC Conference on 'Power of the Past, Force of the Future' are Mr. Basavraj Patil, Member, NITI Ayog, Prof. M.M. Sharma, Mumbai, Dr. R.V. Hosur, Mumbai, Justice Ravindra Singh, Chairman, Law Commission, UP, Prof. Rajat Moona, Pune, BK Mruthyunjaya, BK Sister Ambika and others.



**Bhuwaneshwar, Odisha :** Hon'ble Governor Dr. S.C. Jamir and Hon'ble Chief Minister Mr. Naveen Patnaik, being greeted by BK Leena.



**Mumbai, Vile Parle :** Ms. Sakshi Malik, Bronze Medalist at Rio Olympics, being presented a huge bouquet by BKs Deepak, Kareena and Tapaswani.



**Om Shanti Retreat Centre, Gurugram :** Lighting the lamp to inaugurate IMA doctors seminar on 'Stress Detox' are Dr. K.K. Aggarwal, President, IMA, BK Asha didi and others.



**Mumbai :** Inaugurating Brahma Kumaris pavilion at NGO Expo 2016 are Ms. N.C. Shaina, BJP Leader, Mr. Amit Sachdeva, COO, Liveweek, BK Yashwant, Co-ordinator, CSR, Brahma Kumaris and BK Gayatri.

# Managing time is managing life

**W**here are you most effective in the use of time? Where are you least effective? Decide which areas need improvement in time management.

Time and tide wait for no man. Time is life and so, managing time is managing life. Our life is made up of so many thoughts, and so thought is the smallest denominator of our time and life. Thoughts have the fastest speed known to man. Everything is just a thought away. The speed of light, considered fastest by science, is

Evaluate and analyze your time.

Where are you most effective in the use of time?

Where are you least effective?

no match for the speed of thought.

Effective time management depends on proper understanding of the importance of time. Time is a unique resource and has certain unique features. Time cannot be saved or stored. If not utilized, it gets wasted. Unlike other resources, it cannot even be replaced. It can't be substituted either. It is the only resource each one of us has in exactly the same amount.

How much a person accomplishes in, say, a day, depends on how he utilizes his time. By proper time management, he may be able to achieve as much as three average persons would. One important thing is to stop wastage. Time being a primary resource, those who waste time would also tend to waste money and energy.

Some of the major time wasters are: lack of planning, failure to delegate, interruptions etc. More subtle reasons are seeded in our own nature. Adoption of wrong values causes maladies like jealousy, hatred, anger and ego, resulting in time-wasting activity. Wrong attitudes lead to carelessness and extroversion, causing laziness, failure, lack of enthusiasm, lethargy and procrastination.

Friends are also known to be stealers of time. Prejudices, dependencies, leanings, attachments as also worries and tensions leading to sickness of the body and mind also eat away a lot of our time. So do not put off until tomorrow what you can do today, or rather, do not put off until the next moment what you can do right now,



## Goodbye Loving Sister Mohini of Mount Abu



particularly in our present times of uncertainty and untimely death.

Better time management starts with knowing where our time goes or how it is being spent. Keeping a time log is a useful device for discovering what is wasting your time. When you begin to keep an inventory of your time, you may have some surprises.

A time log can be a simple but valuable tool. Keep a record of your time. Spend a few minutes at the end of each day for this purpose. A record so kept will give an accurate indication of time usage.

Evaluate and analyze your time. Where are you most effective in the use of time? Where are you least effective? Decide which areas need improvement in time management.

Set up a target for each day. List the targets you want to achieve and arrange them in order of priority and importance. Delegation is a wise tool for effectiveness. It not only frees you from trivialities, but is also a process of building up people to take up higher responsibilities.

Therefore, identify the time wasters, recognize the possible causes and develop solutions. While time wasters are universal,

causes must be identified within one's situation and solutions must emerge from one's own inner abilities.

Since most of our time wasters are the result of our own personality traits, Rajyoga meditation can go a long way to enhance your inner powers to rescue you from the task trap.★

(Purity Bureau)

Sister Mohini shed her mortal coil on September 7, 2016 at the age of 77 years, after serving BapDada's Yajna for 63 years, and joined the Advance Party to bring close the Satyugi Golden Age awaited by all of us. Some 6000 BK brothers and sisters paid homage and joined the 'Antim Yatra'. 'Purity' hereby conveys the goodbye of well-wishers and the entire BK global family to loving Sister Mohini of Mt. Abu.

# Selfcare for better health & happiness

We all wish to be healthy. None of us wants to be sick. That is essential for our well-being, happiness, and for enjoying life. Health is not merely the absence of disease, in the same way as peace is not merely the absence of war. It is a positive state, an optimum state of the body's functioning.

Years of disease-producing lifestyles interferes with our good health and brings on the diseases we dread. Emotional instability is also incompatible with good health. A health-producing lifestyle brings us the health we cherish.

Practitioners of various systems of medicines can assist you when their particular expertise is relevant to your needs, but prevention, it has been wisely said, is better than cure. To prevent disease, you must live more healthfully. No one else can do this for you. This means caring for the self, by which you can dramatically increase the length and quality of your life.

Everything we need to be healthy or to restore our health has been provided by nature. Vibrant, glowing health is our natural state of being, and healing is a biological process of the body.

We have become conditioned to rely on others

Given the opportunity, your body is ever alert to cleanse, repair and maintain itself.

for their advice on how we should care for our bodies. If you can get back in touch with your own body, it will tell you what it wants. You will start to rely more on your instincts, logic and common sense.

## Natural Health

What we call disease is nothing more than the body's own effort to cleanse itself of toxins. The hygienic approach to natural health means taking into consideration some simple principles for keeping fit. One such principle relates to intake of water.

## Food with high water content

The natural approach to health is designed to cleanse the inside of your body of accumulated waste matter. Your body needs to be cleaned with the same substance you would use



Chandigarh : Inaugurating one week 'Health Wealth & Happiness Carnival' are Mr. Kaptan Singh Solanki, Hon'ble Governor of Haryana, accompanied by BK Brij Mohan, BK Amir Chand, BK Uttra and R.J Meenakshi.

to clean anything else, be it your car, your clothes, your garbage can or your driveway — water! Without water you would have a tough time cleaning any of these things.

There must be some good reason why one-third of the surface of Earth is comprised of landmass and the rest is all water. The same holds good for your body.

The water found in fruits and vegetables has a unique quality. Unlike plain drinking water, the water in fruits and vegetables fulfils a two-part role that is of incalculable importance. Firstly, it is a transport medium for nutrients. Vitamins, minerals

and other elements in fruits and vegetables are extracted from the cellulose and fibre and carried by the water into the intestine, where they are absorbed and utilized by the body. Secondly, this same water, after dropping off the nutrients, picks up waste matter and flushes it out of the body. The extreme importance of consuming sufficient amounts of foods with high water content (fruits and vegetables) is self-evident.

Your diet does not have to be exclusively made up of high-water-content foods, but certainly there must be a fair share of those. The person whose diet is mostly high-water-content food, as opposed to food that has had much or all of its water removed by processing or cooking or both, is undoubtedly creating the environment for health and longevity, far more so than

be so foul, so offensive, that you would not be able to approach within six feet of that person without becoming nauseated. Well, there are a great number of people who have not washed the inside of their bodies for years! It is small wonder that thousands of people are dying of cancer and heart disease. Their inner bodies are so dirty and overladen with waste matter that has accumulated over a period of years that they simply cease to be able to function. But it is never too late to do the right thing. Given the opportunity, your body is ever alert to cleanse, repair and maintain itself.

One of the tools to help you do that is the consumption of a sufficient amount of high-water-content foods, fresh fruits and vegetables.\*

(Purity Bureau)

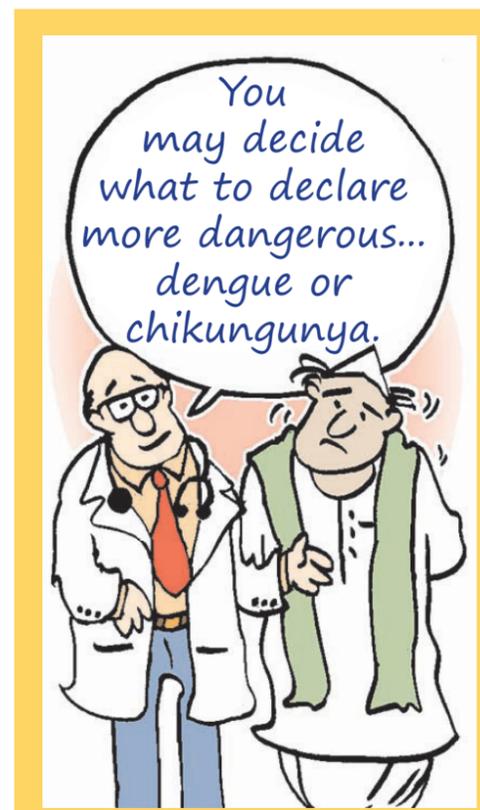
## Diabetes — Some alternative remedies

- Drink diluted juice of Indian gooseberry (aamla) early in the morning, preferably two teaspoons taken with a little honey on an empty stomach. This fruit is one of the richest known natural sources of Vitamin C. A tablespoon of its juice mixed with a cup of fresh, bitter gourd (karela) juice, taken every day for two months, is a regimen known to stimulate the islets of langerhans, the group of cells in the pancreas which secrete insulin.
- The recommended calorie intake is around 1500 a day. It is important to take at least one meal of raw salads only, preferably with lots of green, leafy vegetables. Lettuce is the best, since it is one of the few foods that contain less than three per cent carbohydrates.
- Bengal gram enhances the utilization of glucose. Tests have shown that diabetics who are on a prescribed diet which does not severely restrict the intake of carbohydrates are specially benefited by water extracted from Bengal gram.
- Sprouts, especially moong and chickpeas, increase insulin production as they possess the amino acids leucine and arginine.
- Bitter gourd is one of the most vital of all natural foods that a diabetic can consume, for it contains a plant insulin, which means that it contains a natural hypoglycaemic substance which lowers the blood and urine sugar levels.
- The jambul fruit (rose apple) is regarded as a traditional natural medicine for diabetes due to its effect on the pancreas. In ayurveda, too, this fruit is used extensively in the treatment of diabetes, especially the inner bark of the jambul tree.

Dr. H.K. Chopra, Organising Chairman, WCCPCI 2016

the individual whose diet is predominantly low-water-content food.

The inside of your body deserves no less attention than the outside. Most people take a bath or a shower every day. Imagine the effluvia that would emanate from the body of a person who had not washed it for, let's say, six months. You know that the odour would



# Divinity in Politics for Glorious Bharat

Speech by Mr. Subramanian Swamy, Member of Rajya Sabha



In our culture, the Mahabharata and Ramayana are regarded as history, but the events described in them are politics. We can learn the essence of how to bring divinity in politics by studying the Mahabharata and Ramayana, along with the Gita. First of all, in politics, there should be a clear understanding of what my aim is. To achieve that, what method can I use? The Communists say that any means can be used to achieve an aim. Gandhiji said during the freedom struggle that there should be no difference between the aim and the means used to achieve it, and both should be ethical. Gandhiji is called 'Mahatma' because he stressed on this.

Mahatma Gandhi was never an MLA or MP, let alone being a minister. He didn't care about prime ministership. Jayprakash Narayan was another such leader. So, there are still such examples in our country. We should pay attention to the flaws in our politics; there are few who can give guidance and more of those who want to wield power. To change this situation, we have to learn a few things again.

Our history is full of lies. There are two groups of people in our country, one, in the south, are Dravidians, and the other, in the north, are Aryans. The Aryans came via the Khyber Pass when the country was ruled by Dravidians. They attacked and pushed the Dravidians into the south. This is what we are taught to this day. But scientific studies have shown that the DNA of all Indians, from Kashmir to Kanyakumari and from Gujarat to Assam, is similar. We are one people, not two groups. That theory was meant to break our unity and divide us. We will have to change our history books. Until we change these books our politics will not change.

We will have to bring major changes in our education system to teach the new generation. Until we present the true history of our country in our books, we cannot generate self-respect. A feeling of inferiority will remain and it will not allow our country to progress and become a great power.

The Shankaracharya of Sringeri was instrumental in establishing the Vijayanagara empire, which extended up to the border of Bengal and was larger than the Mughal empire, and existed for 300 years. From Akbar to Aurangzeb, the Mughals ruled for 150 years, but our history textbooks have a chapter for each of the Mughal rulers while the Vijayanagara empire is not mentioned at all or is dismissed in one paragraph because those who wrote this history did not want Indians to gain self-respect.

I think it is important to create a mindset in line with our traditions and culture. Without such a mindset there will be no change even if we number 120 crore. To change our politics the mindset of politicians needs to be changed so that there is no feeling of inferiority. Rejuvenation can take place only when you recognise your culture. We have to arouse this in people's hearts.

Mere numbers will not achieve anything. If there are 1,000 goats, a lone lion can scare them because the goats' thinking is such. It does not occur to them that they

can surround the lion and attack him. Similarly, in a circus a puny ringmaster can make animals like lions and tigers obey his commands because from a young age the animals are trained to obey orders, so they do not know their strength. This country, which used to be called a golden sparrow, can again become the most developed country in the world. We lack the determined thought that 'We will do it', or 'We can do it', because we lack that mindset. Our scriptures contain the answers to all questions. Only when we extract the essence of the scriptures and propagate it, will change take place. I saw the book by BK Usha on self-management. She has presented the wisdom of the scriptures in modern language. There is a need to teach such things in our schools and colleges.

Intellectual ability is of many kinds. One kind is that which can do research in mathematics and physics, another knows how to propagate an idea, while yet another knows how to assimilate spiritual and material things. From the beginning it has been said in our Sanatan Dharma that material

growth alone will not bring progress. It has to go hand in hand with spiritual values; only then can one become happy. I think that if we want to clean up our politics and create a bright future for the country, we need to bring divinity by teaching people the knowledge contained in our scriptures. Then we will be able to rejuvenate the country and make it the foremost nation in the world. ★

(Excerpted from a speech on Sept. 3, 2016, at the inaugural session of Political Leaders' conference held at the Gyan Sarovar Campus of Brahma Kumaris Hqs., Mt. Abu)

## Pause 'n' Ponder

- To look at something is one thing
- To be able to see what you look at is another
- To understand what you see is yet another
- To learn from what you understand is still something else
- But to act on what you learn is all that really matters.



Mount Abu, Gyan Sarovar: At Political Leaders' conference on 'Divinity in Politics for Glorious Bharat' (Pic. top) Lt. Gen. (Retd.) Nirbhay Sharma, Hon'ble Governor of Mizoram, and Mrs. Jyotsna Sharma, BK Raj didi, Mr. Ram Niwas Goel, Hon'ble Speaker of Delhi Assembly, and BK Brij Mohan standing for National Anthem during the Reception Session. (Pic. above) Lighting lamps at the Inaugural Session are Mr. T.C. Gehlot, Hon'ble Union Minister for Social Justice & Empowerment, BK Brij Mohan, Dr. Nirmala didi, Mr. Subramanian Swamy, MP, BK Usha and Mrs. Sita Sinha.

## Editorial

# All of a sudden

For our age it is said that anything can happen to anyone at any time anywhere. Sudden loss can be disheartening. Whether it's news about the demise of a near one, an accident or the breakdown of a relationship, it can be hard to handle a harsh reality that takes us by surprise and stares us in the face.

But even though it may seem so, nothing in the universe happens all of a sudden. There is a chain of events leading up to the present. Things are always in motion and situations are in the making around us. Even when a bomb explodes or a building collapses due to rains, the immediate cause only becomes instrumental in triggering something that was waiting to happen. A long preparation goes on behind the scenes before something is played out 'suddenly' in front of our eyes.

Even if we look at our day-to-day life, the law of cause and effect is always in operation. Our efforts yield us a rich harvest in the future and the negative past raises its head when we least expect it to. A slip of tongue that embarrasses us is actually an expression of our thoughts that were 'hidden'. And our 'private' feelings of competition and jealousy could embitter a relationship without any 'apparent' reason. Our karma defines our life every moment, and it operates at a level much more subtle than we are usually conscious of.

At the global level too, studies have confirmed that floods, earthquakes and tsunamis that cause destruction in various places are not random bouts of nature's fury, but the result of centuries of plundering of the natural world by man. Humanity is in grave danger because of another global phenomenon – countries are stacking up weapons of mass destruction. This endless race is going to lead us some place that we are afraid to even imagine. The state of the earth is now mature for any tragedy to happen 'all of a sudden'.

When uncertainty mars our present and the future holds no great promise, what should be our inspiration to continue? When we can see through the telescope that it is imminent for the Titanic of our dreams to hit the iceberg, what can we do to stabilise things at the individual level?

Spirituality teaches us that the boat of truth may shake but it never sinks. If we hang on to the eternal truths of life, we will be able to keep afloat even when the material world around us crumbles. The key to going on in the present demanding times is to know the difference between the perishable and the imperishable and to hold on to the latter.

A tree is bound to die one day but its seed is the source of life, and that is what we must conserve. Similarly, when we see ourselves and others as imperishable sentient beings of light, souls rather than bodies, we are able to give ourselves ground to anchor. If we recognise the things happening around us as part of an eternal, self-sustaining cycle of life, we are able to rise above fear and sadness. We can then resume our voyage unaffected by the currents of life.

Rajyoga helps us inculcate this sense of detachment through the practice of soul-consciousness. With regular meditation, spiritual truths begin to sink in and transform our world view. We emerge as composed individuals who look for solutions rather than magnifying obstacles. We dissociate ourselves from our visible difficulties and retain the power to make a difference. It is only when we sail in the lifeboat of soul-consciousness that we can rescue those struck by the abrupt change of scenes.★

## Gleanings from the press

### Plastic water bottle could make you sick

Drinking water from a used bottle is bad for you. Researchers tested four types of water bottles — screw-top, slide-top, squeeze-top and straw-top — that had been used for a week without being washed. The bottle with the most bacteria — the slide-top type — had more bacteria on it than an average toilet seat, pet bowl or kitchen sink. The proliferation of germs is caused by a lack of washing bottles properly, a build-up of sweat, and all the germs we encounter on a daily basis. Researchers found that more than 60 per cent of the bacteria on the bottles could make people sick. The cleanest of the bottle types tested was the straw-top, and researchers also found that stainless steel bottles were healthier options. (*The Independent*)

### Now computers can forge your writing

Researchers at University College, London, have taught a computer to copy anyone's writing. Their algorithm takes a sample of the handwritten text, examines its qualities and then writes any text in the same style. The researchers call their system My Text in Your Handwriting, and have tried it out on samples of handwritten text from historical figures such as Abraham Lincoln and the creator of Sherlock Holmes, Sir Arthur Conan Doyle. (*News Report*)

### Paradise lost: Big decline in earth's wilderness

Unspoiled lands are disappearing from the face of the earth at an alarming pace. About 10 per cent of wilderness — an area double the size of Alaska — was lost in the past two decades amid unrelenting human development, says a research study published in the journal *Current Biology*. (*Reuters*)

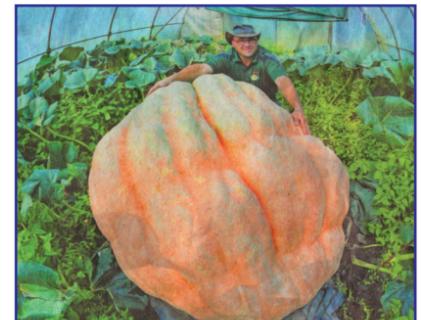
### This drug could replace antibiotics

Scientists claim to have developed tiny, star-shaped molecules which may effectively wipe out deadly bacteria that can no longer be killed by current antibiotics. The star-shaped structures are short chains of proteins called 'peptide polymers', and were created by a team from the University of Melbourne School of Engineering. Until now antibiotics were the only tools to kill superbugs. But there have only been one or two new antibiotics developed in the last 30 years. The study was published in the journal *Nature Microbiology*. (*PTI*)

### The great pumpkin – 550 kg and still growing

Pumpkin cultivator Oliver Langheim poses next to a pumpkin weighing around 550 kg at a greenhouse in Fuerstenwalde, near Frankfurt, eastern Germany. According to the hobby breeder, the fruit grows four to five kilos a day.

– Photo: AFP



### Molecule to repair organs

Chinese scientists have discovered a small molecule that can regenerate tissue, which in the future could potentially eliminate transplants of some organs. The research was led by Prof. Zhou Dawang of the School of Life Sciences, Xiamen University. Prof. Zhou said the researchers discovered a drug, XMU-MP-1, which can promote repair and regeneration in the liver, intestines and skin. (*IANIS*)

### Bhoola Bhai

And our friend Bhoola Bhai on Temple Street agrees with Seneca that we are members of one great body. Nature planted in us a mutual love, and fitted us for a social life. We must consider that we were born for the good of the whole.



# Repetition of eternal world drama after every 5000 years

There is a belief in some cultures that time moves cyclically, and that as the wheel of time keeps turning, history repeats itself eternally, cycle after cycle. The Brahma Kumaris teach that each cycle of time lasts 5,000 years, after which the earth undergoes rejuvenation as a result of man-made and natural processes and returns to a pristine state, and the story of life is played out again on the planet for five millennia.

This belief differs from scientific theories about the origin of life. How life began is a question that is yet to be solved by science. There are plenty of ideas, but few clear facts. Studies and discussions on this subject are heavily influenced by the theory of evolution proposed by Charles Darwin more than 150 years ago.

Evolutionary theory has made an impact on several branches of science despite the fact that it is yet to be proven by any concrete evidence.

Scientists believe that all life today has evolved from a single primitive life form. How this early form came about is not known, but scientists think it was a natural process which took place perhaps 3,900 million years ago. Primitive and simple life forms evolved into more complex ones by random processes, and that is how highly complex organs like the human eye and the human brain have developed, according to evolutionary theory. There is no convincing explanation of how this could have happened by random processes.

Geology, palaeontology and physics offer no concrete evidence that supports the idea of life having evolved over billions of years by a process of random natural selection. Attempts to explain this process so far have been based on assumptions and techniques that are also based on assumptions about conditions in the distant past that are nearly impossible to ascertain. It is no surprise that scientists often revise their estimates about developments

Life cannot be created out of nothing. The process of decay and renewal is repeated eternally.

in the evolutionary process, sometimes by millions of years.

Recorded history begins with accounts of the ancient world only around the fourth millennium BC, and coincides with the invention of writing. Even on this relatively recent period, there is disagreement among experts over when prehistory becomes history.

The question of how human language began -- there are an estimated 6,000 languages in the world today -- also remains unresolved despite centuries of research and scholarly debate, with no empirical evidence available in spite of advances in technology.

When Darwin came up with his theory of evolution by natural selection, there was a lot of armchair speculation on the origin of human language, but while there are several hypotheses about how language might have emerged, there is scarcely more agreement today than a hundred years ago on the subject.

Owing to the lack of direct evidence, researchers have been left to draw inferences from other kinds of evidence such as the fossil record, archaeological evidence, contemporary language diversity, studies of language acquisition, and comparisons between human language and systems of communication among other animals. In fact, in the absence of concrete evidence, some scholars regard the entire topic as unsuitable for serious study.

There is similar disagreement about how religion began. In the

19th century, various theories were proposed regarding the origin of religion. Theorists proposed that religion began in animism, hedonism or naturalism, which is described as the mythological explanation of natural events. None of these theories is considered credible today and there is no broad consensus regarding the origin of religion. The period of religious history too begins with the invention of writing.

The lack of concrete data about human life beyond a few thousand years suggests that human life on this planet may not have a linear history of hundreds of thousands of years. On the other hand, the idea of the world going through cycles of time, with a process of rejuvenation taking place before every new cycle begins, offers a more plausible explanation for life as it exists on this planet today.

In life, and in nature, things grow from new to old, die, and new life emerges. The human condition today, and the state of the environment as described by climate scientists, shows evidence of degradation rather than evolution. This degradation has taken place in spite of, and in some cases because of, the material progress achieved over the last few centuries.

There is a lot of symmetry and order in nature, including in the human body. The entire complex web of the ecosystem of this planet, which supports life of abundant

variety, could not have evolved by a random process, and indeed there is no evidence to show that it has.

At the same time, life cannot be created out of nothing. The conclusion one can draw is that life has always existed on earth, only the conditions on the planet have changed over the millennia.

Like human souls, nature, too, is eternal. The interplay between man and nature alters the state of the world, and when human activity threatens to destroy the ecological balance that sustains life, the forces of nature take corrective steps to restore it so that life can go on. This process of decay and renewal is repeated eternally.\*

(Purity Bureau)

## Pearls of Wisdom

- The love we give away is the only love we keep.
- Great deeds call out for great virtues.
- Let your conversation be always gracious.
- Truth burns up error.
- Freedom is achieved by controlling the desire.
- Be a well wisher of all.
- What you give, you will get!

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**New Delhi :** On stage at interfaith summit on 'Sabka Malik Ek' held at India Islamic Cultural Centre (R-L) Prof. Mohammed Aslam, Vice Chancellor, IGNOU, Dr. A.K. Merchant, National Trustee, Bahai's, BK Brij Mohan, Rabbi Ezekiel Isaac Malekar, Hon. Secretary, Judah Hyam Synagogue, Acharya Dr. Lokesh Muni, Founder, Ahimsa Vishwa Bharati and facilitators BK Sisters Rama and Sapna.



**Mohali, Punjab :** Mr. M.M. Mittal, Hon'ble Minister for Industries, Commerce and Parliamentary Affairs, being tied 'Rakhi' by BK Rama.



**Vijayawada, Andha Pradesh :** Sri Sri Ravi Shankar, founder, Art of Living, being tied 'Rakhi' by BK Shanta accompanied by BKs Padmaja and Radha.



**Delhi, Kingsway Camp :** Mr. Yogesh Tyagi, Vice Chancellor, Delhi University, being tied 'Rakhi' by BK Sadhana.



◀ **Khorda, Odisha :** BK Anuradha with Award presented by Dr. Prasanna Kumar Patasani, MP on All India Local Self Govt. Day.

**Rayagada, Odisha :** BK Sreemati speaking on Teachers' Day. Educationists on dais are Mrs.Manjushree Mukherjee, Mr. Bijay Kumar, Mr. K.S.Raju and Mr. Udayanaih Panda.



## True Justice



A Greek philosopher was walking along one day, thinking about things, when he saw two very tall women towering away in the distance; they were the size of several men placed one on top of another. The philosopher, as wise as he was fearful, ran to hide behind some bushes, intending to listen to their conversation. The huge women came and sat nearby, but before they could start speaking the King's youngest son appeared. He was bleeding from one ear and shouted pleadingly towards the women:

"Justice! I want justice! That villain cut my ear!" He pointed to another boy, his younger brother, who arrived wielding a bloody sword. "We will be delighted to give you justice, young Prince," replied the two women, "That's why we are the goddesses of justice. Just choose which of the two of us you would prefer to help you." "What's the difference?" the victim asked, "What would each of you do?" "I," said one of the goddesses, "will ask your brother what was the cause of his action, and I will listen to his explanation. Then I will oblige him to protect your other ear with his life, and to make you the most beautiful helmet to cover your scar and to be your ears when you need it."

"I, for my part," said the other goddess "will not let him go unpunished for his action. I will punish him with a hundred lashes and one year of imprisonment, and he must compensate you for your pain with a thousand gold coins. And I will give you the sword and you can choose if you're able to keep the ear or, on the contrary, you want both ears to end up on the ground. Well, what is your decision? Who do you want to apply justice for the offence?"

The Prince looked at the two goddesses. Then he put his hand to the wound, and on touching it his face gave a gesture of undeniable pain, which ended with a look of anger and affection for his brother. And in a firm voice, addressing the second of the goddesses he gave his answer. "I'd rather, it was you who helps me. I love him, but it would be unfair if my brother doesn't receive his punishment."

A while passed and the Princes had left, one without an ear and the other served justice, and the philosopher was still in hiding when the least expected thing happened. In front of his eyes, the second of the goddesses changed her clothes and took her true form. She wasn't a goddess at all, but the powerful Aries, the god of war. Aries bid goodbye to his companion, with a mischievous smile: "I've done it again, dear Themis. Your friends, mankind, can barely distinguish between your righteousness and my revenge."

When Aries had left and the philosopher was trying to quietly make off, the goddess spoke aloud: "Tell me, good philosopher, would you have known how to choose correctly? Did you know how to distinguish between the past and the future?" And with that strange greeting began many long and friendly talks. And that's how, from the very hand of the goddess of justice, the philosopher learned that true justice lies in improving the future, moving it away from past wrongs, while false justice and vengeance is incapable of forgiving and forgetting past wrongs, and doing so fixes the future, it always ending up being just as bad. ★

# Equality or Downfall?

Whenever an untoward incident involving women or girls happens, it leads to heated debate and discussion about women's rights and equality of the genders. There are several organisations and movements that have been championing the cause of equal rights for women in education, employment, the society and family.

Trying to break free from stifling norms and customs, from unjust limitations and bonds imposed by a male-dominated system, some women stood up and spoke up for women's liberation and equality. Known as feminists, these women rallied for more rights for women, including the right to express themselves freely.

What began as a commendable effort which brought many positive changes and awareness of the condition of girls and women soon degenerated into narrow, lopsided and extreme interpretations of freedom of expression and equality.

It is very heartening to see young girls and women scaling heights of excellence in education, sports and professions that were earlier considered to be male bastions, and many other creative fields. Women have become quite confident and capable of fulfilling several roles

Women have a great responsibility in giving direction to children and the next generation.

and become influential partners in the development of society. Today we have women in positions of leadership, as heads of states, judges, bankers, administrators, scientists and business leaders.

Yet, on the other hand, we see another face of women – as a commodity, a thing of pleasure, a physical entity treated purely on the basis of outer appearance and feminine charm. In the name of freedom and equality, instead of empowering themselves with virtues and skills, many women have started competing in habits and vices which were earlier considered taboo for them. Smoking, drinking, exposing their body and indulging in unabashed conduct, which were earlier thought of as shameful or embarrassing,

have now become expressions of modernity, smartness, confidence and freedom. By asserting their freedom in such ways, they are creating more bondage and barriers to their safety and dignity.

Nature has gifted women with the great role of motherhood. Saints have referred to woman as mother with great reverence. The feminine divine form is worshipped as goddess or devi in several cultures. Saraswati, Lakshmi, Durga and Shakti are epitomes of a certain authority or power, such as wisdom, wealth and power.

It is said that the mother is the first guru of a child. Mothers can create worthy citizens by nurturing them with their innate qualities. Modesty is considered the best attire of women. Virtues are the ornaments of a women. Women are gifted with tolerance, patience, the spirit of sacrifice, a capacity for giving unconditional care, and understanding.

By playing their traditional roles they don't become less than men, in fact, they complement them in the process of growth and development in equal measure. The service rendered by a loving mother or wife can never be measured against money, glamour or status – it is invaluable.

When women have such a great role and worth, do they need to seek more value or equality by putting their character and virtues

at stake? Today women compete with men in taking on their roles while ignoring their natural skills and virtues. In the race to get more power and money, women have often drifted away from their natural qualities and this has created a lot of imbalance, disharmony and friction in families, often resulting in fractured relationships, divorce and discord.

Women have a great responsibility in giving direction to children and the next generation. When men indulge in habits like smoking, drinking and immoral acts, instead of emulating them women often guide them to adopt healthier habits and virtuous ways.

The media also has a great role to play in defining the identity and role of women. Instead of showing a wrong image of the modern woman that compromises their dignity and safety by provoking lustful and abusive behaviour in men towards them, the media should guide youngsters, especially teenagers and college students, by portraying truly worthy roles of women that command the respect and love of all.

Women can teach by example what true love and being worthy means. By playing their role with a true sense of value and genuine care; by staying true to their inherent qualities, women can create relationships where each one experiences respect, true love and freedom. ★ (Purity Bureau)

## God is not present in every particle

The existence of an all-powerful supreme power or being – God – who guides the world has been the most enduring and widespread belief of human beings. But beliefs about God's identity are as varying as the number of different communities. One of the widely held beliefs is that God exists in every creature and in every particle. They believe that because God is the creator of the universe, He permeates His entire creation.

Of all the vocations or activities that humans engage in, the effort to know God, reach Him and to get His help has been at the core of the human quest for truth. If God were present in every particle, why do humans invest so much time and energy in praying to Him and seeking His benediction?

The search for truth has led humans to devise various paths and means to connect to God. They perform rituals, undertake rigorous penance, make arduous pilgrimages to far-off places, study scriptures and make sacrificial offerings. They build places of worship wherein they revere God. What is the need to do all this if God is everywhere?

Thus the idea of God's omnipresence contradicts all these efforts to worship or revere God. By saying that He is everywhere, we are, in fact, degrading God to a level below humans. Not even humans are said to be

living in dust and dirt particles.

The whole foundation of spirituality crumbles if we believe that God is everywhere. In other words, it is a convenient way to evade our own responsibility to account for our moral degradation and to transfer the whole blame to a higher power that is vague and undefined. It also nullifies the need to seek Him because He is anyway present in everyone. It puts humans in a very fake and diluted state.

It is similar to a situation in which someone tries to brush off an uncomfortable question by beating about the bush or saying that everyone is a cheat or a liar, thus brushing the whole issue under the carpet of vague exemptions, lies and exaggerations.

If God were in every particle, why do we have different religions and spiritual orders? There would be no need for prophets to come and spread God's message and talk about liberation, heaven and hell.

The biggest mockery of God's omnipresence is the present state of humanity and its spiritual depravity. How can one imagine that the human race could plumb such depths of moral degradation if even an iota of God were present in humans? Instead of bringing humans closer to God, the assumption of His omnipresence has distanced them from Him. ★

(Purity Features)



**Raipur:** Inaugurating the seminar organised by the Security Wing on 'Self Empowerment' is Mr. Ram Sevak Pakera, Hon'ble Home Minister of Chattisgarh, accompanied by BK Shukla didi, BK Kamla didi and BK Karan.

## Smile a While

The doctor's twelve-year-old son and his playmate discovered a skeleton in the closet of the consultation room. "What's that", asked the visiting boy. "Oh, that", said the doctor's son, "that's dad's first patient."

◆◆◆◆◆

With a humble apology to proverbs —

- If God wanted us to fly, he would have given us tickets.
- Lead me not into temptation; I can find the way myself.
- A journey of a thousand miles begins with a delay of about three hours.
- Beauty is only skin deep, but ugly goes clean to the bone.

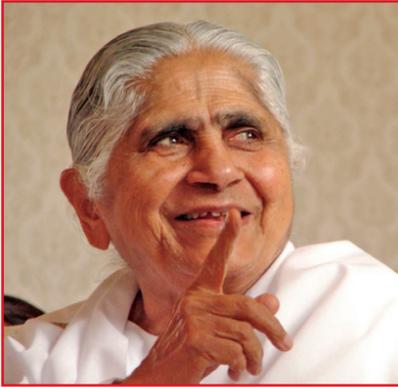
◆◆◆◆◆

"What is your speciality doctor?"  
"I specialise in second opinions."

# Stay Strong and Be Unflappable

## *Words of Wisdom by Dadi Janki*

*Chief of Brahma Kumaris*



**C**hallenging situations will continue to come in all areas of our lives: mind, body, wealth and relationships. If you get caught up in situations, you get stuck. If you keep thinking about the situation, you end up making the situation bigger than it really is. This leads to fear, worry and doubts, and creates an upheaval and fluctuation inside; and as a result, this depletes your inner strength.

If you keep thinking, “What’s going to happen”, you allow your imagination to run wild and create worst-case scenarios. Most often, your thoughts lead you to your destination. If you keep thinking, “I’m going to fail”, then you most likely will fail!

Decide: do I want to continue to live like this or do I want to become strong and stable? Do I want to sit on a comfortable stable chair or do I want to sit on an uneven, wobbly chair?

If you want inner stability, pay attention to your thoughts. If there are any unnecessary thoughts, apply a full stop. Harness your mind and finish any negativity immediately. Think when it’s necessary. Don’t think extra thoughts, please! Keep your thoughts positive and powerful, and create your inner strength.

Accept what’s happened. Understand that every scene in the drama of life holds benefit for you and all.

Know that the challenging situation has in fact come to help you move forward – not to hold you back. Know that the situation will pass.

Whatever happened was good, whatever is happening is better and whatever is to happen will be the best. In this way, no matter what happens, you’ll genuinely feel that there’s “no problem”, that everything is OK and everything is easy.

When you’re undisturbed, you’re able to be present and think clearly. You’ll find solutions easily. You’ll know what you need to do. You’ll know what is the appropriate action needed, right now. Overcome challenging situations with courage, determination and faith.

When I used to live in Pune, India, there was once a major earthquake, and at that moment I became very peaceful, still and didn’t fluctuate in any way. Then as soon as it stopped, I was able to go out and help others.

If you panic, you cause confusion, not only for yourself but also for others around you. If you get distressed when others are distressed, are you going to be helpful in that situation? Imagine how would a patient react if the doctor starts to get distressed.

Make yourself unshakeable, like an elephant. Make your head and heart strong. When you feel strong, your heart is big, generous and compassionate. Stay strong and then you can help and support others through your thoughts and presence. Your good feelings can make a difference and erase others’ distress and sorrow.

My personal secret to staying unflappable is: No matter what my health is like, or how many commitments and meetings I may have, I always maintain my discipline of daily meditation and spiritual study. I take light and might from God, and I have total faith that everything will turn out right. And when I interact with others, all I have to do is care, share and inspire. This is what gives me energy, strength and power.

So, pay attention to your actions. Performing good actions creates inner strength; actually, not just good, but elevated actions. Make time to experience your inner peace. When there’s peace, there’s love, then there’s happiness, and in happiness there is power. Then nothing can disturb you. Keep smiling, keep going and simply, enjoy the journey. ★

## 20-Point Programme for Healthy Heart



If we are physically, mentally, socially, psychologically and spiritually integrated, then we can have a healthy heart. A healthy heart can be achieved by following this 20-point programme:

- Drink two glasses of water daily on an empty stomach.
- Exercise daily for 30 minutes.
- Do not smoke or chew tobacco.
- Meditate for 20 minutes, morning and evening.
- Maintain optimum body weight.
- Massage the body daily, for five minutes (Self-massage – “Abhyanga”).

- Eat the right food, at the right time, in the right place, in the right dose. Eat only when you are hungry, eat freshly cooked food in a quiet, relaxed atmosphere and eat slowly.
- Have sattvic, vegetarian food and not tamasic or rajasic food. All six tastes, including sweet, sour, salty, bitter, pungent and astringent, should be included in your meals.
- Eat more of natural foods such as vegetables, fruits, salads and nuts such as almonds.
- Do not eat junk food such as fried or over-salted food, and sweets.
- Avoid unaccustomed exercise.
- Remain balanced in life.
- Have adequate rest for six to eight hours every day.
- Avoid lust, anger, greed, ego and attachment.
- Be honest, truthful and dedicated in your work.
- Work with self-referral and not with object referral.
- Avoid loneliness, remain busy.
- Make the right choices to achieve any goal in a peaceful manner.
- Become an embodiment of positive emotions such as love, compassion, humility, confidence, peace, harmony, bliss and happiness.
- Have a planned daily routine.



*Dr. H.K. Chopra is President, World Wellness Foundation, Chairman, National CSI Affairs, President, World Heart Academy, and Sr. Consultant Cardiologist, Moolchand Medcity, New Delhi*



**Hyderabad, Shanti Sarovar:** Ms. P.V. Sindhu, badminton player and Olympics silver medallist, being felicitated with a picture of Lord Krishna by BK Kuldeep didi.



**Guwahati, Asom :** Mr. R.S. Mooshahary, Hon'ble Ex. Governor of Meghalaya, Mr. C.K. Das, Member of NEC, Shillong and BK Sheela didi inaugurating 'Rajyoga Shivir' conducted by BK Usha behn.



**Suriname :** Hon'ble Mr. Michael Ashwin Adhin, Vice President of Suriname with BK Sisters Loes, Renuska and Sarita after a meeting.



**Gulbarga, Karnataka :** Ms. Isha Pant, IPS, receiving Godly gift from BK Sister Vijaya accompanied by BK Prem bhai after visiting Rajyoga Centre.



**Mumbai, Vile Parle :** BK Yogini didi sharing jewels of knowledge with Mr. Anil Naik, CMD of L&T Group and his wife.

**Gandhi Nagar, Gujarat :** Inaugurating 'Excellence in Administration' Campaign are Mr. Ramanlal Vohra, Speaker, Gujarat Assembly, Mr. J.N. Singh, Chief Secretary, accompanied by BK Sarla didi, BK Asha didi, BKAvesh didi, BK Kailash & BK Rohit bhai.

**New Delhi :** Ms. Archana Ramasundaram, the first lady to hold command of DG SSB Force HQ with BK Sisters Kanchan and Falak after a meeting.



**Chennai, Tamil Nadu :** At National Media Conference on 'Healthy & Happy Society' are (L-R) Mr. Bhagwan Singh, BK Beena, Mr. K. Vaidyanathan, BK Karuna bhai, Dr. A. Suryaprakash, Chairman, Prasar Bharti, BK Kalavathy and Mr. Venu Nair.



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**Abu, Shantivan:** Inaugurating the conference of Art & Culture Wing are Rajyogini Santosh didi, Ms. Krishmendra Kaur, Rajasthan Minister, Mr. P.P. Patil, MoS for Industries & Mining, Public Works, Environment, Maharashtra, Mr. Manoj Tiwari, MP, Mr. Ramkrishna Gowd, Telugu film producer, Ms. Gitanjali Rao, film and TV artist, Mumbai, Ms. Gracy Singh, film actress, Mr. Anurag Pandey, radio jockey, BK Sister Kusum, Rajyogi Mruthyunjaya, BK Tripti, Gujarat, BK Parbati, Sambalpur, BK Satish, Mount Abu, and others.



Dance group from Karnataka performing at Om Shanti Retreat Centre, Gurugram.



Beautiful camel reflections in the desert.

## Mr. Wise



Mr. Wise?  
 Yes.  
 Intellect is supposed to enable us to distinguish right from wrong?  
 Yes.  
 Why then is the world not becoming better with so much intellectual development taking place?  
 I cannot say.

♦♦♦♦♦

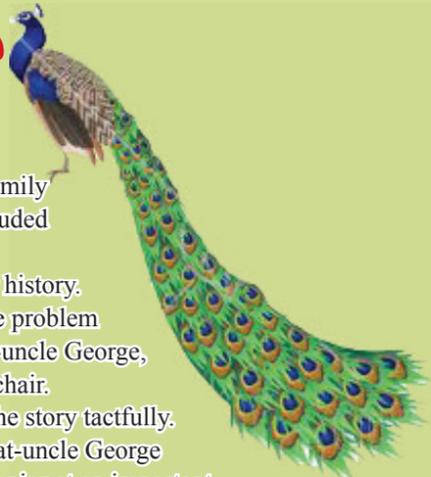
And Mr. Wise?  
 Yes.  
 Education is expected to develop our intellect?  
 Yes.  
 Why then are the educated found exploiting, instead of protecting the common man?  
 I cannot say.

♦♦♦♦♦

Lastly...  
 Yes.  
 Isn't intellect a double-edged weapon?  
 Yes. When pure, it destroys the vices, but when impure, it spreads the vices.  
 And practice of Rajyoga purifies the intellect?  
 You are right.

♦♦♦♦♦

## Tailpiece



The Smiths were proud of their family tradition. Their ancestors had included Senators and Wall Street wizards. They decided to compile a family history. They hired a fine author. Only one problem arose — how to handle that great-uncle George, who was executed in the electric chair. The author said he could handle the story tactfully. The book appeared. It said : “Great-uncle George occupied a chair of applied electronics at an important government institution, was attached to his position by the strongest of ties, and his death came as a great shock.”

♦♦♦♦♦

Champat Lal, my assistant programmer, can always be found hard at work in his cubicle. Champat works independently, without wasting company time talking to colleagues. Champat never thinks twice about assisting fellow employess, and he always finishes given assignments on time. Often Champat takes extended measures to complete his work, sometimes skipping coffee breaks. Champat is a dedicated individual who has absolutely no vanity in spite of his high accomplishments and profound knowledge in the field. I firmly believe that Champat can be classed as a high-caliber employee, the type which cannot be dispensed with. Consequently, I duly recommend that Champat be promoted to executive management, and a proposal to this effect will be dispatched as soon as possible. Kindly read only the odd numbered lines (1,3,5 etc.) for true assessment of him.

♦♦♦♦♦