



Purity

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

Living on the Fast Lane

Greed and speed are destroying our world. To fulfill ever-growing desires humans are hurrying and scurrying as if there is no tomorrow. We are living in an instant culture that demands everything to be done right now. Our world revolves around fast cars, fast food, fast music, fast communication and so on. This fetish for fast living has become so strong that in our rush to achieve everything fast we are actually missing out on the very things that we want to live for.

Right from the moment we wake up till we go to sleep, we move through the day like a whirlwind. Our day is filled with activities that must be done in order to keep up with the world. The result is that we hardly have time to sit down, relax and enjoy what life has to offer us every day.

We are all aware of the flip side of fast living. Anything that works at high speed has a higher risk of accident, wastage and damage. When we try to do more things at a fast speed we are in fact cutting down the quality of our performance. More is not always the best, the lesser the thing, the greater the quality.

This also applies to the food we eat. Fast food may appeal to our senses and whet our appetite greatly but it has been scientifically shown that such items are poor in nutritional value and high in calories, fats and sugar that are harmful to our health.

If this is true for fast food, then the same holds true for the kind of food our mind feeds on. Too much and stale food leads to indigestion and disease. Fast thinking leads to stress, confusion, inefficiency, anxiety, loss of reasoning abilities and emotional imbalance. Fast thinking is negative and wasteful thinking. When we are positive our thoughts emerge at a steady pace, we are in control of our senses and sensibilities.

The negative quality and fast pace of our thoughts are detrimental to our physical health. Negative thinking at a fast pace triggers imbalance in various systems of the body which manifests as disease in the long run. Our vitality and vigour are lost and we begin to age faster than we normally would.

Fast thinking leads to fickleness, restlessness, loss of purpose and inconsistency. We are unable to engage in any activity for a long time and the mind keeps yearning for instant pleasures. We burn out at an early age. Boredom, ennui and meaninglessness cloud our existence. Gradually depression sets in and the whole life is ruined.

Another danger of fast living is that it often leads to crime and sin. In order to achieve everything as soon as possible we easily sideline all principles and values that bind us morally. We ignore our own conscience and justify our wrong actions by gloating about our achievements. In turn we ruin our relationships with people, nature and ourselves. We exploit everything and everyone to deliver what we want quickly. This leads to social and environmental degradation.

Our materialistic culture thrives on fast living. More and more things are being produced to keep pace with our demands for fast pleasures and the need to get things done quickly. Since machines can work faster than humans, we have little time for fellow humans. We treat each other mechanically. As long as they deliver, they are good and as soon as they fail to do so, they are dumped aside.

There is no reason or season for the way we humans are living today. Everything has a time - time to grow, time to become ripe and time to decay and die. When we respect time, time delivers the best fruits. Life's journey becomes much smoother when we flow with the time. When we do so we are in control of time and our life but when we try to outrun time, we are punished by it, i.e. with time our Karma catches up with us.

Speed kills. Let us drive carefully on the lanes of life. We will soon begin to enjoy the beauty of simple things that we missed before.*

(Purity Bureau)

Florence Nightingale Nursing Award to Brahma Kumari Rupa



The President of India, Ram Nath Kovind, was the Chief Guest at the International Nurses Day Celebrations organized by the Ministry of Health and Family Welfare at Rashtrapati Bhavan, New Delhi. At the function, Mr. J P Nadda, Hon'ble Union Minister of Health and Family Welfare, conferred the Florence Nightingale Awards to 35 nurses from across the country in presence of Mr. Ashwini Kumar Choubey, Hon'ble MoS for Health and Family Welfare.

BK Rupa Upadhye, Chief of Nursing Services, Global Hospital, Mount Abu, was one of the awardees. The award carries a medal, a certificate, a citation certificate and Rs. 50,000 in cash to each of the awardees.

The President congratulated the award winners and said that they display India's unity in diversity. He further stated that nursing plays a vital role in keeping the country healthy. "Any nurse, in a remote village, who is helping a person fight a serious illness, is a nation builder," the President said.

Mr. J P Nadda congratulated the award winners and appreciated their exemplary services. Acknowledging the strong caring and compassionate attitude of the nursing community, the Health Minister said that we are proud of all the winners and wish that they will be an inspiration for all the nursing personnel in the country and motivate them to provide quality nursing services and standards.*



BK Rupa with Florence Nightingale Nursing Award

He who serves selflessly is loved by God.

Aladdin's Lamp

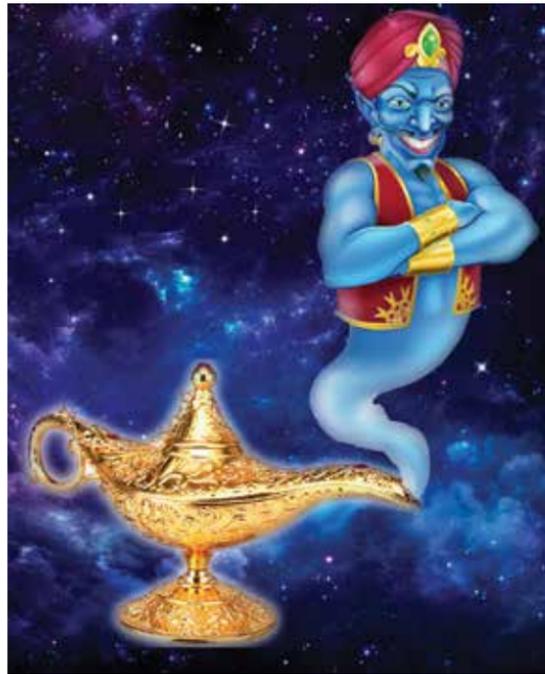
For ages the Arabian Nights' tale of *Aladdin and the Magic Lamp* has regaled people all over the world. The enchanting tale about a young lad Aladdin and his exciting adventures with the magic lamp offers many interesting metaphors for certain spiritual events relating to the journey of the soul in the human world.

Before we explore the spiritual undertones of this tale, it would be worthwhile to refresh our memory with the basic facts of the original tale. Aladdin was a poor boy who lived with his mother. He was led to an enchanting cave by a wicked magician who wanted the magic lamp, which he could only receive from another person. But fate had destined Aladdin to possess the lamp. When he accidentally rubbed it, a genie came out and bowed to him saying: *Kya hukum mere Aka?* (What is your order, my master?)

The genie could fulfill any wish that was made and soon Aladdin and his mother became wealthy. He got married to the daughter of a Sultan and lived with his family in a magnificent palace. All was well until one day, when Aladdin was away, the wicked magician appeared and tricked Aladdin's wife to exchange the old magic lamp for a new fake one. He then took Aladdin's palace along with the princess and all his servants. After a series of adventures, Aladdin conquered the magician and got back the magic lamp and thereafter lived happily forever.

The word Aladdin signifies *Allah's din*, which means God's religion. There is also another word *Allah-awaldin*, which means the first religion of God. The lamp has always been a symbol of wisdom or enlightenment. This is why lamps are lit traditionally to inaugurate a conference or celebration. Here the lamp also represents the enlightened soul. A lamp is called *chirag* or *deepak* in Hindi and these words are often used in phrases such as *kuldeepak* or *ghar ka chirag* meaning a very special child or person in a family who brings glory to all.

In the background of these meanings, the story of Aladdin and the magic lamp unfolds the spiritual parable of the human souls in



The most interesting part is that Allah Din's magical wonders are happening right now!

relation to matter. The magic lamp in this spiritual allegory is the enlightened soul. One who follows *Allah's din* - the true religion of God - attains wonderful powers and becomes equivalent to the magic lamp whose genie could fulfill any wish.

God established the first religion (the original deity religion) at the confluence of the beginning of Golden Age (*Satyuga*) and the end of Iron Age (*Kaliyuga*). This divine religion brings total peace, prosperity and happiness to the people who follow it and become divine. The magic lamp symbolizes an empowered and divine soul that has attained total control over nature or matter (which includes the

physical body and its senses). In Golden Age, nature is at the beck and call of divine souls and produces the best things for their comfort and joy. Hence, the genie represents nature that obeys the command of those who possess the magic lamp, which is, the enlightenment that comes from the true wisdom imparted by God.

All is well with such a divine world till the wicked magician comes and steals the magic lamp. The wicked magician is Devil or '*Maya*' - the symbol of five vices - who deceives the souls and makes them weak, impure and miserable. Just as the magician exchanged the old magic lamp with a fake new one, the Devil also lures the souls to give up their age-old spiritual and moral values for fake physical or material pleasures.

After two ages - Copper Age and Iron Age, when souls follow the false religion of the Devil, God finds the old magic lamps - those souls who had the original divine virtues and powers in the Golden Age. *Allah's din* enlightens these souls and empowers them again so that they defeat the Devil and regain their divine kingdom. Hence, the old lamp also represents those souls who seek the original wisdom and divine values, and endeavour to live by them.

The magical power of the old lamp represents the wisdom and power that comes only from Godly knowledge. It is at the present Confluence Age between the Iron and Golden Ages that God gives the most elevated directions (*Shrimat*) to souls in order to enlighten and empower them. His *Shrimat* works like magic that liberates all souls from the bondage of vices and transforms the entire world of sorrow into a world of happiness, peace and prosperity. When the old souls, who had been bought over by Devil, are found by God, they regain their magical power, which enables them to establish the divine world where all matter and nature will say : *Kya hukum mere Aka?*

The most interesting part of this is spiritual allegory is that *Allah Din's* magical wonders are happening right now! God is imparting the true wisdom and old souls are being enlightened again. *Allah Din* and the magic lamps are quietly transforming this old vicious world into a new divine world. ✨

(Purity Bureau)

Change What?

There is so much that needs to change in this world to make it a better place. People need to change, attitudes and methods need to change.

Change has to happen in the minds of men and this can

only happen one man at a time. The fact is that change has to start with me.

To change the self I need to begin looking at myself very closely and deeply. As long as I look at others I will not be able to see myself. It is time to stop looking outward and start looking inwards.

Remember that when I change, the world will change. It doesn't work the other way round.

Let change begin with me.



Pearls of Wisdom

- Let life be beautiful / because of the world.
Let life be beautiful / inspite of the world.
- In matters of relationships / flow with the current...
In matters of principle / stand like rock.
- There are two types of people in the world:
Those who leave a mark
Those who leave a stain.
- When you begin to See Good in Everybody
Everybody will begin to See Good in you.
- In humility regard others as better than yourself:
Humility will make you both wise and honoured.
- If you are depressed, you are living in the past.
If you are anxious, you are living in the future.
If you are at peace, you are living in the present.

Sir, from your side you have to speak only 'brothers and sisters', the rest...is written in this.



Spiritual Rejuvenation Alone can Save Women

In India, it is said that deities live where women are held in honour. The message is that the quality of a society can be judged by the way it treats its women. By this yardstick, present-day societies the world over would seem to be populated not by deities but humans with devilish traits.

According to the World Health Organisation, one in three women worldwide experience either physical or sexual violence in their lifetime. This unfortunate fact is not confined to any region or culture, and is manifest in every part of the globe.

The horrors that women experience in war zones and other places with armed conflict need no elaboration. But even peaceful and prosperous countries are no safe refuge for women.

Media reports in recent years have spoken of an epidemic of sexual violence against women in American and British university campuses. The Me Too movement has brought to light the widespread prevalence of sexual harassment and assault in workplaces across the world.

In the most populous country, China, sexual violence is common but is not discussed in public because of several reasons, including cultural factors and official apathy.

In India, there have been horrific cases of sexual assault and murder of women and even young girls in recent years. In a country where shaktis, the female forms of divinity, are fervently worshipped, women and girls suffer violence even before they are born, in the form of female foeticide. If they make it out of the womb alive, infanticide, discrimination, early marriage, domestic violence, harassment and assault



Laws cannot protect women as long as attitudes towards women do not change. A spiritual reawakening is needed so that women are restored to their rightful place of honour and dignity.

are the grim realities most women are likely to face.

The WHO says unequal gender norms, including male attitudes accepting of violence, and a sense of entitlement over women increase the likelihood of gender-based violence. Among women, too, attitudes that accept violence, male privilege, and women's subordinate status can make women more likely to suffer violence by men.

Where do these attitudes come from? They stem from men and women identifying with their bodies, forgetting that they are not bodies but souls. It is identification with the body that gives rise to vices such as lust, ego, anger and attachment. These vices then influence our thinking, actions, and our relationships with others.

Seeing the self as a soul, on the other hand, brings out the original qualities of the soul, which include peace, purity, love and truth. Interactions based on spiritual

awareness are an exchange of these virtues between people.

But unfortunately, the environment we live in does not foster spiritual values. The sounds and images that surround us, on television, in movies, advertisements and other media, all highlight the physical aspect of human beings. While women have overcome many barriers and come a long way in their quest to take their rightful place as equals of men, male attitudes towards them have deteriorated in some ways.

The way women are portrayed in the media does not encourage respect for them or promote their dignity. The objectification of women in popular entertainment is both a symptom of and a factor in unhealthy male attitudes towards women. Pornography is nothing but an expression of the depravity of a human mind that has become a slave to vices.

Just as unwholesome food can make the body sick, the harmful sounds and images we 'consume' are food that makes the mind maligned.

The malaise is spiritual, and so must be the remedy. Laws cannot protect women as long as attitudes towards women do not change. That change can come only by cultivating the awareness that we are souls, part of one global spiritual family. When we begin to think of ourselves and our fellow human beings in this way, we will begin to see them, and treat them, differently.

A Hebrew proverb says, 'God found that He cannot visit every home, so he created woman'. The sentiments behind this proverb are based on appreciation of the caring and sustaining qualities of women. Most people in the world have experienced the love of their mother, and to a baby the mother is as good as God. A spiritual reawakening is needed so that women are restored to their rightful place of honour and dignity and we can redeem ourselves as a civilised society. ★

(Purity Bureau)

In Lighter Vein

- How come 'abbreviated' is such a long word?
- Your future depends on your dreams. So, go to sleep!
- Can you do anything that other people can't?
Sure, I can read my handwriting.
- An expert is a guy who helps you go wrong with confidence.
- Monday nights we are closed.
That's the day we wash the dishes.
- Living on earth may be expensive.
But it includes an annual free trip around the sun.
- No wonder time flies, there are so many people trying to kill it.
- Marriage is the chief cause of divorce.



Gyan Sarovar, Mount Abu: Inaugurating University and College Educators' Conference are Mr. Manish Sisodia, Hon'ble Dy. Chief Minister, Govt. of Delhi, Dadi Ratan Mohini, Jt. Chief of Brahma Kumaris, BK Mruthyunjaya, Chairperson, Education Wing, BK Shukla Didi, Director, ORC, Gurugram, Prof. H M Maheshwaraiyah, Vice Chancellor, Central University of Karnataka, Prof. S P Singh, Vice Chancellor, University of Lucknow, Dr. BK Harish Shukla and others.

EDITORIAL

Lurking Fear of Rape in Women

We are currently going through a national crisis as rapes in the country have assumed alarming proportions. Every day brings us terrible news of unabashed violence against women, girls and children. There seems to be no stopping, no shame, no mercy because lust grows as it feeds. The evil is taking new and most horrific forms.

The courts are inundated with cases against perpetrators of gender crimes and those aiding it. Due to social stigma attached to the victims, the limited number of incidents that are reported to the authorities are no match to the number of criminal assaults actually taking place. This puts so many of our countrymen in a questionable position.

The villains in many of the latest tragedies are neighbours, friends, relatives, teachers, and also parents, preachers, law-makers and policemen. The situation is too grim as protectors have turned predators. The custodians of law and morality have stooped to their lowest level.

Just imagine a lakh rapists roaming around freely on the streets all the time. (The actual figure is bound to be much higher in a vast country like ours.) And add to this the danger from close relatives, and exploitation by employers and all those who get a chance. The future scenario looks truly frightening for all women as well as their families.

When all of us should be working on war footing to secure our women and children, our actions are headed in the opposite direction. The media, for instance, has not just been promoting obscenity but also increasing its dose steadily. For narrow commercial gains, it is feeding the curiosity of young minds and cashing in on the weakness of adults. Vulgar images, vocabulary and sexual undertones are the norm in entertainment and advertising industries these days. Through the Internet, explicit and violent content is available to the public round the clock for free. No serious thought is being given to where all this is leading us.

The sin of sex lust has taken the form of a forest fire and engulfed the young and old alike. It has so powerfully possessed perverted minds that today even babies are being raped, at times by their own fathers. And we hear that elderly women are not being spared either, not even by juveniles. As things are getting worse, that time is not far when women may fear losing their honour anywhere, anytime.

Both the *raj satta* and *dharam satta* are helplessly watching the terrible fall of Bharat, knowing fully well that if character is lost, everything is lost. What meaning does economic progress have in a country which is suffering from utter poverty of character? What value does material and technological development have in a country where human values have taken a nosedive?

It is said that deities dwell in places where women are honoured: '*Yatra naryastu pujoyante ramante tatra devta.*' Then who dwells where women run the risk of being raped day in and day out? The present day scenario shows all signs of extreme moral degeneration that are described in the Bhagavad Gita as the peak of *adharm*.

The Gita describes the demon of lust as the greatest enemy of humankind that destroys all values. According to the spiritual text, when Bharat reaches such a state of downfall, Almighty God intervenes in the drama of life and descends on earth to destroy evil and re-establish *dharma*. This confirms that the time of God's descent is now.

The present state of Bharat shows that Draupadi was not one woman who invoked God as her saviour. She is a metaphor for all women today who are desperately calling out for help.

De-addicting humanity from the lure of vices requires unbound spiritual power, so only God, the 'patit-pawan' can lead us into it, as corroborated by Bhagavad Gita. The good news is that that Gita episode is now repeating again and the deity world of complete purity is being re-established. For details find Brahma Kumaris centre near you at brahmakumaris.com.*

Gleanings from the press

'Artificial mole' warns of cancer

Swiss scientists have developed an experimental skin implant that darkens like a mole when it detects subtle changes in the body that may be an early warning sign of cancer. The implant, or "biomedical tattoo", as researchers call it, has been tested in lab animals, lasts about a year and recognizes the four most common types of cancer: prostate, lung, colon and breast cancer. It works by reacting to the level of calcium in the blood, which rises when a tumour is developing. (*The Hindu*)

New tech to help purify water using sunlight

Scientists have developed a new technology that uses sunlight to purify water with near-perfect efficiency. The idea of using energy from the sun to evaporate and purify water was reportedly described by Greek philosopher Aristotle over 2,000 years ago. By draping black, carbon-dipped paper in a triangular shape and using it to both absorb and vaporize water, researchers have developed a method for using sunlight to generate clean water with near-perfect efficiency. The low-cost technology, described in the journal *Advanced Science*, could provide drinking water in regions where resources are scarce, or where natural disasters have struck. Researchers have launched a startup, Sunny Clean Water, to bring the invention to people who need it. The company is integrating the new evaporation system into a prototype of a sun-powered water purifier. (*Times of India*)

Finish the food, and the plate

People who love to eat but hate doing the dishes have a delicious new option: plates and cutlery made of jackfruit. Researchers at the Thanjavur-based Indian Institute of Food Processing Technology (IIFPT) have developed a palatable plate made of jack fruit's horny pines and sticky core, which are normally thrown away once the sweet fruit is consumed. (*Times of India*)



Endangered, but nowhere to go

The Himalayas, spread across six States of the country, are home to thousands of endangered animals. No other geographic region in the country is as unique as the Indian Himalayas, says an expert. However, climate change and ever-increasing human-wildlife conflict are posing a threat to the fauna, according to a new publication by the Zoological Survey of India. Adding to the worry is habitat loss due to land use change, illegal wildlife trade and forest fires. (*The Hindu*)

Rice becoming less nutritious

In recent years researchers have begun to realise that the extra carbon dioxide that humanity is pumping into the atmosphere isn't just warming the planet, it's also making some of our most important crops less nutritious by changing their chemical make-up and diluting vitamins and minerals. A new study has found that rice exposed to elevated levels of carbon dioxide contains lower amounts of several important nutrients. The potential health consequences are large, given that there are already billions of people around the world who don't get enough protein and vitamins in their daily diet. (*Times of India*)



Bhoola Bhai

And our friend Bhoola Bhai on Temple Street says that if the spiritual is strong it creates world history. If it is weak it suffers world history.

To be trusted is a greater compliment than to be loved.



Seven Spiritual Wonders

The Seven Wonders of the world are well known. There are many lists of these wonders that catalogue the spectacular monuments and natural structures. These are called wonders because they represent magnificence, beauty, workmanship, artistry and creativity of humans. The Great Wall of China, Colosseum in Rome and the Taj Mahal in India are all listed as new wonders of the world. The ancient Seven Wonders of the World lists some ancient structures of which most have got destroyed with time.

While lot of humans know about these physical wonders of the world and have seen them, very few people on earth are aware about the seven spiritual wonders. These spiritual truths are called wonders because they fill us with a sense of awe, a sense of our own infinity, our grand exalted self and the magnificence of the entire human journey, and above all an overwhelming sense of gratitude and love for the benevolence of God, the Creator. These spiritual wonders or truths have been revealed by God, the Supreme Soul, Himself.

Soul: Perhaps the greatest wonder is of our true identity – we are not human beings but we are spiritual beings – soul – an infinitesimal point of light, sentient and alive. The soul has three subtle faculties – the mind, intellect and sanskars – through which it performs its role in this world. It is the soul that animates the body and expresses itself through the sense organs and creates thoughts, emotions, ideas, beliefs and attitudes. It is a wonder that a tiny being of energy moves a big physical form, in fact a lot of physical conditions are influenced by the soul's energy in the form of its thoughts and sanskars. Even the kind of body that a soul gets birth after birth depends on the sanskars of the soul.

God: The one Being who is revered and remembered by most human beings is God – the Soul who is Supreme amongst all

These seven spiritual wonders are available for experiencing right now in this life.

souls. He is the eternal Father, the Almighty Authority, omnipotent, omniscient, the Liberator, Guide and Purifier of all creation. God is beyond the bondage of life and death, karma, joy and sorrow but He knows everything about our human condition and restores it to its original pristine stage through His wisdom and love. The greatest wonder about God is that He manifests in a human medium to purify the old impure world into a new world of peace, happiness and purity – Heaven or Satyuga. He is the most incognito subtle spiritual powerhouse who performs the greatest act of liberating human beings from the cycle of sin and suffering yet very few human beings know Him.

Soul World and Subtle World: None of the human beings know where they have come from and where they will finally arrive at the end of their earthly journey. God has revealed that there are three worlds. All souls live in the incorporeal soul world – Paramdham – far beyond this physical universe. It is a timeless eternal world where souls live in their absolute original identity as pure points of light energy – silent, pure and liberated. No soul can go back to the eternal home unless it gets purified at the end of Kaliyuga when God guides us back home. The subtle angelic world is a world where human beings exist as angelic beings after finishing all earthly karmic accounts and becoming completely pure. From here they help in God's task of world transformation through their powerful pure vibrations of peace and compassion.

World Drama: The most

wonderful secret revealed by God is about the interplay of souls and matter in the physical world called Drama. According to the truth revealed by God the World Drama goes on in a cyclic time frame lasting 5000 years which is divided into four equal ages or yugas and a fifth age Sangamyuga which is a confluence of Kaliyuga and Satyuga. God comes and rejuvenates the world in this special fifth yuga. Moreover this Drama repeats identically after every cycle, i.e. 5000 years.

Karma: The law of Karma is also a spiritual wonder because it acts as a great balancing force levelling all the actions being performed by humans on earth. Good actions beget good experiences in life and bad actions are followed by suffering and misery. The law of Karma works infallibly, without any partiality or bias towards anyone. It brings divine justice to the entire Drama and makes humans responsible for creating their own destiny by acting according to good values. God does not punish or reward us, it is this law of karma that operates automatically to balance our good and bad deeds.

Satyuga: The new world that God creates is called Heaven or Satyuga. Only pure human souls exemplifying divine virtues live

there. Everything in that world is perfect. There is no trace of sorrow or anything negative. Everyone is healthy, has a long lifespan and abundant resources. Everything in that world, including human birth happen by soul power. *Hum So So Hum*. Most humans pray to God in order to seek peace and happiness in their worldly life. But God comes and reminds us that once upon a time we souls lived on earth as deities and we can again become a deity by following God's directions to purify the self.

Yoga: The most amazing and powerful tool that God gives us is Rajyoga – connecting ourselves wholeheartedly to God. This is possible only when we become soul-conscious and surrender our attachment and ego and live in this world as God's child or as His instrument eschewing all vices and imbibing all virtues – live as a Karmayogi. It is through the power of yoga that God helps us to become pure again and change this Kaliyuga into Satyuga. Who can imagine that such a subtle and incognito act of staying in constant loving remembrance of God can bring upon such an incredible transformation of the entire creation.

These seven spiritual wonders are available for experiencing right now in this life.★ (Purity Bureau)



Pause 'n' Ponder

Time

Our days are identical suitcases – all the same size, but some people pack more into them than others.

Gossip

Anyone who will gossip with you about someone else, will gossip about you with someone else.

Wisdom

Wisdom isn't the acquisition of knowledge. It's knowing which knowledge is worth acquiring.

Character

Image is brass, reputation is silver, character is gold.

Worry

Worry is the interest paid by those who borrow trouble.

Success

When everything is coming your way you're probably in the wrong lane.



Abu Road, Manmohini Complex: Inaugurating State Level Tobacco Cessation Training Programme are BK Nirwair, Secretary General of Brahma Kumaris, BK Dr. Nirmala Didi, Director, Gyan Sarovar, Mt. Abu, Dr. Sushil Parmar, Chief Medical & Health Officer, Sirohi, Dr. Pratap Midha, MS, Global Hospital, Mt. Abu, Dr. S N Dholpuria, Rajasthan Nodal Officer, NTPC, Dr. Sachin Parab and others.

National Launch: 2018 as Year of Enlightenment Truth as Revealed by God of Gita



Dr. Mahesh Sharma,
Hon'ble Union Minister of State



Hon'ble Justice L. Nageswara Rao,
Judge, Supreme Court of India



Justice V. Eswaraiah, former Acting
Chief Justice, AP High Court

Kumaris was a family that had supported him towards value-based transformation, and had provided a sense of direction, light and inspiration in his field of work. He also congratulated the organisation for becoming an international spiritual movement through a journey of several decades.

Dispelling myths about the knowledge, Dr. Pushpa Pandey, eminent Gita scholar from Jabalpur, said the Bhagavad Gita was written much later than when the knowledge was actually recited. Also, several chapters had been added by various authors as the time passed. As a result, the original truth had been lost to misunderstandings and multiple interpretations.

Contradicting omnipresence of God, she said the concept was more of an emotional understanding of the subject. She also clarified that the soul and Supreme Soul are two separate entities.

BK Prem from Gulbarga said that in the Gita, Arjuna is never asked to kill his kin, rather he is told to conquer the five vices of lust, anger, greed, attachment and ego. So the war depicted in the Gita is symbolic of a soul's victory over evil. By misunderstanding symbolic statements as actual happenings, a lot of confusion had surrounded the original knowledge of the spiritual text. "It is time to explore the essential tenets of the Gita, and to understand them in the right perspective," he said.

BK Veena from Sirsi, Karnataka, said: "The Bhagavad Gita is the only text in which God speaks in the first person. Though the present version of the Gita may have a lot of mixture, but the truth is still there." She also clarified that the Gita is a *yoga shastra* and not a *yudha shastra* as it guides us to connect to God and stay in His remembrance.

The programme was interspersed with various cultural items, and came to a close with a meditation experience and a colourful skit.★

(Purity Report)

The Brahma Kumaris are celebrating 2018 as the Year of Enlightenment. Marking the national launch of programmes and activities on the theme, an all-day event was organised at Talkatora Stadium, New Delhi, on May 13. The event also explored the true knowledge of the Gita.

BK Brij Mohan, chief spokesperson of the Brahma Kumaris, said: "In simple words, enlightenment means to see everyone and everything as they are. Once we are free of falsity, we are able to take accurate decisions and choose the right way forward. As a result, everything else falls into place automatically." He said that usually a few enlightened souls are expected to empower rest of the humanity. But the truth is that any soul can become enlightened as it is the natural quality of all human beings.

Chief Guest of the programme, Honourable Justice L. Nageswara Rao, Judge, Supreme Court of India, said the word enlightenment was first used to refer to the 18th Century movement in Europe that stood for personal liberty, right to free expression, and reasoning. But in India, he said, the Bhagavad Gita had provided enlightening knowledge long before that.

He said, "However rich or humble a human being may be, he is searching for inner peace, and meditation is the answer to that." He said the mind is like a computer and can be programmed to stay balanced both in happiness and sorrow through self-awareness and meditation. This is also a form of enlightenment.

BK Asha, Director of Om Shanti Retreat Centre, Gurugram, said that enlightenment means living in one's truth. When we lose touch with who we really are – an immortal spiritual being – and mistake ourselves to be the perishable body, we are overcome by five kinds of violence of lust, anger, greed, attachment and ego. These vices are the root of all suffering and darkness. On the other

hand, if we lead our lives as soul-conscious people, our relationship with the self and others improves, and the light of peace, happiness and prosperity shines on us.

She also said that the Brahma Kumaris are working towards creating a world of united natures.

Swami Chidanand Saraswati, chief of Parmarth Niketan, Rishikesh, in his video address said the Gita is the mother of true wisdom and light. When implemented, it puts one on the path of happiness. He explained that by adopting a pure and *sattvic* lifestyle, and through selfless service, as explained in the Gita, self-enlightenment can be attained.

Justice V. Eswaraiah, former Acting Chief Justice, Andhra Pradesh High Court, said that India, which was once full of health, wealth and happiness, is today burdened with cases of corruption and crime. Now, by understanding the tenets of the Gita, we can bring enlightenment and transform our times. He later added that the present era, when truth is conspicuous by its absence in every sphere of life, is the time of God's descent on earth.

The next two sessions of the day were focused on dispelling myths and discussing the truths mentioned in the Bhagavad Gita.

BK Usha, eminent Gita exponent

from Mount Abu, said the present era shows the same symptoms of extreme unrighteousness and moral degradation that are referred to in the Bhagavad Gita as the peak of Iron Age. In the Gita, the Almighty promises to descend on earth during this time to salvage humanity. Therefore, she said, we are currently experiencing the repetition of the Gita episode, after which humanity will head towards a golden period.

Dr. Mahesh Sharma, Union Minister of State for Culture, and Minister of State, Environment, Forest and Climate Change, said the essence of the Gita is that we understand our own divinity and recognise the light within. "If we look at the Gita in a limited sense, only as what was recited during the war of Mahabharata between Pandavas and Kauravas, we are likely to miss its message in totality."

He said we must recognise the spiritual power within, as it is the source of peace and bliss, and spread these values around the world through the medium of Rajyoga. He called upon everyone to become givers and contribute to the society by adding smiles and reducing pain in people's lives.

Earlier, in the beginning of his address, the Minister spoke of his connection with the Brahma Kumaris. He said the Brahma



New Delhi : At National Launch of 2018 - Year of Enlightenment are Hon'ble Justice L. Nageswara Rao, Justice V. Eswaraiah, BK Brij Mohan, BK Asha, BK Chakradhari, BK Pushpa and BK Sapna.

2018 as Year of Enlightenment

Learn to See the True Nature of Things

Enlightenment is that state of awareness in which one sees the true nature of things, which enables one to understand why things are the way they are and respond appropriately. Now, perhaps more than at any other time, the world is in need of enlightened decisions to deal with the myriad problems confronting humankind.

A lot of information is easily available to most people through communication technology. But, as the Bhagwad Gita says, mere intellectual knowledge does not lead to enlightenment. It cannot grant one supreme peace and freedom. It is only when one has achieved complete self-mastery and has intense faith and devotion, does true knowledge dawn within and one attains liberation and freedom from weaknesses and the suffering they cause.

Intelligence, unless it is guided by spiritual insight, can create problems instead of solving them because intelligence is not necessarily accompanied by virtues that constitute wisdom. Hence, intelligent decisions can be short-sighted or guided by selfish motives.

Published in The Speaking Tree, Times of India
12 May 2018



Because of the lack of enlightenment, human activity is slowly taking the planet towards an environmental catastrophe. Poverty, inequality and wars are results of lack of enlightened thinking.

An enlightened soul guides by example, demonstrating how to think, speak and act in ways that benefit all, so that one's actions promote peace and happiness. Such a soul inspires others to rise above selfish attitudes and see the entire human family and nature as one's own.

Abridged from Speech Union Minister Dr. Mahesh Sharma

Om Shanti! I have had the privilege of connecting with the Brahma Kumaris family. There has been a value-based transformation in my life, and I have received direction and inspiration from this family. I received it all from that source of divine light.

God created human being thinking he was His superior most creation. But man deviated from his path, and we did many experiments on nature. We started finding ways to improve the variety of crops and breeds of other species in order to fulfil our growing needs.

But who would improve the breed of human beings? Who would take up the responsibility of improving human values? The Brahma Kumaris started in 1936, and today it has over 4,500 centres in 136 countries. This itself is proof of its consistency. Generally, all organisations have to cross four stages of R-A-M-A.

When the founder of the Brahma Kumaris, Dada Lekhraj, created the organisation, I believe many questions must have arisen regarding the purpose of its formation. That would be the first stage of R - outright Rejection. After some time passes, and an organisation is able to fulfil some of people's expectations, it goes through the second phase - A for Accusation.

Then, after another 30 to 40 years, there comes a phase of M - Mellowing down. The Brahma Kumaris has now crossed a journey of several decades under the consistent leadership of seniors like Dadi Janki and Dadi Hirdaya Mohini. There must be some special strength in the organisation that it is still going steady and has

now been accepted by people of 136 countries.

Then arrives the last stage of A - final Acceptance. Today the Brahma Kumaris movement has gone way beyond this stage. Not just in our country but around the world there is acceptance for its work of spreading human values. And the organisation is doing so not as a dharma guru but as a torch-bearer and a spiritual educational institution.

I remember the first time when I entered the operation theatre as a healthcare professional, the patient was in a critical condition. My senior teacher at that time sat for a minute in remembrance of God. Who was the God he remembered? Was it Lord Krishna, whose picture we find on the Bhagavad Gita?

We now know the difference between the soul and body. The soul is metaphysical, egoless and incorporeal. So how can we find that incorporeal Supreme Soul? The Brahma Kumaris believe Shiva to be the incorporeal God. Shiva is believed to be the creator of Brahma, Vishnu and Shankar. He has been worshipped in different forms all over the world.

The common person's understanding of the Gita is that it was recited during the war between the Kauravas and Pandavas. If we had the facility of videography during the war of Mahabharata, we would have recorded it and that would become the Gita. But the Gita is not limited to the conversation between Lord Krishna and Arjuna. Its message is beyond that. So many names have been given to the divine light which is the source of this knowledge,

The love, kindness and generosity of an enlightened soul spread the light of hope to those who are in sorrow, giving them the courage to bring about change within to help them overcome their suffering.

The enlightened soul does not discriminate or judge, going into who is right and who is wrong. It unconditionally gives its good wishes and pure feelings to all, helping to heal wounded souls and resolve situations.

Such a soul keeps giving its cooperation and support even when no acknowledgement is received. It does not hanker for praise or applause: it does what needs to be done and moves on, happy to have been of help and ready to go where its services are needed next.

But a handful of such souls cannot change the world all by themselves. Enlightenment is not only an attainment; it is also a choice. We can all choose to be more empathetic and less selfish. This change in attitude

is the first step towards rising above ordinariness and living an elevated life.

Many enlightened souls have come from time to time to change the world, in ways big and small. But their messages have been diluted over time, perhaps by those lacking the will and strength to attain the same spiritual heights.

But enlightened living need not be difficult. All it requires is genuine spiritual effort. When there is honest introspection, a realisation that one needs to change, and where there is the will to effect that change, one is already on the way to success.

There is also a time for enlightenment, when, as mentioned in the Gita, God comes to this world to uplift the righteous, destroy evil and re-establish *dharma*. All those who heed the spiritual knowledge given by God and live by it, become enlightened. It is this that changes the world from hell to heaven. ★



and which has guided us to move forward.

To realise the 'I' within, to recognise the power and divinity inside me, is what enlightenment truly is. To bring the self to such a state of awakening is a task taken up by the Brahma Kumaris. The organisation has declared 2018 as the year of enlightenment.

It is really the need of our times that we awaken that hidden source of divinity within. Another thing we must do is to become givers. We may not be able to become God, the ultimate bestower, but we can become God-like. A book on Kaal Chakra says that 80-85 per cent of the human life is spent as a seeker. We keep asking for something or the other from God, such as people pray for a good job or to have a son. It is only during some 15-20 per cent of our lifetime that we are in a position to give back to society. If we do not utilise even this 15 per cent, we remain beggars for all of our lives.

Today, God is giving us a chance to bring light to others' lives. When I

became a doctor, I realised that I have two responsibilities - to heal others' pain, and to bring a smile on others' face. The medical profession is all about dealing with one thing - pain. It could be pain of the heart, stomach, appendix, liver or eyes. If we are able to contribute to the Godly work of healing others' pain and bringing a smile to them, we are likely to fall in the category of people who utilise 15-20 per cent of their lifetime as givers.

Today we know the power of that Ultimate Source of Light. It is also the source of knowledge, love, peace, power and bliss. The Brahma Kumaris have taken a pledge to transform crores of people by drawing from this source of light through the medium of Rajyoga. We all can become ambassadors of the same power and spread it to all corners of the world. This, I believe, is the message of the Gita.

If there is global acceptance of any scripture, it is the Gita. Once again, I surrender myself to this thought and movement of spreading light to all. ★

Celebrating the Life of Mama

There were many who flocked like bees to drink the nectar of knowledge given by Incorporeal Shiva through the medium of Prajapita Brahma. One of them, a young girl, stood out from the rest of them - she became the Queen Bee. She took the divine knowledge completely to her heart and transformed into Jagadamba Saraswati, the goddess of knowledge. She surrendered her will and thoughts to God's directions and became a storehouse of Godly wisdom and strength.

Her name was Radha, and they called her Om Radhe. She had a magnetic aura in her personality. Her flashing eyes exuded virtue and power. She commanded the love and respect of all with her powerful personality and merciful heart. She could dive deep into the essence of each point of knowledge and come out with the subtle implication of that. She was gifted with exemplary intellectual powers and a sweet voice which resonated with a special kind of divinity.

Her mind danced with joy when she first heard the divine knowledge. And throughout her life, she made many many hearts dance with joy through her sweet and divine songs and discourses. She discerned the futility of sensual life when compared with the permanent bliss offered by spiritual life. Om Radhe realized the Divine presence in the person of Prajapita Brahma. She would be intoxicated when Brahma Baba would render the 'Murli' (Divine Versions). She sang with all her heart and moved the



Mateshwari Jagadamba Saraswati

Her angelic presence would transfix the whole assembly and her loveful and divine gaze would transform the hearts of the onlookers.

listeners to heights of bliss.

Om Radhe through her dedication, sacrifice and tireless service came to be regarded as 'Mateshwari' or the mother. She was lovingly called 'Mama' by all. She gave sustenance to the spiritual children with her powerful words and actions. Her words carried the conviction of truth and her actions the strength of divinity. Even more beautiful than her words was her 'silence'. Her angelic presence would transfix the whole assembly and her loveful and divine gaze would transform the hearts of the onlookers.

Mateshwari was the epitome of service. She was given the responsibility of managing the 'Yagya' (the Institution). She would look after every need of the spiritual children and was at their service till her last breath. She left her mortal coil on June 24, 1964. *



Mateshwari made everyone belong to her.



Mesmerizing Personality

WE FOLLOW IN HER FOOTSTEPS



- Mama won all hearts with her power of love and sustenance and thus became Mother of the Yagya.

- Having strong faith in whatever directions Baba gave, she inspired us to carry it through. As was her determination, so was her admirable faith in the intellect. Mama's activities clearly proved that she was a natural Mother of the Yagya.

- Whilst having her meals, Mama never looked anywhere else but would sit quietly to eat and then leave. She accepted her meals as *prasad* (food blessed by God).

- Mama's *dharna* was of the highest quality. Mama used to speak very little. She had developed the natural stage of being lost in love, in the Supreme Soul's remembrance.

- Mama's organising capabilities were very elevated and splendid. She was efficient in the art of making everyone work in unison. If Baba mentioned something as an example, Mama would immediately inculcate it. She was number one in this aspect.

- Whichever topic Mama took up, she explored its extreme depths. Along with depth, her method of teaching was very simply, easy, and interesting.

- Throughout her life, Mama's faith in the drama was immovable and unshakeable, she remained stable constantly. No matter how adverse the situations or obstacles, Mama remained immovable and unshakeable, and faced them with a smile and became victorious.

- Mama was not attracted to anyone nor did she dislike anybody. She belonged to everyone and made everyone belong to her. Mama was a Shakti, a Mother, and an extraordinary embodiment of attainments.

- The vibrations around her gave the experience of belonging and comfort. Each one of her words was merged in knowledge, or rather, knowledge was merged in every pore of her being.*

Sayings of Mateshwari

- Committing a mistake is wrong. But after committing a mistake if we don't accept it, it is a sin.
- Those who complain about others must look within their own selves and change themselves.
- It is not worthwhile to repent for our past actions, instead we should perform elevated actions in the present to make our future better.



Jaipur, Vaishali Nagar: Hon'ble Governor of Jharkhand, Mrs Droupadi Murmu, and Dadi Ratan Mohini, Jt. Chief of Brahma Kumaris, cutting a ribbon to inaugurate 'Museum of Wisdom'. Also in pic. are BK Sushma, BK Nathmal and others.



Kathmandu, Nepal: Rt. Hon'ble Parliament Speaker Mr. Krishna Bahadur Mahar receiving Godly gift from BK Raj Didi during the inauguration of New Shiv Darshan Bhawan.



Brahmapur, Odisha: Lighting candles to inaugurate 'Kumaris Retreat' are Dr. Monorama Das, Principal, City College, Mrs. Kamala Reddy, Dr. Pushpanjali Subudhi, Lecturer, and BKs Manju & Mala.

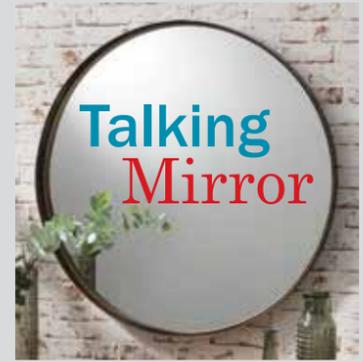


Pathankot, Punjab: Cutting a cake to celebrate 'Press Freedom Day' are Prof. Manu Sharma, Punjab Kesari, Mr. N P Dhawan, Dr. Sukhwinder Singh, Punjabi Paper, Mr. B R Gupta, Urdu Hind Samachar, BK Satya Didi, BK Pratap and others.

Gurugram, Haryana: Standing in silence after inaugurating a workshop on 'Yoga for Women', supported by Ministry of AYUSH, are Dr. Vandana Narula, Dr. Alka Mathur, Ms. Kiran Puri, Jt. Secretary, Union Ministry of Administrative Reforms, BK Chakaradhari Didi, Chairperson, Women's Wing, Cine Actor Sushma Seth, Dr. Manju Gupta, and BKs Madhu & Vidhatri.



The Ninety Nine Club



Once upon a time, there lived a king who, despite his luxurious lifestyle, was neither happy nor content. One day, the king came upon a servant who was singing happily while he worked. This fascinated the king. Why was he, the Supreme Ruler of the Land, unhappy and gloomy, while a lowly servant had so much joy? The king asked the servant, "Why are you so happy?"

The man replied, "Your majesty, I am nothing but a servant, but my family and I don't need too much, just a roof over our heads and warm food to fill our tummies." The king was not satisfied with that reply. Later in the day, he sought the advice of his most trusted advisor. After hearing the king's woes and the servant's story, the advisor said, "Your majesty, I believe that the servant has not been made part of The 99 Club."

"The 99 Club? And what exactly is that?" the king enquired. The advisor replied, "Your Majesty, to truly know what The 99 Club is, place 99 Gold coins in a bag and leave it at this servant's doorstep." So the king ordered that it be done. When the servant saw the bag, he took it into his house. When he opened the bag, he let out a great shout of joy, So many gold coins! He began to count them. After several counts, he was at last convinced that there were 99 coins. He wondered, "What could've happened to that last gold coin? Surely, no one would leave 99 coins!"

He looked everywhere he could, but that final coin was elusive. Finally, exhausted, he decided that he was going to have to work harder than ever to earn that gold coin and complete his collection. From that day, the servant's life was changed. He was overworked, horribly grumpy, and castigated his family for not helping him make that 100th gold coin. He stopped singing while he worked. Witnessing this drastic transformation, the king was puzzled. When he sought his advisor's help, the advisor said, "Your majesty, the servant has now officially joined The 99 Club."

He continued, "The 99 Club is the name given to those people who have enough to be happy but are never content, because they're always yearning and striving for that extra 1, telling themselves, "Let me get that one final thing and then I will be happy for life." ★



Lucknow, UP: Standing in silence after lighting candles to inaugurate 'Calmness in Chaos' programme are Dr. Mohit Gupta, BK Radha and others.



Mohali, Punjab: Hon'ble Cabinet Minister Balbir Singh Sidhu being felicitated by BK Prem Didi at Rajyoga Centre.

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Wisdom of Dadi Janki

Chief of Brahma Kumaris, Mount Abu

Removing other people's sorrow
We should all consider it our duty to help in removing other people's sorrow, even though we don't always know the particular sorrow that another is experiencing. If we absorb the sorrow someone is feeling, and take it in, and beyond that, if we speak about it to others, we actually increase their sorrow.

When you are aware that someone is experiencing sorrow, have a vision of love and pure wishes for that one. The best service is to have the pure wish that no sorrow should come to them or to anyone. Consider it to be your duty to give happiness to others. When you do this, happiness will come to you.

What is needed to change world?
Who am I and Who do I belong to? I am a soul and I belong to the Supreme Soul. The Supreme Soul says: You are Mine

What is deep wisdom? It is wisdom that has a huge impact on the heart and the type of thinking that changes the world. What do we need to do to change the whole world? For one minute go into silence and then it will emerge what we have to do. The entire world is under the influence of vices, suppressed by vices. And God is making us conquerors of vices and of the world. The feeling now is that the whole world is coming into God's hands. Supreme Father has made our attitude of renunciation



such that nothing pulls or attracts us and we are detached from everything.

I like the variety of the five fingers. One is small, one is fat! Each finger has its own benefit. God has given us a lot of wisdom and teachings. God says: Children, children, you belong to God, so do not give or take sorrow. Never make that mistake.

Everyone wants love and peace - spiritual power and strength. We need to care, share and inspire through our drishti. God reminds us first of the awareness of who we are and who we belong to. What has He done with us through His drishti? He tells us we are the ones with the fortune of happiness, as we are close to Him. The closer we are to God, the more His vibrations will reach other souls.

Intention to live a spiritual life

In these times, the atmosphere of the world is becoming increasingly heavy. Pay attention wherever you go, to what type of atmosphere you are experiencing. When human beings are

filled with desire for one another, it spoils the attitude we have for each other, and it spoils our vision. Greed makes us want more and more; we are never satisfied. When we experience anger and attachment, the atmosphere around us is also ruined.

Now is the time to bring an end to all of these things. How do we do this? By creating a good relationship with God, we experience deep inner peace. By having the intention to live a spiritual life, we can become free from lust, anger, greed ego and attachment. Then the atmosphere around us becomes light and beautiful and it serves the world. ★

Latest from Dadi Janki

Learning to talk properly to the self is a spiritual endeavour. Thoughts from the past and worries about the future do not create good conversation.

Instead learn to talk to your mind as if it were a child, talk to him with love. If you just force a child to sit down, he won't.

A good mother knows how to prompt her child into doing what she wants. Be a good mother to your mind, teach it good, positive thoughts so that when you tell it to sit quietly, it will.

Love your mind. Stay happy.

Cultivating Values in Everyday Life

BK Jayanti, London

Each morning, making time for silence to connect with the inner being gives the experience of the original qualities of the self - which are peace, love, truth, purity and happiness. As I connect with these innate qualities, and emerge them in my awareness, I remember that this is my own original, true state of being. Through the day I am then able to bring them back to my awareness and implement and experience these values in my life - in my work, with my family and friends and in the way I respond to what is happening around me.

It is still very easy to lose sight of things - even what's important to us personally - in the hurly-burly of activity throughout the day. So, taking a short pause every hour on the hour is a good way to remind the self of these inner values and connect the self with the inner core of my being. It is then possible for me, if necessary, to get myself back on track quickly and empower myself to follow these in my life.

If it's not so easy to pause every hour,



then perhaps I can at least remind myself to go inwards, whenever I give water or food to my body to nourish it. During that time I can take the opportunity to nourish the soul too, and replenish the awareness of these inner values again and again.

At the end of the day it's extremely useful to do an audit for the self. I ask myself the question: Could I have done something differently? Was there something more I could have said or done to stay true to my own inner values? By the next day, we have usually forgotten everything. So, to do this self-audit at night, while the day can still emerge in my awareness, means that I can learn the lessons that the drama of life has taught me today. If a mistake was made, let me take the learning from it. If I witnessed outstanding or unexpected kindness or inner strength in another, let me take that as an example for myself to follow. In this way, I am reviewing and understanding the actions and interactions of the day and at the same time actively renewing my commitment and passion for the next day. ★



Om Shanti Retreat Centre, Gurugram: Mr. V Shashank Shekhar, Jt. Secretary, Union HRD Ministry, Chief Guest at 'Man Ki Baat' programme, being presented a memento by BK Asha Didi.



International Day of Yoga celebrations on June 21 will be open to the public at all Rajyoga Centres of Brahma Kumaris.

All are welcome.

Raja Yoga

Raja means 'king'. Yoga means connection. Raja Yoga is the most elevated path to connect with the self and the Supreme. Within its philosophy is the method of both enlightenment through knowledge and re-empowerment through meditation. No matter how much spiritual knowledge one has, it is only information until it is imbibed and practised. Over time the soul has become very weak and this aspect of imbibing spiritual wisdom is often a challenge. Even whilst knowing something to be right, we often do not have the power to do it. To imbibe such spiritual wisdom requires inner strength, spiritual power. Because the soul is so weak in this respect, the strength to imbibe can only be attained through the connection with the Supreme, and this is Raja Yoga.

Re-empower and re-connect.
Om Shanti.

The Merchant and The Diamond

There lived a wealthy merchant,
A dealer in diamonds, and a philosopher as well.
One day as he sat in the midst of associates,
His secretary brought the sad news
That a very precious diamond was lost.
The merchant heard the news,
He closed his eyes for a moment,
And said, "Wonderful!
It is wonderful indeed!"
After an hour, the same secretary reported
The good news of the recovery of the diamond.
The Merchant closed his eyes again,
And expressed with the same composure of mind,
"It is indeed wonderful,
It is very wonderful!"
Unable to understand this strange behaviour,
His associate asked,
"Sir, please explain why you must say 'wonderful'
At every development of gain and loss?
Please enlighten us."

The Merchant calmly replied:
"I value mental peace more than diamonds,
I am a seeker of the inexhaustible treasure of spiritual virtues.
When I was informed that the Diamond was lost,
I looked within to see whether the mind
Would lose its precious composure for a perishable substance
called diamond,
And I found that the mind did not lose its balance.
Therefore, I said, "It is wonderful."
And when the secretary informed me
That it was recovered,
Again, I looked within to see whether
The mind would be elated
Due to a perishable development,
And I found my mind more concerned
With the inner treasure of the Divine Self,
And less caught in the objects of the world,
And I said, "wonderful!"

Cycles in Life

Our lives are unceasingly connected with the cycles that exist in our world. Day follows night, summer follows winter. Everything is seed and birth, growth and death. Everything returns to its beginning. Each death leaves a seed for new growth. We watch as rain clouds form, filling with water drawn from the oceans and rivers, only to break and rain the water back down to earth to fill the oceans and rivers once again. The moon, in a cycle of its own, pulls with it the tides of the earth and day follows night, and night follows day. No beginning and no end, a cycle is unending within the eternal.

- Barbara Ramsay, Australia



Mr. Wise



Mr. Wise?
Yes.

Media today has become the most powerful tool for influencing people?

Because it has the widest and quickest outreach. Mohammad need not go to the mountain, the media now brings the mountain to Mohammad.

Nicely tucked in-between a mountain range of commercials? I cannot say.

◆◆◆◆◆◆◆◆

And Mr. Wise?

Please go ahead.

Media has indeed made the world a global village. Yes, by reporting events taking place in all parts of the world. And in the process, loading your mind constantly with superfluous and disturbing information?

I cannot say.

◆◆◆◆◆◆◆◆

Lastly...

I am listening.

Media is the most potent instrument of change, for the better that is.

Certainly. But today it is being thoroughly misused and abused by commercial and other vested interests.

So, there is a need to liberate it from their clutches. Perhaps the UN could formulate a code of conduct for the media? Perhaps you are right.

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Tailpiece



Seething with rage, a man phones a taxi company: "I ordered a cab to get to the airport in time for my flight. You promised the car would come promptly, and it never arrived!"

"I'm terribly sorry," says the switchboard operator. "We are unable to find a free car in time, but it should come any minute now. Don't worry, these days no plane takes off when it's supposed to".

"Well, this one won't," the caller replied. "I'm the pilot!"

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Four job applicants were asked the same question: "What is two and two?"

The first interviewee was a journalist. His answer was "twenty two". The second, an engineer, calculated the answer to be between 3.999 and 4.001. The third applicant, a lawyer, cited a court case in which two and two was proved to be four.

The last candidate was an accountant. When the accountant heard the question, he leaned across the desk and said in a low voice, "How much do you want it to be?"

◆◆◆◆◆◆◆◆

As Manu bhai took the vacant chair, the barber treated the company to an eloquent wink and a now-gents-get-ready-to-smile kind of a look.

"You must find that impediment in your speech rather inconvenient at times, Manu Bhai."

"Oh, n-no – everybody has his own little p-peculiarity. Stammering is m-mine; what is y-yours?"

"Well, really, Manu Bhai, I am not aware that I have any."

"W-which hand d-do you stir your tea with?"

"The right hand, of course."

"W-well, that is y-your peculiarity. Most p-people u-use a t-tea spoon."

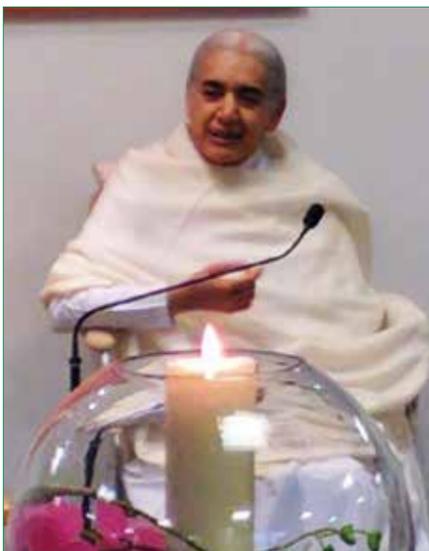
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Patna, Bihar: Inaugurating 'Adbhut Matrutva' programme are BK Sangeeta, Dr. Abha Rani, President, Dr. Meena Samant, Past President, Dr. Anita Rani, Chairperson of FOSCI (Families of Slain Children, Inc.) and others. The programme initiated by FOSCI was held at Chanakya Hotel.



The serene beauty of the bamboo forest in Kyoto, Japan.

Bhilai, Chattisgarh : BK Asha speaking at the Closing Function of 2-Day programme for BSF officers and jawans. Also on stage are Mr. J.B. Sangwan, IG, Mr. U.C. Hazarika & Mr. S.K.Tyagi, PSOs and Mr. Sanjay Yadav, DIG, Bhilai.



London : BK Sister Jayanti, Director, Brahma Kumaris, UK, addressing the programme explaining the connection between Spirituality, Health and Well-being, held at Global Co-operation House, Wilstead.

Om Shanti Retreat Centre, Gurugram : Group photo of participants in 'Who is the God of Gita?', a three-day training programme. Faculty of Gita experts, who conducted the training, are seated in front row.



Ahmednagar, Maharashtra : BK Dr. Dipak Harke, the first Indian to achieve 60 individual world records, being presented by Shiv Sena Chief Uddhav Thackeray the certificate issued by Wonder Book of International Records organisation, London.



Kakamega, Kenya : BK Sister Vedanti, Director of Rajyoga Centres in Kenya, at the '5th annual Devolution Conference' which was officially opened by President H.E. Uhuru Kenyatta. Senior officials were introduced to the upcoming 'Pause for Peace' project of the Brahma Kumaris.