



Purity

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New Year Message from Dadi Janki
Chief of Brahma Kumaris - page 9

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

Mastering the Art of Healthy Living

Life will be better managed when we reverse the process of being slaves to our minds and bodies rather than being the masters. We can be more energetic with an expanded and purified consciousness so as to be better able to protect the environment and handle every situation well. Everyone takes the limit of his vision for the limits of his world.

When upset, some people overeat and others don't touch food at all. The latter category is better off. Some attention must be given to nutrition. We also need to learn what to eat, what not to eat, when to eat, how to eat, how much to eat, and most importantly, when not to eat. Very few people chew food thoroughly. A person who is worried or is in a hurry transfers tooth work to his intestines. Food must be thoroughly chewed for proper assimilation. Blood is the transport system for what we eat, drink, and breathe. The human brain requires 20 per cent of the blood that the heart pumps, and consumes 20 per cent of the oxygen one uses.

The function of food is to supply the body with the materials necessary for the growth, maintenance, repair, and efficient functioning of its various organs and structures, and thus ensure the harmonious working of the whole human machine at its highest level. We look at the state of good nutrition not by freedom from disease, nor by the height-weight ratio alone, but by positive signs of good physique, well-proportioned limbs, straight strong bones, sound teeth, bright eyes, clear skin, firm muscles, together with physical and mental alertness at all times. The fundamental purpose of eating for health is to replenish the chemical elements composing the cells and tissues in our bodies, and to provide us with energy and bodily warmth. **The human body is composed of 16 chemical elements: oxygen, carbon, hydrogen, nitrogen, calcium, phosphorus, potassium, sulphur, sodium, chlorine, fluorine, magnesium, iron, manganese, silicon, and iodine.** From the air we get oxygen and nitrogen, but the other chemicals are obtained from food and drink. For good health, they must be obtained in an organic state - from the natural sources and not from pills, tablets or bottles of medicine which have been made from chemicals. When we get these vital minerals inorganically from chemical sources, they do us harm and must be eliminated. Vitamin tablets are not minerals, but it is equally important that you get most of your vitamins from your food.

Very few people drink enough water during the day and fewer do regular fasting. Strength comes from occasional fasting and not from overeating or health foods. Very few people breathe correctly or have correct posture in any activity. Very few people do meditation, blood circulation exercises or cardiovascular fitness which has a direct relation to mental health and a sense of well-being. Almost everyone consumes excess salt and white sugar, inviting a variety of ailments. Minor ailments become chronic with the use of drugs. Practice of meditation for a few minutes every morning and evening will help a person become calm and strong. Meditators are free from psychosomatic diseases and are known to have better interpersonal relationships.

Soft drinks are bad for the eyes but sunflower seeds, raw carrots and greens are good. Soyabean is the best source of protein and calcium, and its oil is safe for the heart. Green leafy vegetables are good source of iron and iron enables the blood to carry oxygen from lungs to each body cell. All the body cells must have oxygen for changing food into energy. Those who smoke have lesser oxygen intake besides other adverse effects. Vitamins are organic compounds which must be

50th Ascension Anniversary of Prajapita Brahma



Brahma Baba feeding a cow at Pandav Bhawan, Mount Abu, the headquarters of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya.

Prajapita Brahma was the Corporeal Founder of the Brahma Kumaris organisation, whose 50th Ascension Day is being celebrated on 18th January by Brahma Kumaris Rajyoga Centres all over the world.

A True Spiritual Leader

Brahma Baba talked the talk and walked the walk of the "Servant leader". He was a true Spiritual Leader. In any gathering of souls, leaders are not elected, selected or appointed, they emerge.

(See Page 7)

included in a daily diet. Life is based on the organ liver, which stores vitamins and minerals. Alcohol damages the liver. Intake of alkaline food (all vegetables, fruits, honey) should be 80 per cent and acidic food (grains, beverages, sugar) 20 per cent. Fats are neutral. For good health, regular feeding is different from regular eating just as in management science, listening is different from hearing.

Help your endocrine glands function well. If these glands don't work properly, lack of oxygen turns food into surplus fat instead of energy. These glands also control efficient elimination of waste through the bowels, kidneys and sweat glands. The endocrine glands (pineal, pituitary, thyroid, parathyroid, thymus, pancreas, and adrenals) control growth, weight, size, metabolism, energy, health, and disposition.

Built-up anger and prolonged strains can crack a person. Heart attack, which is primarily emotional in origin, is also due to unrelenting competitiveness and ungoverned fury. Functioning of the heart can also be affected by repressed emotions which can transform into anger, fear, or a psychosomatic disease.

Get enough sleep and avoid coffee altogether. Disease attacks a tired person more easily than a rested one. Since the mental activities of reasoning, perceiving and feeling use up energy, the brain and other higher nerve centres need rest from impressions coming from sense organs. The periods of rest clear away the results of fatigue and restore the ability to function when the sleeper is awake again. Body cells are all the time getting repaired and replaced, and we are always growing a new skin. ■

(Purity Features)



NEWS IN PHOTOS



Mumbai, Sion : Inaugurating Cancer Prevention programme are Mr. Prashant Thakur, MLA, Mr. Ganesh Deshmukh, Mayor, Dr. Kavita Choutmol, BK Santosh Didi, Zonal Incharge, BK Tara Behn and others.



Raipur, Chattisgarh : Mr. Bhupesh Baghel, newly appointed Chief Minister being felicitated by applying Tilak by BK Kamla Didi, Regional Director of Brahma Kumaris.

Spread the fragrance of virtues.



Mohali, Punjab : After inaugurating 3-day Retreat are Prof. Onkar Chand, Mt. Abu, Maj. Gen. I.P.Singh, Director, Mai Bhago AFPI, BK Prem Lata, Mrs. Baldeep Kaur, Dy. Excise & Taxation Commissioner, Mr. Ashwani Sharma, News Head, AIR, Mr. A.K.Saini, Dy. Collector, Mr. G.S Saran, former Distt. & Sessions Judge & others.



Greater Noida, UP : Observing silence after inaugurating Kisan Mega Conference are Mr. Surya P.Shahi, UP Agriculture Minister, BK Raju Bhai, Vice Chairperson of BK Rural Development Wing, BK Vivek Bhai, BK Pushpa Didi, BK Rajkumari, BK Madhu Behn and others.



New Delhi, Hari Nagar:

Coast Guard Officer Akhil Yadav presenting memento to BK Sarika after Self Empowerment programme.

Bhilai, Chattisgarh : Commandant Shekhar Kumar sharing his experience at 2-day Rajyoga Meditation Course organised by Brahma Kumaris at Antardisha Peace Auditorium and attended by Asst. Commandants of BSF. Also seen in pic BK Asha Behn, BK Centre Incharge.



Om Shanti Retreat Centre, Gurugram : Group photo of participants in 3-day Retreat on 'Healing the Healer' for doctors. Seated in front row include (R-L) Dr. Roopsingh, Dr. Mohit Gupta, BK Yeshu, BK Sister Shivani, BK Reena and BK Dr. Kiran Bala.



Barshi, Maharashtra : Lighting candles at the programme 'Solutions to Family Problems' are BK Chakradhari Didi, BK Som Prabha, BK Mahananda, Ms. Mandatai Kale, Ms. Kshama Patil, Ms. Rekha Dhedia, Ms. Arunatai Tapodia, Ms. Meena Jain and others.



All-India Conference on the Gita

Gita experts from across India come together to demystify its knowledge

Om Shanti Retreat Centre, Gurugram: A three-day All-India Conference on the Bhagavad Gita was held here from December 9 to 11. The aim of the conference was to make clear the truths stated in the Bhagavad Gita so that people can benefit by implementing them in their life. The participants included saints, *sadhvis* and scholars from Delhi, Haridwar, Bhubaneswar, Kurukshetra, Hyderabad and other places.

Welcoming the gathering, BK Asha, Director, Om Shanti Retreat Centre, said: "This Conference is much relevant in our present times because we need spiritual power to cross the ever-growing challenges today".

Giving her blessings, Rajyogini Dadi Janki, Chief of the Brahma Kumaris, Mount Abu, said: "The essence of the Gita is to know who you truly are and to connect to the One above, who you belong to. I have practised the knowledge of the Gita all my life, and have been able to rise above vices practically. When the mind is at peace and the intellect is pure, divine habits are formed."

Addressing the gathering, Rajyogini Dadi Ratan Mohini, Additional Chief of the Brahma Kumaris, Mount Abu, said: "The essence of the Gita lies in understanding our true identity – as the invisible, sentient eternal energy that runs the physical, perishable body – and knowing our eternal parent – the Supreme Soul. All of us souls are originally pure, which is why we always attempt to return to that purity, our true nature."

BK Brij Mohan, Additional Secretary-General of the Brahma Kumaris, New Delhi, asked the participants to have a focussed discussion on pertinent questions about the Gita. "Why is it that despite having the text of the Bhagavad Gita with



Rajyogini Dadi Janki, Chief of Brahma Kumaris from Mt. Abu inaugurating the Conference.

us for centuries, we as a nation are headed to a moral downfall? There is something amiss, and we need to address that."

He also conducted a session meant to arrive at a common understanding about the identity of the God of the Gita.

Clarifying that the war mentioned in the Gita was non-violent and meant to depict an inner conflict on the battlefield of the mind, BK Usha,

Gita scholar from Mount Abu, said: "When non-violence is considered to be the supreme religion in the Gita, there is no question of God Himself inspiring anyone to commit violence." She said the confusion in understanding the Gita arose because the metaphors given in the text have been taken literally, without understanding their subtle meaning.

It was also brought to light that the Gita was written during a period much later than that when it was first spoken, and several chapters had been added from time to time. As a result, a lot that had been written or added was not aligned with the original, highest knowledge.

Swami Gopala Krishnananda from Hyderabad said that the Gita was one of the most misinterpreted texts, and many inaccurate conclusions had been drawn regarding the time when the Gita was first spoken, and the purpose of the knowledge, and they needed to be clarified.

Professor Dr. Harekrishna Satapathy, Vice-Chancellor, Kalinga Institute of Social Sciences, Bhubaneswar, said the Gita taught practical science. "Unless we apply the knowledge we receive through scriptures, it is of no use to us."

He further said that the decline of dharma affects all spheres of life. Whether it is the present-day problems of division and discrimination, exploitation, terrorism, pollution or health disorders, they are all the result of degradation of values and the decline of the state of mind. He added: "Shrimad Bhagavad Gita teaches us to convert a crisis into a state of confidence." ■

(Purity Report)

Non-violence - Key Teaching of the Gita

The Bhagavad Gita, in essence, teaches that the human soul must conquer vices in order to attain perfection. It depicts the battle against one's inner enemies through the metaphor of a war between the Pandavas and Kauravas. Because of this, many people believe that God, shown in the Gita in the person of Shri Krishna, exhorted Arjuna to slay the Kauravas, and therefore it is right to employ violence for a just cause.

This misinterpretation of the Gita's message is not just a matter of academic interest: it has had grave social repercussions by providing religious, or even divine sanction, to the use of violence. It has led people to believe that any means can be used to achieve what they think is right. The consequences of this are visible in our politics and society.

The Gita is perhaps the most exalted of the Hindu holy texts, and its teachings influence the minds of millions of devout people in this country. This makes it imperative to clarify and establish the fact that the Gita does not approve of violence.

Violence goes against the very nature of the human soul, whose original qualities are purity, peace and love. Violence robs the soul of peace and also takes away its happiness, contentment and strength.

A key teaching of the Gita is that non-violence is the highest duty of a human being. Only through non-violent means can we make this world a better place to live in. ■



Rajyogini Dadi Ratan Mohini, Jt. Chief of Brahma Kumaris, from Mt. Abu addressing the Reception Session.

Truth and Wisdom Enhance Quality of Life

Truthfulness is seeing everything as it is, not from the midst of it, but from the point of its completion. Honesty is seeing things on the way, facing challenges as they come. Truthfulness is always an expression of optimism, because the brushstrokes can be sharp. But where there is no precision brought by honesty, there is no quality in the picture. In fact, someone not prepared to face small things will never be entitled to see the whole picture anyway.

In life, a truthful person knows that they should never judge, unless they have understood the secret of time; unless they have seen how change works and how nothing is fixed until the end. A truthful person senses that there is stillness and completion at a distance, but never stops the journey towards it; he never lives as though he has reached it, but has it with him always. A truthful life is one without distraction or delay. Things that glitter do not even attract the eyes. There is steadiness, deftness, economy and yet humour, because humour

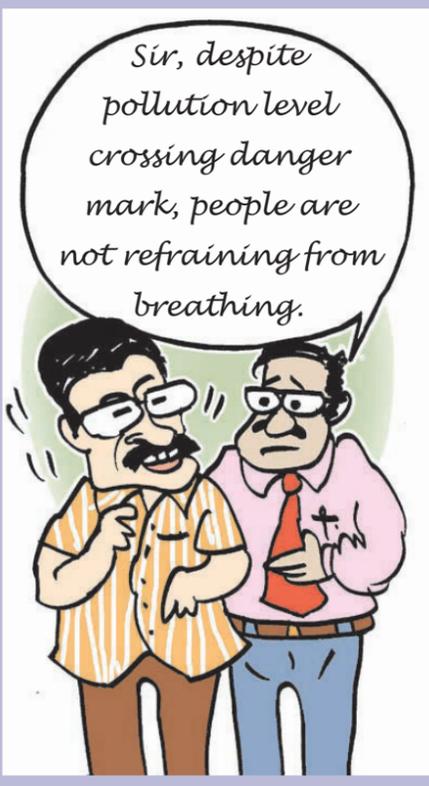
Truthfulness is seeing
everything as it is. It is an
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Wisdom is knowledge of
danger, not fear.

comes from the contrast between what the picture is and what it will be.

Having said that, truth itself is a gift that is dropped in your lap. A very deep, private thing. It is knowing the whole span of your journey through time. And that knowing comes only to those who are open. When there is openness with people, warmth and love and truth between them, then in the silences between words, the picture becomes complete. Areas of vagueness become suddenly clear and vivid. Where there is deception or dishonesty in a relationship, nothing can be added to the picture. You are struck on the surface of life. Honesty among friends is an opening for God.

Wisdom, on the other hand, is knowledge of danger, not fear. It is the ability to spot at a distance, a twist in the path, a narrow stretch, a possibility of collision; to stop and wait in peace until something like this has passed... Wisdom is also richness, not suspicion or reserve. The richness of experience folded inside you – experience not only of the past, but also knowing what is

Jaipur: Newly elected Chief Minister of Rajasthan, Mr. Ashok Gehlot, being greeted by BK Sister Sushma.



to come. It is like an income, the interest of which is used daily to live with ease, to avoid pitfalls, but the bulk of which remains saved inside, emerging unbidden when there are 'craters' in life.

Though there is richness, wisdom avoids its display, understands economy and knows that no one needs your judgement, only your love for life, your warmth and perception. Wisdom simply sees the need and provides, fits in, but remains unique.

In Lighter Vein

- Education is a method by which an ignorant man is given confidence in himself.
- Bad drivers should be sentenced to thirty days as a pedestrian.
- Visits always give pleasure — if not the arrival, the departure.
- Can gems change our destiny? Yes, if they are lost or found.

As such, wisdom is not so much a creative quality as one of nurturing what has already been made, what is already there. Using what you have to the last inch... It is seeing the drabness of life and making it beautiful, like a child thrilled over a button that an adult would throw away because it isn't a part of a set. ■

(Brahma Kumaris in Speaking Tree, Times of India)

New Year Musings

'Wish you a happy New Year.'
'Thank God we are alive to see this day.'
'I narrowly escaped death when the train Deccan Queen I was travelling in was set afire by a mob.'
'I too am still alive because I cancelled my travel to Bastar by a bus which was blown up.'
'Hope we live through the whole of 2019.'
'Wish to be able to wish you a happy new year next time also, bye.'
'Bye. Thanks for calling.'



'Wish you a happy New Year.'
'Wishing means nothing. If wishes were horses, beggars would ride.'
'You don't seem to be in a good mood. Anything wrong?'
'I slipped in bathroom yesterday and have been immobilised for the next two months of your happy new year.'
'Sorry for that. Wish you quick recovery.'
'Again wishing? Wishful thinking doesn't mean anything, understand?'
'O.K. Goodbye.'
'Just bye. There's nothing good these days.'



Happy New Year. Sorry, I am late to call, I overslept.
'Very happy new year. Did you keep on dancing on New Year's Eve till the wee hours, as every year?'
'No. Something strange happened last evening. Faces of starving poor began to dance in my mind as I was preparing to leave for the hotel.'
'What happened then?'
It was followed by a frightening dance of death in Florida which I could not bear. So, I cancelled my dancing on New Year's Eve.
'I see. Now how do you plan to spend the new year day?'
'I'll go to the neighborhood slum and distribute some food and clothes to the poor.'
'That's a good idea. I will also join you, goodbye.'



'Om Shanti. Best wishes for a happy New Year.'
'Om Shanti. Same to you. For God's children, every moment and each day is going to be happier than the preceding one as we proceed on the path of purity'
'That's certain'.
'Nice to remember this. If Sangam Yuga (Confluence Age) is an era of ascent, and we constantly remain in God's remembrance, He will surely transform us from zero to hero actors in the forthcoming Satyugi Golden era. Thank you and Om Shanti.'
'Om Shanti.'

Spiritual Response to Materialism



Life is the interplay of matter and spirit. In the last century, our world has changed drastically due to the material progress we made with the help of science and technology. Today, human beings have become subservient to matter. We are easily attracted to material things and controlled by our desires pertaining to our materialistic life.

The huge wave of materialism has been boosted by the media and businesses that promote unbridled consumerism, extravagant lifestyles and lavish spending. The vulture of consumerism has devoured the culture of peace. This has amplified the economic divide, crime and social unrest on our planet. To experience peace, we need to surf our 'inner net' more than the Internet.

There are many people in the world who believe they are happy because of the material success they have. But on a closer scrutiny it would be clear that they are not so. Their lives typically move in a pattern of desiring for and acquiring material things and physical pleasures that they deem as necessary for happiness.

Gradually, the life of such people shrinks into a life of

The vulture of consumerism has devoured the culture of peace. To experience peace, we need to surf our 'inner net' more than the internet.

bondage. Just as a bird in a cage keeps circling inside and gradually forgets the experience of flying. One desire leads to another; one fleeting experience of fulfilment is followed by a greater hunger for more gratification. We live in a vicious circle of attachment and insecurity that drains away all joy and peace. A materialistic life leads to a life of shallowness, emptiness and fake joy. It keeps us trapped in the illusion of being happy while in reality we are just yearning for it all the

comes from attachment and if we are attached to things that are constantly changing, how can we feel peaceful or secure?

Spirituality takes the help of material progress but is never a slave to materialistic desires. Spirituality does not compare. Materialism is subject to constant comparison. Spirituality lives in the present moment. Materialism lives in the future hope of endless desires and dis-satisfaction over the past. Materialism eventually becomes frustrated with its own limitations. Slowly and reluctantly, a materialistic person eventually takes refuge in spirituality to attain real happiness.

True happiness comes from a true source. Truth is that which is everlasting or imperishable. When we realise the truth that we are spiritual beings in a human experience, and that our innate nature is peaceful, loving and blissful, then we start living a truly contented life. In this awareness, happiness is based on an eternal truth and so it is lasting and independent of external changes. It flows from within and can be sustained by the spiritual awareness that as the children of God all of us are

mental link with God, who is our eternal Father, we are blessed by His light, might and love.

The arrogance of knowledge and scientific advancement has made our vision narrow and selfish. In the journey of material progress we have missed the woods while counting the trees. Our spiritual values uphold each human endeavour as a service to God and His creation. Instead of arrogance we need humility and an attitude of serving others. Actions are not a means for achieving self-seeking, self-promoting ends, but for the ensuring the greatest good of the maximum number. Life is to be lived with contentment, simplicity, compassion and generosity.

The more we engage our time, thoughts and actions in the spiritual development of the self and others, we not only gain spiritually but all our material needs are also taken care of because our actions become wise, righteous and balanced. We stop chasing material happiness; it becomes a shadow of our spiritual attainments. We live a life of freedom and dignity. There is no dependence, but sharing and giving to others. Everything flows from within to without and it flows back to us manifold. A spiritually empowered person will lead a life based on a positive attitude, moderate consumption, energy-efficiency, simplicity and cooperation instead of competition. ■ (Purity Bureau)

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 International Conference on
Spiritual Response to Critical Times
 10 March, 2019 at Indira Gandhi Stadium, New Delhi



time. Permanent happiness and materialism can never be found together.

"Whenever material things, money, worldliness, become the center of our lives, they take hold of us, they possess us; we lose our very identity as human beings,"

– Pope Francis

We have forgotten our spiritual identity and hence we equate happiness with the fulfilment of our material desires. Souls can use matter but not possess or own it forever, because matter is subject to the law of constant change. Fear

filled with His qualities. When we are soul-conscious, we are aware of our own immortality and power over matter. We are able to let go of attachment and fear.

When we focus more on increasing our spiritual treasures we begin to radiate more happiness. The wealth of a soul is wisdom, virtues, powers and blessings. Through spiritual study, meditation, pure lifestyle and spiritual service, we can gain these treasures. The greatest source of unending happiness is God. By keeping a constant

Humour

A husband and wife approached one of the weighing scales at the railway platform. He jumped on the scale and put in a coin. "Read this fortune", he said enthusiastically to his wife, tossing towards her the ticket ejected by the machine.

"You are bright, resourceful and energetic, and will go on to be a great success". "Yeah", said the wife, "And it's got your weight wrong, too".



Where to Go

Editorial—

When we look at our world today and compare it with the past times, it is evident that humanity has progressed by leaps and bounds in a very short span of time. Our alliance with technology has made our daily life a lot smoother, thanks to the enhanced means of comfort, communication and transport. Medical science has found answers to several grave challenges, and we today have highly-evolved health and fitness solutions. All this has together boosted the beauty, fashion and entertainment industries, and the glamour of the reel life has now made its way into our real life too. Life looks happening and busy.

Behind our success story and the visible, glitzy front, however, lies a hazy, dismal tale of downfall of the human spirit. Take a step away from the hustle and bustle of the drama, and you will hear stifled wails of countless wounded, heartbroken souls, who have given up on themselves and on life. Each day is a burden that they carry somehow. Their experiences are filled with suffering, and all they pray for is an early closure to their journey. It is the recognition of this grim state of our human family that makes all material achievement meaningless.

The common man has nowhere to go. If a rich or powerful party encroaches upon his money, property or legal rights, or frames him in a false case, there is little hope for him. If he is unable to avail of much-needed medical treatment himself or for his family because he cannot afford it, scientific advancement does not bring much to him.

The recurrent news of farmers committing suicide in large numbers because they are unable to pay back their debts is most disturbing. Also short of hope are the youth who are forced to take heavy loans to complete their studies, or those that remain jobless despite having invested in expensive professional courses.

The women and children also have no place to go. Incidents of gang-rape and all forms of gender violence have risen drastically in the recent past; the details of many such cases are inconceivable. The worldwide #MeToo movement removed the lid from over our elite workplaces, revealing that no matter how educated or economically successful a woman, nothing guarantees her safety from sexual predators. In the present times, almost all souls in female bodies live under fear.

Exploitation of the vulnerable is the norm today. This is the state of 'khood-e-nahak' that is mentioned in the scriptures. Not just are our times a witness to extreme bloodshed and death because of wars, riots, terrorism and murders, but in every corner of the world, human conscience, dreams and positive aspirations are dying every moment. The growing gap between the load of challenges and depleting soul power is resulting in rampant depression, anxiety and hopelessness.

The pillars of Dharma Satta and Rajya Satta are unable to check the downfall of humanity. As things are going from bad to worse in every respect, it is clear that the situation is now out of human control. Only a spiritual superpower, who is beyond this drama, can now change the course of things.

The Bhagavad Gita, in which God speaks to us in the first person, mentions that when signs of extreme moral degradation appear everywhere on earth, God arrives in Bharat to salvage the sinking ship of humanity. From a time of utter darkness and decay, he steers it to a new golden dawn. That auspicious point in the cycle of time has come, and true to His promise, He has arrived.

Finally, the prayers of the good and the humble have been answered. God is currently establishing a new world order through human instruments who are choosing to adopt, as per His directions, a path of soul-consciousness and self-transformation. He is now creating a nursery of human saplings, and is nourishing and grooming them in order to lay the upcoming garden of heaven.

The beginning of this New Year is a perfect phase to accept the clarion call of time and to make a much-needed start in the direction. Let us not miss the golden opportunity of writing our own fortune. ■

For further details, please contact your nearest Rajyoga centre.

Gleanings from the press

Eyes may help measure mental workload

Our eyes could serve as a window to how stressed we are, say scientists who found that pupil dilation can be used to indicate the mental workload of a person when they multitask. Scientists found that the size of a pupil could be the key to measuring someone's mental state while they multitask. *(Press Trust of India)*



Air pollution causes 1 in 8 deaths in India: Report

One in every eight deaths in India is attributable to air pollution, which now contributes to a bigger disease burden than smoking. In fact, the average life expectancy in India would have been 1.7 years higher if the air pollution level was less than the minimum level set by the National Ambient Air Quality Standards, according to a report released by the Indian Council of Medical Research. *(Times of India)*

Rise in sea level threatens river systems

Studies on sea-level rise in India have projected a sharp increase in the population at risk from flooding due to more frequent severe weather events while warning about the risk to river systems. The projected rise may result in coastal groundwater turning saline, endangering of wetlands and inundation of valuable land and coastal communities. *(News Report)*



How much protein do you really need?

Protein is critical for every cell in our body. It helps build nails, hair, bones and muscles. It can also help you feel fuller longer than eating foods without protein. The U.S. government's recommended daily allowance (RDA) for the average adult is 50 to 60 grams of protein a day. Can people overdo protein? Researchers say too much protein can cause nausea, cramps, headaches, fatigue and bloating. Dehydration is also a risk when you eat too much protein. If you increase protein, you also have to increase your fluid intake. There have been indications that extra protein makes the kidneys work harder, which could be problematic for individuals with a history of kidney disease. *(Press Report)*



Diabetes: Fasting before a blood test might actually be harmful

People with diabetes tend to have higher levels of low-density lipoprotein cholesterol, or "bad cholesterol." For this reason, doctors may recommend that these people have regular blood cholesterol tests. Current guidelines recommend that people do not eat or drink anything but water before a blood test, in order to not skew its results. However, new research reports that this step can give rise to low blood sugar and may do more harm than good. *(International Journal of Endocrinology)*

Bhoola Bhai

And our friend Bhoola Bhai on Temple Street has an interesting proposition for those who identify the 'I' with the brain.

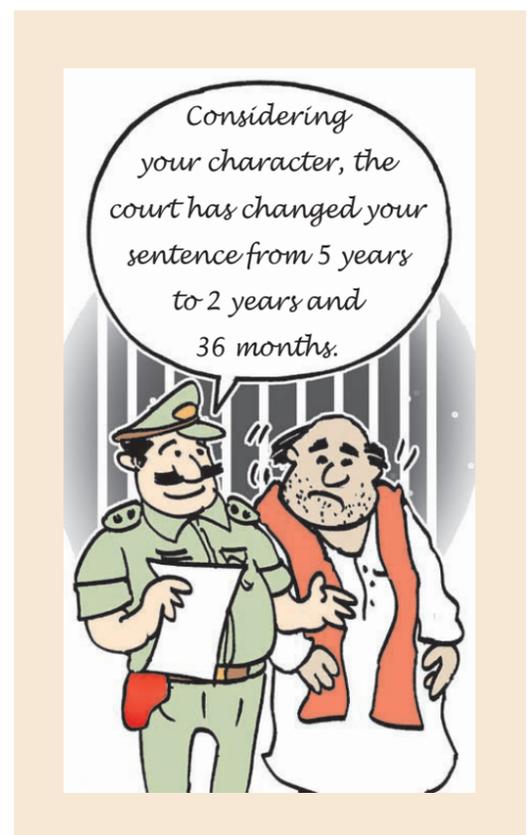
Are you a brain? Read the two sentences and see which one sounds more like the truth to you:

I have a brain.
I am a brain.

Humour

A small boy, leading a donkey, passed by an army camp. A couple of soldiers wanted to have some fun with the lad. 'Why are you holding onto your brother so tight, sonny?' said one of them.

'So, he won't join the army', the youngster replied.



Prajapita Brahma Baba's journey to the Angelic Stage



18th of January

I have three fathers: 1) the dear, devoutly Christian father of this body of mine who passed from his 96-year-old body in 2014; 2) the beloved Supreme Father of I, the soul; 3) my angelic father, officially called Prajapita Brahma (Father of Humanity) and affectionately known as Brahma Baba. He founded the Brahma Kumaris World Spiritual University, to which I've dedicated the past 39 years of my life.

On the 18th of January, 1969, aged 93, Brahma Baba passed from this world into the subtle world of angels. Those who knew him well say he had achieved complete balance of all

yogic disciplines and, having become viceless, full of virtues, egoless and free of karmic bondages, relinquished his body. I hadn't yet met him. Half a world away, I struggled through my first Montana winter.

Ten years later destiny led me to San Francisco and to a Brahma Kumaris (BK) meditation centre. The first time I saw Brahma Baba's photo, I felt as if he was saying, "Ahh, you've come." (Thousands of BKs all over the world relate similar stories.)

I've learned to experience this sweet father through the BK elders who lived around him

for nearly four decades—both through their stories and from the way they embody how he was. He led by example, acutely aware "As I do, others will follow." He radiated love, peace, wisdom and happiness and treated everyone with high regard, irrespective of age, caste, race or religion. He particularly elevated women from second-class status to spiritual leaders and teachers. He brought out the best in everyone. Everyone felt he belonged to them, and they to him.

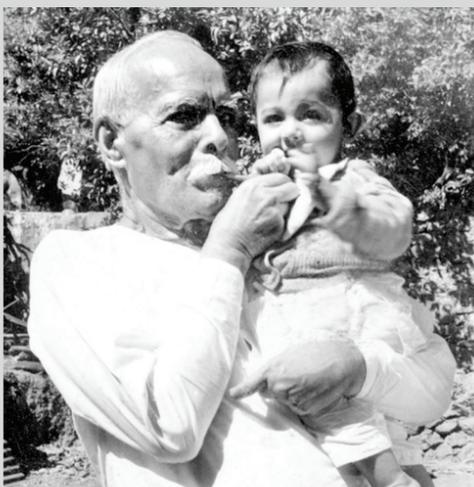
Brahma Baba demonstrated mastery over the mind, emotions and senses. He showed practically how purity, selfless love, faith, truth, non-violence, Godly knowledge and silence can remove the deep-rooted poisons of anger, greed and ego. Despite his charisma he never allowed anyone to regard him as a guru, maintaining rather that he was a student of God, the Supreme Teacher. His companions have become spiritual leaders themselves and today are examples for thousands of others, myself included.

Gradually, I've also grown to know Brahma Baba as the angel he's become. I've seen his angelic, self-luminous form on several occasions, but sense his presence nearly every day—a presence that never imposes but gently touches my heart. I've come to trust his unconditional love for me, a love which enables me to recognize and replace habitual reactive attitudes with positive, proactive thinking beneficial to myself and others. I know many others who—in visions or dreams—also perceive Baba's transparent, shining form or sense his presence through vibrations and feelings.

On Thursday, January 18, 2019, nearly a million people in over 100 countries will pay tribute to this man who stands out like a lighthouse in the darkness, a beacon to the heights of character that a human can achieve. Everyone can celebrate this World Peace Day—a day to claim spiritual power and bestow blessings of love, peace and spiritual wisdom on one and all. ■

BK Sister Kiran, Eugene, Oregon USA

Brahma Baba – The Perfect Example



Brahma Baba's intellect and entire life were completely surrendered to the Supreme Father (Shiva Baba). Thus, whatever he thought, spoke or did were all as one. Even though Shiva Baba is the only one who can remove our sins, we soon found that the combined form of Bapdada (Shiva Baba and Brahma Baba) is a very powerful force to have with you in times of difficulty. A few years ago, both of us were seriously ill but, as it happened, our illnesses also brought the opportunity to experience Baba's extraordinary protection and willpower. This not only affected us, the patients, in a positive way, but also guided the hands of our doctors and nurses and made what might have seemed a difficult or hopeless situation into one

that was straightforward, natural and fulfilling. It was as if Bapdada had taken over the whole operation, and everyone was receiving some divine help as they performed their various tasks. In the hospitals, Brahma Baba's picture was the centre of attraction, with many admiring him and asking about him, and for a while the hospitals became service centres.

Even though Brahma Baba himself always directs our attention to Shiva Baba, the Supreme Father, it is difficult not to remember him. Moreover, the beauty of remembering Brahma Baba is that his teachings and character are such that although you may be remembering him, you cannot help also focusing on Shiva Baba. In this confluence age of world transformation, we have to get maximum benefit from Shiva Baba, and give likewise in service, but we also have to become like Brahma Baba, the one who reached perfection and with whom we are all striving to be close in our future lives.

We are grateful that Shiva Baba has given us such an example to follow and we thank Shiva Baba and Brahma Baba for all the help, guidance and protection which we have been enjoying from them and the Brahmin (B.K.) family.

Late BK Betty Naraine and BK Steve Naraine, former Vice President of Guyana



Dehradun : Ms. Baby Rani Maurya, Hon'ble Governor of Uttarakhand, being presented Godly gift by BK Manju, BK Vinita and Brother Susheel.



Cuttack, College Square, Odisha : Mr. Shashi B. Behera, Minister of Finance & Excise and Mr. Prabhat R. Biswal, MLA inaugurating 'Golden Age Spiritual Fair' along with BK Kuldeep, Centre Incharge & BK Pushpa from Ulhasnagar.



Ludhiana, Punjab : Mr. Pardeep Aggarwal, Dy. Commissioner, being presented Godly gift by BK Sister Shivani along with BK Rajkumari Didi, Centre Incharge and BK Saraswati at a programme on 'Password to Happiness'.



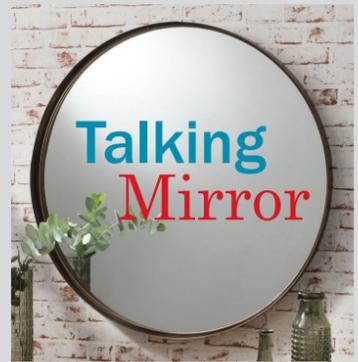
Jammu, J&K : At the programme 'Self Governance for Good Governance' are (L-R) Mr. Vinay Sharma, BK Ravinder, BK Komal, Mr. B.B. Vyas, Advisor to Governor, BK Asha Didi, BK Sudarshan Behn, Mr. Basant Rath, Commandant General, Home Guards and Ms. Kanta Rakwal, Addl. Dy. Commissioner.



New Delhi, Lodhi Road : Mr. A.K. Chaudhary, newly appointed Chairman, Steel Authority of India, being greeted by BK Pius and BK Girija.

Barnala, Punjab : Inaugurating 3-day programme on 'Shrimad Bhagavad Gita' are BK Usha Behn (Discourse Person), BK Brij Behn, Centre Incharge, Mr. Dharam Pal Gupta, Dy. Commissioner and others.

God Does Exist



A group of 15 soldiers led by a major were on their way to the post in the Himalayas where they would be deployed for the next three months. It was harsh winter and

intermittent snowfall made the treacherous climb more difficult.

If someone could offer a cup of tea, the major thought, knowing it was a futile wish. They continued for an hour before they came across a dilapidated structure, which looked like a tea shop but was locked. It was late in the night.

"No tea boys, bad luck", said the major. But he suggested all take some rest there as they had been walking for three hours. "Sir, this is a tea shop and we can make tea... We will have to break the lock", suggested one soldier.

The officer was in a great dilemma about the unethical suggestion, but the thought of a steaming cup of tea for the tired soldiers made him give the permission. They were in luck, the place had everything required to make tea, and also packets of biscuits.

The soldiers had tea and biscuits and were ready for the remaining journey. The major thought that they had broken the lock and had tea and biscuits without the permission of the owner. They were not a band of thieves but disciplined soldiers. He took out a Rs1,000 note from his wallet, placed it on the counter, pressed under the sugar container, so that the owner could see.

The officer was now relieved of his guilt. He ordered the shutter pulled down and they proceeded.

Three months passed, they continued to do gallantly in their work and were lucky not to lose anyone in the group in the intense insurgency situation. It was time for another team to replace them.

Soon they were on their way back and stopped at the same tea shop, which was open and the owner was present in the shop. The owner an old man with meagre resources was very happy to greet 15 customers. All of them had tea and biscuits.

They talked to the old man about his life and experience, specially selling tea at such a remote place. The old man had many stories to tell, replete with his faith in God. "Oh, Baba, if God is there, why should He keep you in such poverty?", commented one of them.

"Do not say like that Sahib ! God actually is there, I got a proof. Three months ago, I was going through very tough times because my only son had been severely beaten by terrorists, who wanted some information from him which he did not have. I had closed my shop to take my son to hospital. Some medicines were to be purchased and I had no money.

No one would give me loan for fear of the terrorists. There was no hope, Sahib. And I prayed to God for help. And Sahib, God walked into my shop that day. When I returned to my shop, I found the lock broken. I felt I was finished, But then I saw that God had left Rs1,000 under the sugar pot. I can't tell you what that money was worth that day. God exists Sahib. He does."

The faith in his eyes was unflinching.

Fifteen pairs of eyes met the eyes of the officer and read the order in his eyes clear and unambiguous, "Keep quiet". The officer got up and paid the bill. He hugged the old man and said, "Yes Baba, I know God does exist. And yes, the tea was wonderful."

The 15 pairs of eyes did not miss to notice the moisture building up in the eyes of their officer, a rare sight.

The truth is:

"You" can be kind and benevolent to anyone, like God. ■



The Auspicious Message of Rajyogini Dadi Janki for the New Year, 2019

*Beloved Divine Brothers and Sisters,
At the advent of the New Year, 2019, many sweet and hearty congratulations to you.*

According to the movement of the Time Cycle, the Golden-Aged Satyuga is to incarnate very soon. Let us make our thoughts, words and actions completely golden in order to welcome it.

Thought is the seed of human life. The words, actions and destiny flow from our thoughts. Each one of our thoughts is constructing the building of our destiny. Let us make a balance between our thinking, saying and doing. Whatever may be the circumstances, let us progress continuously. By decorating ourselves with the attitude of looking at others' qualities, let us surcharge our environment with the spirit of love.

It is a matter of great happiness to think of goodness and become the well-wisher of all. If you remember God Father Shiva with a true heart, there is no chance of forgetfulness. Godly remembrance is meant to make all of us quite friendly. God Father Shiva is the Comforter of all hearts.

He saves our mind from digression by teaching the Mantra – 'Manmanabhava'. Let God reign over your mind; let not the snake of evil enter it. Stick to your own religion of purity with God your 'one strength and one support.'

Accept the blessing 'Be a conqueror, ever' by giving farewell to all weaknesses in this transition time of old and new years. Congratulations to all divine Brothers and Sisters for the New Year and New Age:



Happy New Year 2019

Speech in the House of Lords mentioning Dadi Janki

The excerpt from Hansard (official report of proceedings in British Parliament) reporting Andrew Stone's speech in the House of Lords on December 17, in which he speaks about Dadi Janki.

Lord Andrew of Blackheath (LAB):

I am pleased that this report recommends that children should experience and learn to link the spiritual and the secular and be helped to broaden their world view... My Jewish evening classes, which I attended after school, were so narrow and strict, concentrating on ritual and practice, that I was made to think that I could not be spiritual.

Later, ... I was helped to know that I have within me "spirit", as we all do. I will mention five experts who are rectifying this lack of compassion and mutual respect between the secular and the spiritual in education and who demonstrate it with evidence-based practices and methodologies....

"Finally, I mention Dadi Janki, the spiritual leader of the Brahma Kumaris, based on Mount Abu in Rajasthan, who, 20 years ago, when I was in my 50s and she was in her 80s—she is now 103—began showing me, through her love and compassion, that I, like everyone else, had spirit within me. When we act from that connection, it is good for each of us and for all of us. The vision that Dadi shares has inspired values-based educational programmes around the world in schools, with young leaders, and in the Brahma Kumaris institution."



Sonepat, Haryana: Dadi Janki and Hon'ble Chief Minister Manoharlal Khattar unveiling the Plaque to inaugurate Dadi Janki Auditorium at Brahma Kumaris Sonepat Retreat Centre.



Rajyogini Dadi Janki, Chief of Brahma Kumaris, and Rajyogini Dadi Ratan Mohini, Jt. Chief of Brahma Kumaris, lovingly greeting each other on the occasion of the 18th Annual Day of Om Shanti Retreat Centre, Gurugram, Delhi NCR.

Feed mind with positive thoughts

BK Charles Hogg, Australia

A fast-paced life and an ever-changing environment takes its toll on people in many forms. A familiar “ailment” known to most executives is stress.

As the fundamental reason for stress is linked to the inability to cope with change, people in today’s times seem to lead even more stressful lives.

A historian has said that the last 80 years have seen more change than the rest of human history. Due to the changes that take place at very high speed, it’s no surprise that people of today get easily stressed out.

Stress, is not only caused by external factors like the environment and relationships we have with people, but also called by what happens internally within a person.

Negative attitudes that we have like resentment, cynicism, jealousy, can cause



When a person has more negative thoughts than positive ones, he is actually doing more harm to himself without realizing it.

stress and bring forth other complications.

It is being increasingly realized that Meditation is probably the number one antidote for stress.

Although meditation is seen as a practice related to religion, there are three types of meditation that one can practice.

“The first is to practice positive thinking which has no religious bond. Second is self-realization, which has some religious association and third, the very spiritual is Raja Yoga.”

Our mind, creates and processes some 30000-40000 thoughts a day. If we don’t manage our thoughts well, the quality of our life can go down. The quality of life is dependent on one’s quality of thoughts.

We need to be taught how to think positive from a young age. However, our education systems have failed to teach children on how to care for their state of mind. With the realization that you are the creator of your own thoughts, you can take more responsibility for what’s going on in your mind and be the master of your own thoughts.

When a person has more negative thoughts than positive ones, he is actually doing more harm to himself without realizing it.

Negative thinking stems from a low self-esteem and lack of self-esteem affects performance and relationships.

Positive thinking isn’t just a wishful state but is very much grounded on understanding one’s self.

When you understand the damage that negative thoughts can do and become more aware of them, you can weed them out. When there’s realization that we can feed the mind with positive thoughts, we will consciously look for positive situations, outcomes and relationships. Positive thinking is simply a habitual state of mind which increases self-respect.

Self-realization, on the other hand, is a method of meditation that gives the practitioner a clear idea of one’s true identity.

When you understand that you are a soul, you will realize that your external identity is just superficial and the automatic consequence of knowing one’s true self is to be peaceful.

Raja Yoga, the spiritual form of meditation, is a union of the soul with the Supreme Soul.

“When there’s union, one can connect and get influenced by the qualities of the Supreme Soul”.

Meditation is often seen as difficult because it deals with the mind which has never been disciplined. As meditation is about taking control and changing one’s self, when we meditate, we strengthen our internal state and don’t worry too much.

The more you know about yourself, the better the relationships you have with others and better your own life will be. ■

Quotable Quotes

There is a way to be good again.
- Khaled Hosseini

Find your own voice and use it.
-Jayne Cortez

Know how to live the time that is given to you.
- Dario Fo

All that counts in life is intention.
-Andrea Becelli

Knowledge comes, but wisdom lingers.
-Lord Tennyson

If you bury truth underground, it will but grow.
-Emile Zole



Guwahati, Asom : Prof. Kaptan Singh Solanki, Hon'ble Governor of Tripura, being presented a memento by BK Sheela Didi, Sub-zone Incharge after inaugurating National Conference of Scientists and Engineers. Also in pic are BK Mohan Singhal and BK Bharat Bhushan.

Drinking at the Fountain of Knowledge

The Fountain of Knowledge is very strange, very remarkable. The more one drinks the more thirsty one feels".

"Strange, indeed. Did you find out why?"

"No, the more you try to find out, the more you find you have to find out".

"I love riddles. I was told that those approaching the Fountain of Knowledge with awareness and humility see the warning on a marble plaque nearby - 'Caution. This can be the water of freedom. But this can also be the trap of bondage".

"That makes sense. People who never come back, greedily drink more water from the Fountain of Knowledge, become more thirsty, more miserable, and then begin arguing in endless debates, feast in intellectual orgies cooked by the ego, trying to prove only they are correct and everybody else wrong. They can't go further, they can't come back. They are trapped, maybe forever."

"Is there any escape route?"

"Yes, no problem arises without its solution. The solution is realization of the fundamental fact - the being knows. The intellect only guesses".

"You mean experimental wisdom, self-realization, alone counts. Intellectual knowledge, like that gleaned from books and other people's experience, can only help us speculate, like the blind men around the elephant".

"Yes, Liberation comes when one realizes that all our vast scientific knowledge is only apparent knowledge. Your humility frees you".

"True knowledge is that which totally purifies the mind. There may be an unending list of questions and more and more to know, but one should know only that one needs to know, only what is essential to know - about what is suffering, the root cause of suffering, and the way out of all suffering. The Fountain of Knowledge is no use if it cannot quench one's suffering".

"Whatever an egotist learns, Knowledge cleaves his head. For then he wants recognition, a place before other people, a place over other people". ■

(Purity Archives)

Needn't be perfect but honest in effort

Sometimes we try too hard, sometimes we do not try hard enough. Effort is necessary if we wish to improve our self and our situations. Our circumstances, our relationships, our destiny are the echo of our character in one way or another.

Effort is the commitment to reach a personal goal. The power of commitment is that it channels the energies available to me for the purpose of realizing my goals. Without commitment there cannot be consistency or honesty of effort.

In our endeavor for spirituality, that is, for self-development, we are not asked to make perfect effort but simply honest effort. Honesty makes me realistic about what I can do and what I cannot do. Just let me do that best I can for the requirement of that moment, that situation, that relationship. According to my understanding in my capacity I try my best. I cannot do more than that. Simultaneously, however, I keep my eyes open to the higher step always present on the ladder of learning. Not pressurizing the self to climb if not yet ready, but to acknowledge the existence of that higher step and when it is time to climb it. This is honesty. If we are not honest we become lazy, thinking enough is enough. Or, in the other direction, we over exert ourselves beyond what we can do and the inevitable failure that comes from the misjudgment of personal capacity brings discouragement.

An honest effort maker keeps the self-available for any lessons that Life is to teach. For no matter how much we have read, have done, know or understand, there is always room to be taught more. Honesty at every step keeps the door of learning open, removing the complacency and laziness and also averting the strain of a premature climb. To be honest we require sufficient humility. ■

(Purity Bureau)

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Mehsana, Gujarat : Inauguraing 'Inner Peace Inner Power' programme are (R-L) Mr. Jivabhai Patel, Ex. MP, BK Dr. Banarsilal, Mr. Nitinbhai Patel, Dy. Chief Minister, BK Sarla Behn, Sub-zone Incharge, BK Sister Shivani & BK Kusum.



Kathmandu, Nepal : Lighting lamps to inaugurate 'Women - Harbingers of Value Based Society' are BK Chakradhari Didi, Chairperson, BK Women's Wing, BK Raj Didi, Director, BK Centres in Nepal, Ms. Tham Maya Thapa, Women & Child Welfare Minister, BK Dr. Savita from Mt. Abu, BK Kiran and others.

Mr. Wise



Mr. Wise?

Yes.

Money makes the mare go?

Yes. It gets wheels even if its legs are broken.

Is that why money's become the God of godmen too?

I cannot say.

♦♦♦♦♦♦♦♦

And Mr. Wise?

Please continue.

More money, the merrier?

Illusion. Excess of everything is bad.

Is that why more money does not bring more happiness?

I cannot say.

♦♦♦♦♦♦♦♦

Lastly...

Yes.

Poverty is a curse, it brings various types of disease and influenza?

So is richness. Doesn't it also bring various types of "affluenza"?

Perhaps you are right.

♦♦♦♦♦♦♦♦

Tailpiece



A French taxicab driver once has Sir Arthur Conan Doyle as a passenger and when he received his fare, he said, 'Merci, Monsieur Conan Doyle'.

'Who, how do you know my name?' asked Sir Arthur. 'Well, sir,' replied the taxi man. 'I have seen in the papers that you were coming from the south of France to Paris. Your general appearance told me that you were English. Your hair had been clearly last cut by a barber in the south of France. I put these indications together and guessed at once that it was you.'

'That is very remarkable,' replied Sir Arthur. 'You have no other evidence to go upon?'

'Well,' hesitated the man, 'there was also the fact that your name was on your luggage.'

♦♦♦♦♦♦♦♦



Brahma Kumaris at COP24 - Katowice, Poland



The Islamic Relief, GreenFaith, Brahma Kumaris, Franciscans International, Quakers and World Council of Churches had a pleasant meeting with Orvais Sarmad, Dy. Executive Secretary of UNFCCC, (4th L) and presented him with the COP24 "Interfaith Statement".



Sister Jayanti, Sonja and Golo met Hans Joachim Schellnhuber, member of the Pontifical Academy of Sciences, Director Emeritus of the Potsdam Institute for Climate Research, and Sylvia Kotting-Uhl, a member of the German Parliament.



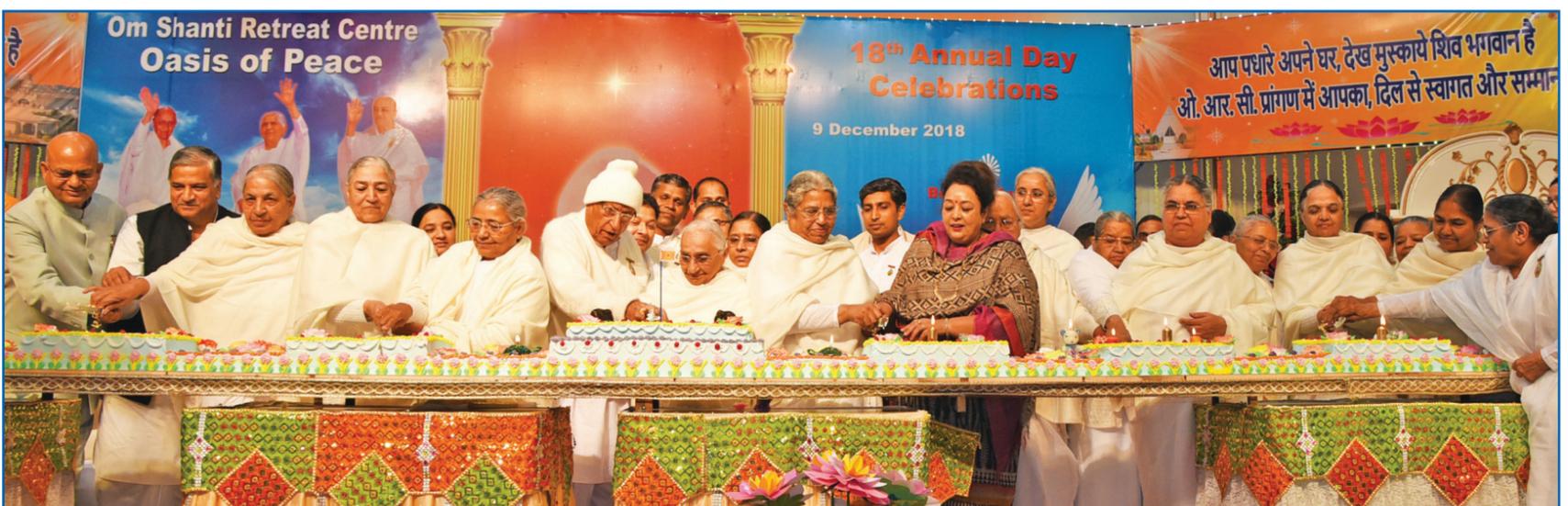
Shanti Sarovar, Hyderabad : BK Sister Aruna, Kuwait (Main Speaker), Mr. Jayesh Ranjan, IAS, Principal Secretary, IT dept. Telangana, BK Kuldeep Didi and others at 2-Day IT Retreat on the occasion of 7th anniversary of SiT Retreats, in association with IT dept., Govt. of Telangana, HySea, STPI & T-Hub.



Gateway to the Oceans.



BK Sisters from Bali presenting a dance at Bhagavad Gita Conference in ORC.



Om Shanti Retreat Centre (ORC), Gurugram : Celebrating 18th Annual Day by cutting 18 feet cake are Dadi Ratan Mohini, BK Brij Mohan, Mrs. Madhu Acharya, Mayor of Gurugram, BK Asha, BK Shukla, Justice V. Eshwaraiah, Dr. Rishipal, Addl. Commissioner of Police, Delhi, BK Pushpa, BK Sharda, BK Sarla, BK Manorama, BK Veena, BK Sunanda, BK Rajkumari and others.