



Purity

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Global Summit Report on Page 4

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The Fortune of Happiness

Most of us go through life making various efforts to ensure that we have physical and financial security, material comforts and good relationships. The ultimate aim behind having all these is to live a happy life.

Several factors contribute to the quality of our experiences in life. Being born in a wealthy family where one does not have to suffer any privations does give one a head start in life, as one has resources and opportunities to learn and grow that others may not have.

Learning, in turn, enables one to develop a broader perspective that helps in dealing with different situations and making better judgments. All of these things help us achieve success in our endeavours.

Then, if one is surrounded by happy souls who are caring and supportive, it provides an environment which helps in our healthy emotional development, making us similarly kind and helpful towards others. This makes for happy relationships and a contented life.

If the people one lives with are also upright and of sound character, that too provides us an added advantage as we are able to inculcate the right values at an early age, which keeps us on the right path in life.

All of these factors go a long way in helping us live a happy life. But by no means do they provide a guarantee of happiness.

It is said that if happiness is not in one's destiny, one will never experience it, even if one has all the trappings of a happy life, and one who is destined to be happy will be so with little.

There are numerous instances of men



Kolkata: Dadi Janki presenting a picture of God Shiva to Hon'ble Governor of West Bengal, Keshari Nath Tripathi, during the foundation stone laying ceremony of Global Enlightenment Centre.

and women who had wealth, power, fame and even a loving family, but they were still unhappy because of a flaw in their character. The character defect caused them to say or do things that were not right. If the seed is defective, what will it produce?

Happiness cannot be bought, achieved, or

consumed. It is the result of virtuous actions. As the law of karma tells us, we reap what we sow. Happiness flows from purity, peace, love, truth, generosity etc. If I am living these virtues, I will naturally experience happiness. On the other hand, if my life is bereft of virtues, true and lasting happiness will remain a mirage that I will keep chasing without success. As Christ said, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God. The fault here does not lie in the rich man's affluence, but in the arrogance and spiritual poverty that often come with too much wealth.

To cultivate virtues, I have to first realise the truth that I am a soul. The virtues are intrinsic to the soul. When I live with the awareness that I am a soul, the virtues are expressed in my thoughts, words and actions. When I mentally connect with God, the father of all souls and the ocean of virtues, His qualities begin to flow into me. When the soul is thus replenished with power and virtues, the old weaknesses begin to lose their hold on it. Regular connection with God eventually frees the soul from the influence of vices, and it is only after achieving this liberation that the soul can experience lasting happiness. ■

(Purity Features)



Waving hands in unison are the three Shiva Shaktis — Dadi Janki, Chief of Brahma Kumaris, Dadi Hirdaya Mohini, Addl. Chief of Brahma Kumaris, and Dadi Ratan Mohini, Jt. Chief of Brahma Kumaris.

NGO OF UNITED NATIONS IN CONSULTATIVE STATUS WITH ECOSOC & UNICEF. OVER 4500 ASSOCIATE CENTRES IN 137 COUNTRIES.

NEWS IN PHOTOS



New York, USA: Dr. Lee McGuinle, Mayor of Tannersville, presenting a proclamation sent by New York State Senator Mr. James Tedesco to BK Sister Jayanti from London, on the occasion of Brahma Kumaris' 40th anniversary in the USA.



Chandigarh: Lighting lamps during 4th anniversary event of Achal Didi are Dadi Ratan Mohini, Jt. Chief of Brahma Kumaris, Mr. Davesh Mudgil, Mayor of Chandigarh, BK Amirchand Bhai, BK Meera from Malaysia, BK Rajni from Japan and BK Hemlata from Trinidad & Tobago.



Raipur, Chattisgarh: Lighting lamps to inaugurate Navratri programme are BK Kamla Didi, Regional Director, Brahma Kumaris, BK Sister Shivani, Motivational Speaker, Mr. Suresh Oberoi, Cine Actor, Mr. Brijmohan Aggarwal, Agriculture and Water Resources Minister, Mr. Ajay Singh, Chief Secretary, Mr. Pramod Dubey, Mayor, and others.



Jaipur: Mrs. Vasundhara Raje Scindia, Hon'ble Chief Minister of Rajasthan, and BK Poonam lighting lamps to inaugurate Nav Durga programme.



Aizawl: Hon'ble Governor of Mizoram, K. Rajasekharan, during 'Amrit Mahotsav' of Rajyogini BK Satyawati Didi. Also in pic are BKs Rakesh and Narmada.



Lucknow: Dr. Dinesh Sharma, Hon'ble Dy. Chief Minister of Uttar Pradesh, and BK Radha lighting lamps to inaugurate Live Devis Tableau.



Chennai, Tamil Nadu: BK Sister Beena (sitting, extreme right) at the Interfaith Convention on 'Prayer for World Peace' held at the Foundation for Understanding Religious and Enlightened Citizenship.

Spiritual Responses to Critical Times

We are passing through times of abrupt change and extreme uncertainty. Anything can happen to anyone, anytime, anyway. The blind chase for power and dominance has brought humanity to this miserable state. At the external level, all institutions of a civilized society are in place, but in reality people are intoxicated by greed, ego and lust for what they want. The human society is infested with the proverbial wolves in sheep's clothing.

We are at a critical juncture in human evolution. In the backdrop of hundreds of wars and conflicts, poverty and marginalization, discrimination and racism, there has been amazing material progress whose benefit has reached only a handful of people on earth, leaving behind the vast majority to suffer the consequences of growing economic disparity and social destabilisation.

There has been a lot of effort to improve the state of the world through laws, treaties, and armed interventions. These methods have proved to be inadequate and cannot promise better results if applied in greater measure. A vicious system has been created in which the benefits of development are cornered by a small minority to the exclusion of the rest of humanity. For the vast majority of people, life is defined by increasing stress, worry, frustration, emptiness and ennui. A significant number of people are living in depression and despair. At the same time a small percentage of the world's people live in unimaginable luxury and apparent insularity. It is not only

Now is the time when
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an economic and social challenge, but also a real moral one.

This external state of the world is a reflection of the inner state of the world; our moral, ethical and spiritual foundations have become weak. Ego, lust and greed have become deeply rooted in human psyche, shaping a culture of 'I want' and going to any extent to fulfil one's wants. People have become callous and indifferent to the plight of their fellow men. Their focus and actions are centred on getting what they want even if that would mean harming or depriving others of their basic dignity and rights. This lust for power and pleasure has crossed all limits. The daily news is filled with horrifying stories of murder, fraud, rape and torture. Women, children and other vulnerable sections of society have become helpless prey to the viciousness of those who have been totally blinded by ego and lust.

Now is the time when we must turn our attention to the moral, ethical and spiritual dimensions of our life and strengthen these elements, which form the foundation of a truly advanced and happy society. The call of the present critical time is that the solutions to all the problems of the world are contained in elevated human consciousness, in eternal spiritual wisdom and values. Spirituality points us to the realisation that when we act with generosity, compassion and respect for all, we lay the foundation for holistic progress of entire humanity.

But first we have to connect to our true

nature and realise that we are not just physical entities but spiritual beings. When we shift our consciousness from the body to the soul, we transcend egocentric identities and selfish desires. When we connect to our innate values of peace, joy, love and truth, we connect with people around us with respect and care.

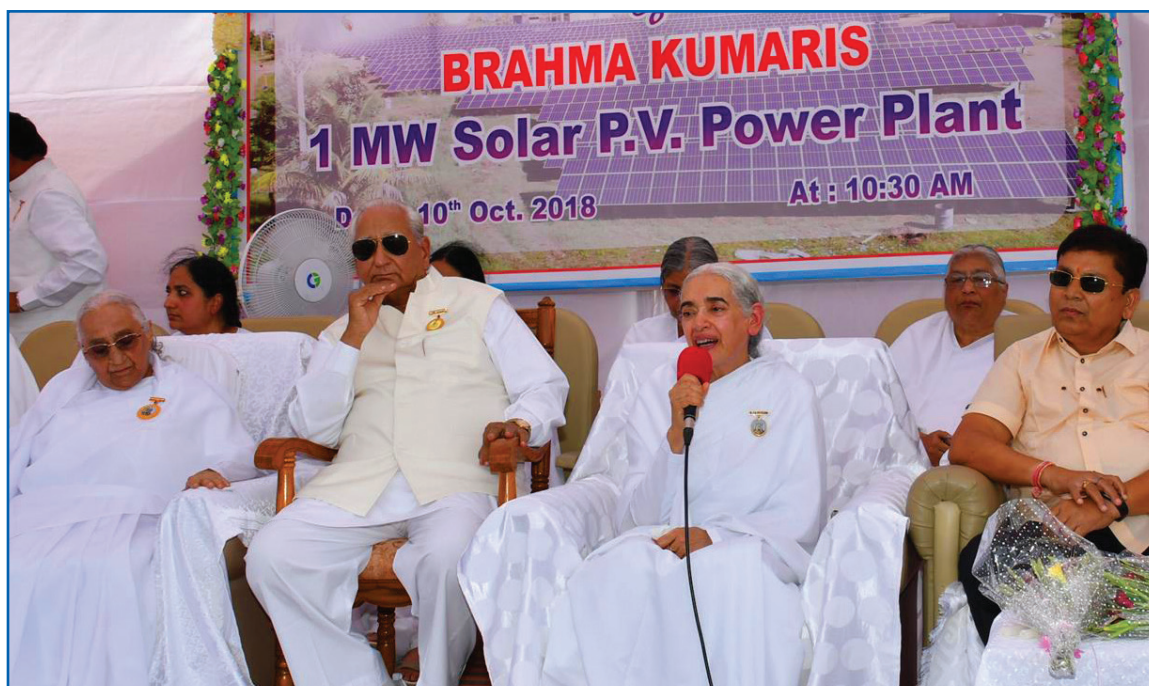
The present time is known as Sangamyuga – the confluence of the end of Kaliyuga and the beginning of Satyuga. To make the best use of this crucial time, God is now guiding us. He first gives us knowledge of the true self – that we are souls. By being soul conscious we can gain mastery over our mind and sense organs and act in the awareness of our highest values. Through soul consciousness we learn to disconnect from our limited, egocentric identities and break free from attachments and experience our original, pure, divine nature. He also tells us that when we remember Him with love, the vices within us are removed. He also guides us towards good karma and empowers us to perform the most benevolent actions.

What we have to focus on is to think, see, speak and perform only positive actions in remembrance of God at every moment. We have to see everyone as a pure soul and help them manifest that by being a good example and through our good wishes and pure feelings. If we do that, time will automatically change for good and usher in a new world. ■

(Purity Features)

Pearls of Wisdom

- The soul is the king of the senses.
- Happiness is the best diet.
- Let God always be in your heart and soul.
- Inwardness is the path to inner peace.
- Forever is composed of nows.
- A good laugh is like sunshine in the house.



Shantivan, Abu: Speaking during inauguration of 1 MW Solar P.V. Power Plant is BK Sister Jayanti from London. Also in pic are Rajyogini Dadi Ratan Mohini and Rajyogi BK Nirwair Bhai.



*The future is no more
uncertain than the
present.*

Global Summit-cum-Expo on Science, Spirituality & Environment

Abu Road (Rajasthan): The Global Summit-Cum-Expo on “Science, Spirituality and Environment” was inaugurated at the Brahma Kumaris Headquarters, Shantivan Campus, Abu Road, Rajasthan, by Hon’ble Justice Dipak Misra, Chief Justice of India; Hon’ble Rajnath Singh, Home Minister of India; and Rajyogini Dadi Ratan Mohini, Joint Chief of Brahma Kumaris, in the august presence of eminent personalities and more than 10,000 delegates from India and abroad.

Mr Rajnath Singh, Hon’ble Home Minister of India, spoke about mind, spirituality, science and Indian culture. He said the circumference of the mind was directly proportional to the magnitude of happiness. In order to carry out a big task, one needs to have a big heart, he said. The bigger the heart, the more joy will be in your life. A person does not become spiritual merely by praying. As a person goes on doing big things, he continues to achieve spiritual heights in his life. The Brahma Kumaris teach how to have a big heart, he said. The big hearts of Dadi Janki, Chief of the Brahma Kumaris, and Dadi Ratan Mohini had enabled them to expand the organization to 146 countries. The Brahma Kumaris are accomplishing what a government would not be able to do, he said.

Hon’ble Justice Dipak Misra, Chief Justice of India, said, “I feel a sense of peace here. We want universal peace and each of you is a great ambassador of peace. Science tells you about what is happening in the universe. Physical morality matters the most if we intend to have a clean, clear, unpolluted universe. If everyone in the world believes and practices physical morality, there will be prevalence of environmental morality. Eighty lakh plants were planted by the Brahma Kumaris organization; if you are planting a seed of morality, that is spiritual morality. Once there is peace within yourself, there will be peace in the world. We want peace in the world, a good environment in the world and a scientific research-oriented spirituality which is going to advance the world on the path of peace. The effort of the Brahma Kumaris is to make the world a place of belonging. All of us belong to this world, universe, so we need to be partners in construction, rather than destruction. You are constructive in creating a peaceful world.”

Desire becomes necessity, and necessity becomes need. Need gets a Ph.D when it is said, ‘I want it.’ The moment I say I want it, peace of mind is gone and the sense of spirituality is lost. Science is absolutely relevant to consciousness of the mind, soul and heart. When science and spirituality travel together with a philosophical



Shantivan, Abu: Inauguration of Global Summit on Science, Spirituality and Environment.

approach, man can create wonders by transforming himself from an ordinary man, by finding his true self with God. Science can grow with the aid of spirituality. God or the Almighty loves all of us, looks after us. God never scares anyone. When you surrender ego, you can connect with God. Purity of this organisation is helping everyone move forward in spirituality,” he added.

Marla Maples, a television personality and actress from USA, said that America was facing many challenges these days, but “the wonderful people and friends around us fill our lives with joy”. That had happened because she had included meditation of the Brahma Kumaris, and a vegetarian diet in her routine, she said. Addressing the Global Summit, she said that all of us can progress, move ahead, and stay together, “many thanks to God for this”. Rajyogini Dadi Ratan Mohini, Joint Chief of the Brahma Kumaris, said, “All of us are children of God and hence brothers. We must co-operate with each other and make each other happy. We must never have revenge, envy or jealousy. There was a Golden age in Bharat where there was joy, peace and bliss everywhere. There was no trace of unrighteousness. We can again create a golden world by making our actions divine.”

More than 500 renowned artists from different parts of India took part in a National Painting Contest-cum-Workshop on the eve of the Golden Summit. Renowned actress Gracy Singh staged a dance with her team and other dance groups enthralled the audience in Diamond Hall. ■ (Purity Report)

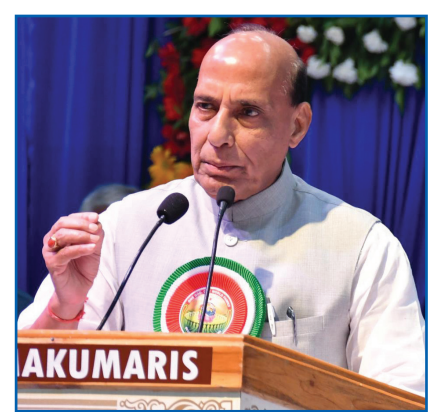
(For more details, contact bkiccf@bkivv.org)



Ms. Ara Rola, The Queen of Drums, Nigeria



Hon’ble Justice Dipak Misra, Chief Justice of India



Mr. Rajnath Singh, Hon’ble Home Minister of India



Ms. Marla Maples, TV Personality & Actress, USA



Mr. Thawar Chand Gehlot, Hon’ble Union Minister



Ms. Rita Bahuguna Joshi, Hon’ble Cabinet Minister, UP



Mr. Kartikeya Sarabhai, Leading Environmental Educator



Hon’ble Justice Dipak Misra going around the Global Expo.

The question of Life and Death

Something that will touch every one of us at some time during our existence is the experience of death — no matter how hard you try to avoid it or pretend it isn't there. It is something that most people do not wish to talk or think about and yet it is as certain as our very birth.

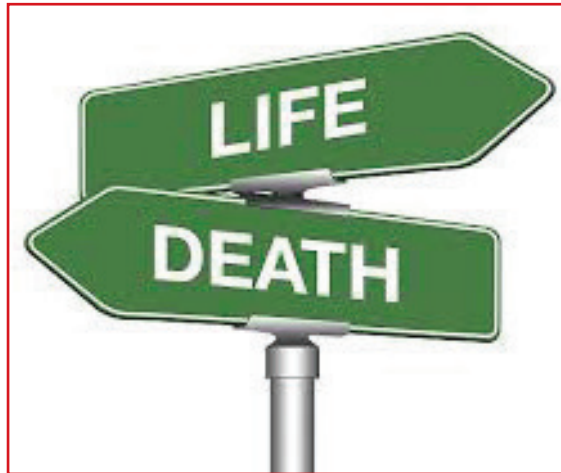
The greatest fear in human beings is the fear of the unknown. What happens to me at death? Is there an afterlife on earth, in heaven or on another plane of existence? The cause of this fear and confusion is not knowing who or what I am. We feel "I" am dying, thinking that the "I" is a body. When I realize that I am not this body, then I free myself from death altogether. I am immortal, eternal; I leave the body when the part I have been playing is over. The body dies, "I" do not.

We experience sorrow when something is taken away from us, and yet we know that everything in the physical world is perishable. It is not that we should not take joy in the things and people around us; after all, the purpose of life is to enjoy it.

We are actors on the stage and nothing is mine. I came alone, I will leave with nothing. I have not actually lost anything as nothing was and ever will be "mine". This world is a drama, we souls are acting through our bodies, playing our part with other actors, using the props, choosing the scenes of our choice... each with their own individual choice... with this understanding we can master the game of life.

We learn to live in the present, enjoying each moment, attaching ourselves to none and nothing, letting each scene flow by. Realizing the overall plan of this drama, we watch in wonder the intricacy and precision with which each action brings a reaction — equal and opposite.

This theory of cause and effect, action and reaction, is the basic law of life on both, the physical and metaphysical planes. Understanding this law, I am not careless with life, I perform each action with consideration,



It is being possessive of things and people that causes sorrow. I cannot control the coming and going of another soul.

foreseeing the overall reaction it will bring.

Death of a Loved One

This understanding also helps us face the loss of a loved one. We realize that we were playing a part together, and now that scene is over. Because of our carelessness we often experience a feeling of guilt for the lack of consideration we had shown our partner. The prime cause of this is again, possessiveness. It has become human nature that when we feel we possess something, we no longer give it regard, and as a song says, "We don't know what we've got until its gone".

Instead of appreciating what we have, we desire what we do not have or what we had. This is not the way to enjoy life!

It is being possessive towards things and people that causes sorrow. This is the so-called 'maya' or illusion of life. It is also because of this that I experience grief, loneliness and emptiness. I feel that I have lost that person's love, but it was never "mine", I was fortunate to experience it just as I may be fortunate to experience the warmth of the sun's rays and the freshness and coolness of water. I cannot control the coming of and going of another soul any more than I can control the rising and setting of the sun. I can only be appreciative of the experience.

Neither money, power nor prayer can stop the eternal flow of this Game of Life, so let me learn to flow with it. ■ (Purity Bureau)

Incredible!

- Abraham Lincoln was elected to the US Congress in 1846.
- John F Kennedy was elected to the Congress in 1946.
- Abraham Lincoln was elected US President in 1860.
- John F. Kennedy was elected US President in 1960.
- The names Lincoln and Kennedy each contain seven letters.
- Both were particularly concerned with civil rights.
- The wives of both lost their children while living in the White House.
- Both Presidents were shot on a Friday.
- Both were shot in the head.
- Both were shot in the presence of their wives.
- The Secretary of each President warned them not to go to the theatre and to Dallas, respectively.
- Lincoln's Secretary was named Kennedy.
- Kennedy's Secretary was named Lincoln.
- The successors of both were named Johnson.
- Andrew Johnson, who succeeded Lincoln, was born in 1808.
- Lyndon Johnson, who succeeded Kennedy, was born in 1908.
- John Wilkes Booth, who assassinated Lincoln, was born in 1839.
- Lee Harvey Oswald, who assassinated Kennedy, was born in 1939.
- Both assassins were known by their three names.
- Both names comprise 15 letters.
- Booth ran from the theatre and was captured in a warehouse.
- Oswald ran from the warehouse and was captured in a theatre.
- To cap it all, both Booth and Oswald were assassinated before their trials.

(Purity Bureau)



Trust not because they are trustworthy, trust so that they become trustworthy.

Muscat: Marking the International Day of Non-violence and the 150th birth anniversary of Mahatma Gandhi by releasing Indian postage stamps are HE Sheikh Mohd. bin Said bin Saif Al Kalbani, Minister of Social Development, HE Munu Mahawar, Ambassador of India to the Sultanate of Oman, BK Sister Shivani, Motivational Speaker from India, BK Sister Jyoti, Director, Raja Yoga Centers in the Middle East, BK Sister Gayathri, Director, Raja Yoga Center in Muscat, and others.

Character gives birth to destiny.



Time for Change

Editorial—

As the world braces to fight climate change, several car manufacturing companies are coming up with electric models, which they claim would help cut down greenhouse gas emissions. A recent news report, however, claims otherwise. It says that many such 'clean-fuel' cars, which are likely to hit the roads in large numbers in the coming years, are run using a heavy battery that is charged with power from the world's highly polluting grids, which are fuelled by non-renewable resources such as coal. Yes, e-cars would save on fossil fuels when driven, but their production process could emit carbon dioxide up to 74 per cent more than that of a conventional vehicle. Thus, their projected 'green' image could be very different from the ground reality.

The case of deceptive looks holds true even for our society. The #Me Too movement, which made its way into India this past month, revealed the dark underbelly of some of our flourishing industries. Several female actors, writers, assistant directors, models and others in the film and television world made public their harrowing accounts of how successful, famous, and socially 'very well respected' male colleagues assaulted them or harassed them sexually for long periods of time in the past. As the movement spread, many women journalists too named predators at their workplace.

The unequal gender equation has been a norm of sorts almost everywhere, but the accounts of well-educated, established or well-anchored women showed how deep-rooted the problem of gender-based violence is. A very disturbing fact is that even while the movement was creating noise, fresh news of criminal assaults on women and girls continued to pour in from around the country. In other news, a young man was arrested for murdering his parents and sister because he was upset at being nagged about his lifestyle. He was addicted to online gaming and would often bunk school for it. There were other murders reported from the capital over property disputes, for money and revenge.

Taking an aerial view of our times, we find that the vices of lust, anger and greed – which have been described as the gates to hell – are currently at their peak. There is no space untouched by them, and the resultant fire has taken a massive shape. People are willing to forgo their values, and the dignity attached to their role, relationships, age and social position to satiate evil tendencies.

Usually, after a spate of negative news, there is talk about bringing the guilty to book. Yes, that is very important. But the fact remains that even if the victims get justice, their emotional and physical loss can never be compensated. The cases which are reported are just the tip of the iceberg. Many victims prefer not taking the legal route because it is long, arduous and exhausting for them. Considering these aspects, it is essential that the government initiate stringent preventive measures.

In many of the aforementioned cases, the criminal tendencies were fuelled by addiction to unhealthy habits, visuals or alcohol. It is these areas that need to be tackled with seriousness. Why should we as a society permit consumption or practice of anything that is so harmful to our mental and social well-being? If the common ingredients of crime remain available, criminal acts will always be in the making.

The root cause of all crimes is the degeneration of human values, and the need of the hour is to revive them in a big way. Propriety and conduct should be given the highest regard while recruiting people to important offices, and media content should be regulated to match our high aim.

The government can also initiate value education through the media and educational institutions, and it can take it forward in collaboration with credible spiritual organisations. It is important that this movement is initiated with a vision of self-transformation, because no social change is possible when individuals fret over each other's behaviour and at the latest news, but continue to act as before in their private life. ■

Gleanings from the press

Meditation helps patients of glaucoma: Study

Meditation can help lower eye pressure in patients suffering from glaucoma, a study by doctors at All India Institute of Medical Sciences has shown. Patients who underwent meditation therapy had major changes in stress hormones, with improvement in their well-being. There were also changes in expression of the genes positively impacting the health of the retinal ganglion cells and optic nerve, which would potentially protect the eye from future damage and blindness, doctors said. *(Times News Network)*

Breaking new ground in fight against cancer

This year's Nobel laureates in medicine powered a breakthrough in cancer treatment. They showed that the body's immune system could be engineered to take on and eliminate cancer cells, opening the path to a fourth category of cancer treatment, which was limited to surgery, radiation and chemotherapy prior to this work. Dr. Allison and Dr. Honjo, working separately, showed in the 1990s how certain proteins act as "brakes" on the immune system's T-cells, limiting their ability to attack cancer cells, and that suppressing those proteins could transform the body's ability to fight cancer. *(News Report)*

U.K. now has a Suicide Prevention Minister

Britain's Prime Minister has appointed a Suicide Prevention Minister as part of a national effort to reduce the number of people who take their own lives. Theresa May named Jackie Doyle-Price to the newly created post on October 10. *(Associated Press)*



Hiding inside clean e-vehicle is a very dirty battery

Beneath the hoods of millions of clean electric cars rolling onto the world's roads in the next few years will be a dirty battery. Every major carmaker has plans for electric vehicles to cut greenhouse gas emissions, yet their manufacturers are, by and large, making lithium-ion batteries in places with some of the most polluting grids in the world. With such batteries, an electric car's carbon footprint can grow quite large. Just building each car battery – weighing upwards of 500 kilograms (1,100 pounds) in size for sport-utility vehicles – would emit up to 74 per cent more CO2 than producing an efficient conventional car if it's made in a factory powered by fossil fuels. *(Times of India)*

Drug-resistant strains

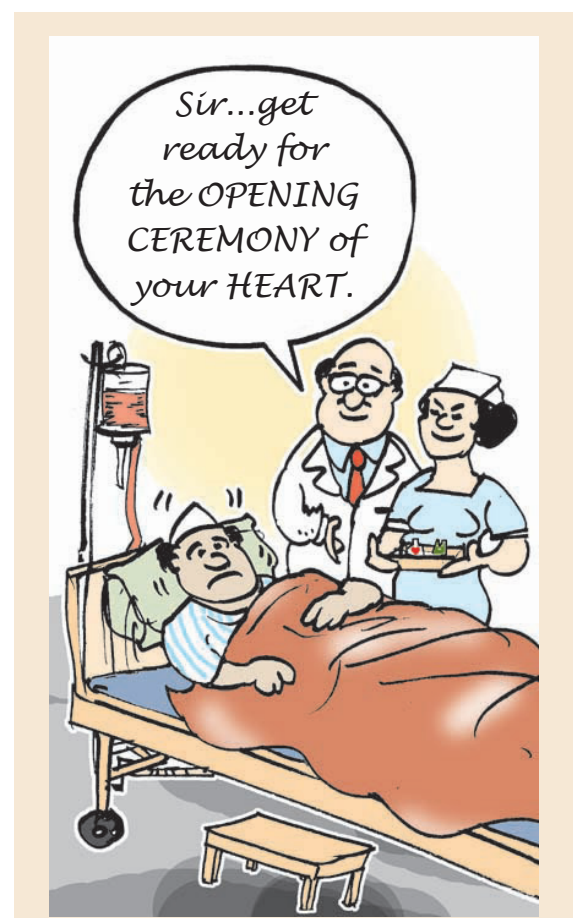
It is common for patients to stop taking medicines as soon as they start feeling better. Doctors have blamed this particular habit – of not completing the entire dose of antibiotics – for the emergence of drug-resistant strains in diseases such as malaria and tuberculosis (TB). However, experts say that under-dosing, or the use of poor-quality medicines, could be accelerating this drug resistance. *(The Hindu)*



Bhoola Bhai

And our friend Bhoola Bhai on Temple Street says that most ideas have a hard time getting into a man's head if they have to squeeze in between his prejudices.

If you judge people you have no time to love them.



Can it truly be called New?

BK Anjali, Hyderabad

In the English language, we find two words, “ancient” and “old”, which are synonyms. But the word ancient sounds more royal and dignified when compared to old. In today’s fast-moving world, we find something new every day – new technologies, new gadgets, new fashions, etc. Something new in every aspect of life. Earlier, the speed of change from old to new was more gradual when compared to the present days, the reason being that these new things are not able to fulfil our requirements of long-term comfort, happiness and peace of mind. The real purpose behind these innovations is to promote satisfaction and improve the quality of life. We really need to think about whether these things are beneficial or harmful. All these new things seem to symbolize development, but pose some or the other kind of hazard to humanity, further accelerating our pace and blinding us to reality. These short-term materialistic pleasures to gratify the senses become destructive in the long run. For example, chemical fertilizers were used to improve soil fertility and increase the output of agricultural land, but it has now come to the point where the land has become so polluted with the use of these fertilizers that it is difficult to grow anything. Even the use of plastics has become toxic for the environment. Currently, everything that is new is connected to technology. Albert Einstein’s words have now come true – “A day, I fear, will come when man will be a slave of technology, going against the ancient natural systems.” All these technological advancements are short-term developments at the cost of the physical, mental and social well-being of mankind. In the ancient days, people were more peaceful, happy, healthy and satisfied even without any technology. When these things are causing discontentment, imbalance, and ill health, and leading people towards violence instead of bringing long-term happiness and peace of mind, how can they be called new? Considering the overall welfare of the human civilization as a whole, these so-called new things are leading us towards deterioration rather than towards development. The things which are presently considered to be new



A day, I fear, will come when man will be a slave of technology, going against the ancient natural systems.

-Albert Einstein

are old in reality because they are causing degradation rather than upliftment of the society.

What we really need right now is something that leads to the holistic development of a person, that promotes brotherly love, unity and harmony among all, that brings us closer to our inner nature as well as deeply connects us with Mother Nature. This means development in science with a human face. For this, our thoughts, which are the foundation for everything, need to change — newness in our way of thinking, in the way we look at ourselves as well as everything around us. And this change comes about from new knowledge. This is where spirituality comes in, giving us the solution to everything, answering all questions and resolving all problems. Today’s world is characterized by consumerism – the desire to acquire more and more materialistic objects in order to fulfil our desire for comfort, peace and happiness. For this, man is exploiting

natural resources and becoming a burden on the planet. Going back to the roots, back to the ancient days, we come to realize that the purpose of our life is to give. As Mother Nature always gives sweetly and silently, without expecting anything in return. Proper understanding of spiritual knowledge changes everything from old to new – a new outlook, a new perspective, new thoughts and feelings. Most importantly, it establishes a new relationship with the Incorporeal Father – connecting the soul with the Supreme Soul. When we are connected to the Creator, Giver and Observer, we become givers, observers and trustees rather than owners. Everything else becomes old compared to the newness that spirituality brings, teaching us to consider all activities as a service and family relations to be the relations of service. Irrespective of the situation or the actions of others around, spirituality teaches us to always respond according to our original qualities of peace, happiness, love, etc. This is the kind of newness that the world requires. Newness that leads to self-transformation, that helps us to change our old habits and regain our original qualities. And this self-transformation results in world transformation. ■



When Spirit is Strong

The Brahma Kumaris, Hyderabad invited a special guest, Mr. Alexey Talai from the Republic of Belarus, to share his unique and motivating experience. As a result of explosion of old, World War II ammunition, Alexey lost both his legs and arms when he was 16 years old. Yet, he did not give way to despair and started a new life. Today he is a master of sports in swimming, a member of the Paralympic national team of Belarus, and has a black belt in taekwondo. He is a brilliant motivational speaker and trainer. Mr. Alexey Talai was welcomed with a standing ovation. His message, that “when the spirit is strong, body matters nothing”, inspired everyone.

(Purity News)



Om Shanti Retreat Centre, Gurugram: Group photo of participants in a four-day Chinese Retreat. The programme was organised by BK Sapna of Guangzhou Rajyoga Centre and included three Chinese artistes who enthralled the audience with Indian dances.

There must be more to life than having everything.



Kanpur, Uttar Pradesh: Lighting lamps at Annual Function of BK Chandra Nagari Centre are Mr. Satish Mahana, U.P. Cabinet Minister, BK Vidya Didi, BK Urmila from Delhi and BKs Girija and Archana.



Agra, Uttar Pradesh: Inaugurating 'Enlightened Media' seminar are Prof. Kamal Dixit, former Media Educator, Mr. Vivek Jain, General Secretary, UP Journalists Association, BK Sushant, National Coordinator, BK Shantanu, Hqs. Coordinator, BK Sheela, Sub-Zone Incharge and others.



Ranchi, Jharkhand: Inaugurating a religious programme are Dr. Sanjay Kumar, Chief Conservator of Forests, Mr. Avijit Ghosh, CMD, Heavy Engineering Corporation, BK Nirmala and others.

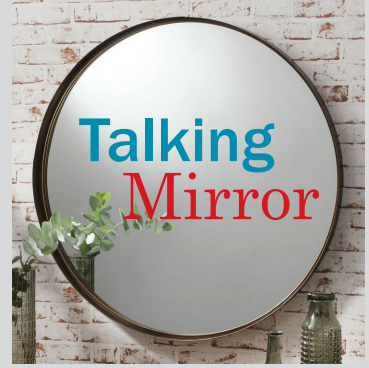


Jamshedpur: Inaugurating 'Adhbhut Matritv' programme are BK EV Swaminathan, Dr. Shubadha Neel, Dr. Ragini Baghai and others.

New Delhi, Pandav Bhawan: At 'Rajyoga Meditation for Better Performance in Sports' programme are BK Pushpa Didi, Mr. Neeraj Kumar, Research Officer, Union Sports Ministry, Mr. Rajkumar, Wrestling Coach, Mr. Shohan Atal, Judo Coach, SAI, BK Vijay Behn and others.



Sharing brings Joy



Once upon a time there was a little prince who was used to having everything he wanted. He was so spoilt that he wouldn't let anybody have a new toy if he didn't have it first. So, if any child in the land wanted a new toy, they had to buy two and give one to the prince.

One day a mysterious toymaker, who invented the most wonderful toys, came to the land. The prince liked his toys so much that he invited him to spend an entire year in the castle, promising him great wealth if he made him a new toy every day. The toymaker set just one condition:

"My toys are very special and need an owner who will play with them" he said. "Will you be able to devote a little time to each one every day?" "Of course, I will" the little prince replied impatiently. "I'd love to."

From then on, every morning the prince received a new toy. Every day it seemed that there could never be a better toy and every day the toymaker delivered a toy better than the previous ones. The prince appeared very happy.

But the toy collection kept growing and, after a few weeks had passed, there were simply too many toys to play with all of them every day. So, one day the prince put a few toys to one side, hoping that the toymaker wouldn't notice. However, when it was night time and the prince was ready to go to bed the toys that had been put away lined up in front of him and, one by one, demanded their daily playtime. The little prince couldn't get to sleep until well past midnight because he had to play with every single toy.

From then on, every day was a little bit worse than the one before. The same amount of time but with one extra toy to play with. The prince was so exhausted and sleepy, he barely had the time to enjoy playing. To make matters worse, the toys were getting more and more angry because the time he spent playing with them was becoming shorter and shorter.

Within a few weeks, he only had time to go from one toy to another, eating as he played, talking as he played, bathing as he played and even sleeping as he played. He was constantly changing toys, just like a terrible nightmare. Until one day, as he was looking out of his window, he saw some children playing with a stone next to the castle. He sent for the children. He invited them to play with him and share his toys. When they'd finished playing the prince let them take home the toys they liked the most.

Now the prince could enjoy himself without having too many toys to play with. Even better, he had new friends. From then on, he did the same thing every day and invited more children to the castle to share his toys. When it was time for the toymaker to leave, the 365 fantastic toys he had made had all been shared out and the palace had turned into the best playroom in the kingdom. ■



Guwahati, Asom: BK Sheela Didi, Regional Director, Mr. Pankaj Chakravorty, Addl. Distt. Collector, Darang, and Mr. Alkoni Bhattacharya, Social Worker in Swachh Bharat Abhiyan.

Inspirations from Dadi Janki

Chief of Brahma Kumaris

Have patience, mind

Many of us experience a persistent restlessness inside. The cure for this restlessness is the virtue of being patient. Tell your mind, "Have patience, mind."

Patience can be said to be the main virtue. Whilst sitting, walking and talking, check to see if you are maintaining patience as you are moving along. If you have even a trace of anger or irritation, you spoil your inner state. Give regard to your own self by not allowing yourself to become angry. Become very sweet. In fact, it is remembrance of God that will take care of your anger and make you very sweet.

Receive light and give light to others

Many in the world have lost their sense of inner peace and their sense of direction. Your own practice of self-realization and the remembrance of God allows you to lead a different kind of life, one in which you don't waste time, money or energy.

Because of this, you can make your life an example for others. Consider it to be your duty to be an example to others. My life should be such that I receive light and give light to others. Others should get inspiration from what I do.

Thinking too much is a habit

Thinking too much is a habit. There's no need to think a great deal. Teach yourself to stay in peace, happiness, love, and bliss. Free yourself from thinking negatively. Then you will become an embodiment of bliss. This is the highest service we can do at this time: give light; give peace; give happiness.

Worries are an illusion

They make you live in the future with the belief that you are busy, and take you away from the present. Worries are an excuse for



MM Swami Dharamdevmaharaj holding hands to greet Dadi Janki at Om Shanti Retreat Centre, Gurugram.

not doing what you really have to be doing. A reactive person appears very busy and worried. With worry, no problems can be resolved. A proactive person focuses attention on the present, acts with initiative and the understanding that being calm and free from worry is far more effective. ■

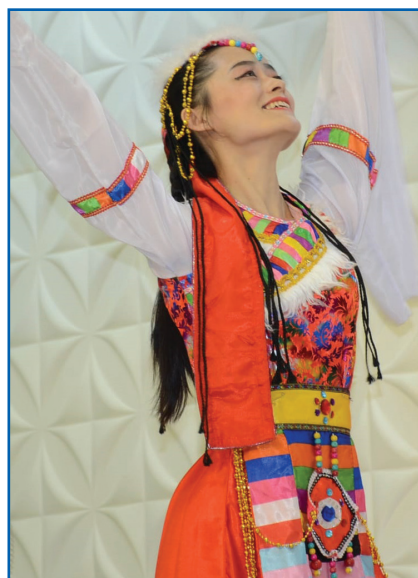
Spiritual Dimension of Health and Wellness

These are times when the medical and scientific communities are recognizing the value of spiritual elements in health and the quality of life. Living according to spiritual and moral values does have positive health consequences.

In health, we are seeing shifts from encounter to relationship in health care, from disease-centred to person-centred care, from fragmented to holistic care, from practitioner power to personal empowerment, and a shift from illness to wellness.

We are also seeing a shift from the purely personal to the social in which the individual and the carer are seen to be part of a community.

Bernie Seagal gives the following



Wang Xue Ying from China performing at Om Shanti Retreat Centre.

definition in his book *Love, Medicine and Miracles*.

"Spirituality means the ability to find peace and happiness in an imperfect world, and to feel that one's own personality is imperfect but acceptable. From this peaceful state of mind come both creativity and the ability to love unselfishly, which go hand in hand.

Acceptance, faith, forgiveness, peace and love are the traits that

define spirituality for me. These characteristics always appear in those who achieve unexpected healing of serious illness".

Seagal is speaking about his experience with patients. The same I believe applies to communities.

Values are crucial to what we do.

The Buddha and The Bandit

A bandit meets The Buddha in the forest and threatens to kill him. The Buddha says, "May I first ask you to do two things for me before you do so".

The bandit puffs out his chest and roars, "Of course, I am so mighty and powerful I can do anything you ask". The Buddha says, "Please cut off the lower branch of the tree over there". The bandit does that with one sweep of his huge sword. He is clearly pleased with his strength and power. "So, what is your second request?" Quietly and respectfully, the Buddha says, "My second request is that you now put the branch back on the tree".

"You must be crazy," explodes the bandit.

"No", says The Buddha. "You are the one who is crazy, because the

mighty and the powerful are those who know how to build, create and heal".

Faith

Caroline Myss, in her book *Anatomy of the Spirit*, speaks of faith. "Having faith in someone commits part of our energy to that person; having faith in an idea commits part of our energy to that idea, having faith in a fear commits part of our energy to that fear. As a result, our energy commitments, our minds, hearts and lives, become woven into their consequences.

Happiness and Misery

All the joy the world contains Has come through wishing happiness for others.

All the misery the world contains Has come through wanting pleasure for oneself.

The important frontiers of the future are spiritual, psychological and social, not technical and industrial. Somehow or other we have to discover how to live supportively with one another on a crowded planet, fulfilling our lives instead of being pushed around like marbles by an inconsiderate society. ■

(Purity Bureau)

The boat of truth may rock but it can never sink.

Diwali celebrates Era of Enlightenment

BK Asha, New Delhi

Diwali, the festival of lights, is celebrated on the darkest new moon night of the month of Kartik in the Hindu calendar. The festival marks the victory of good over evil. For Hindus, Jains and Sikhs, it also commemorates historical or mythological events that symbolise the triumph of knowledge over ignorance, and hope over despair.

The rituals associated with Diwali have deep spiritual significance.

Before Diwali, people clean and decorate their homes and workplaces. On Diwali night, they light lamps in their homes and offer prayers invoking Lakshmi, the goddess of wealth.

These practices are the ritualised expression of the rejuvenation of the human soul in its journey through time.

The cleaning done prior to Diwali symbolises the cleansing that the soul must undergo to be able to receive and retain the wisdom and virtues that God gives it. It is commonly said that Goddess Lakshmi does not enter homes that are not clean, and so people get rid of unwanted things littering their homes and make sure that every corner of their dwelling is clean before Diwali.

While one can hoard money and possessions in a messy house, the true



Diwali is a celebration of the light of spiritual knowledge dispelling the darkness of ignorance that masks one's true identity as an immortal being.

wealth of the soul, which is purity, cannot be retained in an impure mind.

If the mind is polluted by vices, one will have no inclination to seek wisdom or cultivate the virtues that make humans divine. Even if one is given spiritual knowledge, one will not be able to retain it, just as heavily soiled clothes do not absorb water and instead repel it. And an evil mind will use even the knowledge it has to achieve wrong ends, as illustrated by the story of the demon king Ravan, who is said to have been a great scholar.

The cleaner the mind, the more one is attracted to all that is good and noble, and it is such a mind that seeks enlightenment.

The lamps that adorn homes during Diwali symbolise the light of knowledge. Just as darkness causes fear and brings sorrow in the form of mishaps, ignorance of one's true identity leads to suffering, as body-consciousness gives rise to the vices that corrupt our thoughts and actions.

Diwali does not just mark the mythical victory of Lord Ram over Ravan, it is a celebration of the light of spiritual knowledge dispelling the darkness of ignorance that masks one's true identity as an immortal being.

The invocation of deities during this festival is meant to ensure a happy and prosperous future. But money alone does not bring happiness, as a lot of affluent people already know. Happiness is the fruit of good actions, which in turn flow from pure thoughts and feelings. Noble thinking will come naturally to us only if we have cleaned the mind and cultivated virtues such as love, kindness, purity and truth, which, like the fragrance of flowers, enrich human life and bring joy to relationships.

The deities worshipped during Diwali are physical representations of virtues. Goddess Laxmi, the deity most commonly associated with the festival, is depicted seated on a lotus flower, holding a lotus blossom each in two of her four arms, while one palm is raised in blessing and another showers gold coins. The lotus is a symbol of purity, as the flower remains untouched by the mud in which it blooms. The blessings and the gold signify generosity and abundance.

These are the qualities we need to invoke during Diwali in order to enrich our lives, as without them no amount of material wealth can bring us happiness. ■

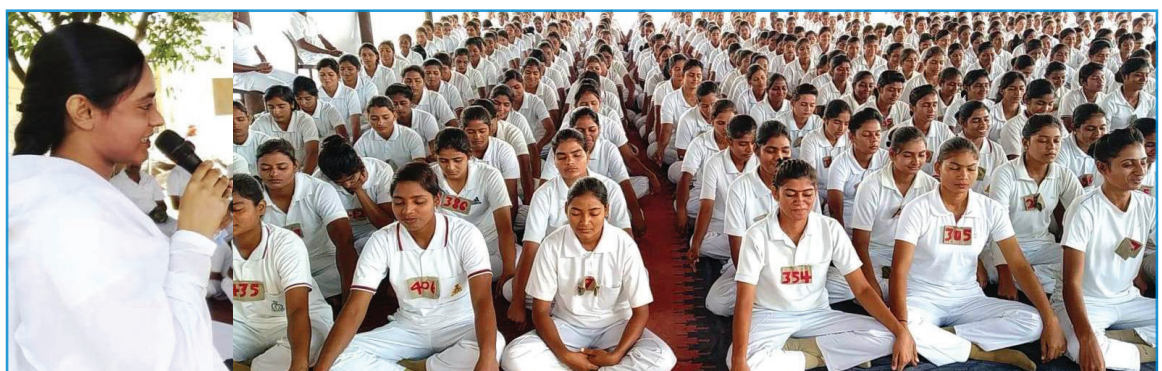
In Lighter Vein

- It's alright to have an open mind if you know what to let in.
- Nothing makes your car older than a neighbour's new one.
- The trouble with being an expert is that you can't turn to anybody else for advice.
- Today, even the future isn't what it used to be.
- When you breathe, you inspire, when you don't, you expire.
- The green light is the signal for the man behind you to blow his horn.

See, its our promise that prices of daily use items like gold, diamonds, cars, ACs will not be allowed to rise.



Take care of the minute, and the hours will take care of themselves.



Sarnath, Varanasi: BK Sister Taposhi conducting training in 'Positive Lifestyle' for 460 Ladies Police Force personnel, as per the direction of Director General of Police, Uttar Pradesh.



Sambalpur, Odisha: Seated during a conference on 'One God - One World Family' are BK Sister Parbati, Centre Incharge, BK Ramnath from Mt. Abu, Sadhvi Vishnupriya Nanda, Imam Sahabuddin Khan, Father Alphonse Toppo, S.Surjit Singh and BK Deepa.



Mysuru, Karnataka: At a programme titled 'Linking Hearts' are BK Lakshmi, Sub-Zone Incharge, BK Kamlesh and BK Meera from Mumbai, Mr. Mahendra Salian, BIT Travels, and Mr. S.P.Shantinath, Founding President, Mysore Travels Association.



Mohali, Punjab: BK Rama Didi giving Talk on 'Worry to Wisdom' at Brahma Kumaris Centre.



Cuttack, Odisha: Inaugurating 'New Dimensions in Social Service' programme are Mr. Prafulla Samal, Odisha Minister, Mr. Shashibhusan Behera, Odisha Minister, Mr. Chandrashekhar Pattnaik, Dist. Governor, Lions Club, BK Amirchand Bhai, BK Kamlesh Didi, Sub-Zone Incharge, BK Sulochana, and BK Vijaya from Gulbarga.



Om Shanti Retreat Centre, Gurugram: Group photo during eight-day Overseas Teacher's Training, with 50 participants from 17 countries. Faculty (seated in front row) are BK Asha Didi, BK Kiran, USA, BK Mary Jeanne, Canada and BK Margaret, London.

Mr. Wise

Mr. Wise?

Yes.

Tolerance is a great power?

Certainly. If I cannot tolerate I can't be ever-happy.

Particularly in the modern troubled times?

I cannot say.

◆◆◆◆◆

And Mr. Wise?

Yes please.

Some consider tolerance to be a weakness?

Tolerance does become a weakness when used as a substitute for the power to face.

I see, but why do they want only others to be tolerant?

I cannot say.

◆◆◆◆◆

Lastly...

Yes, come on.

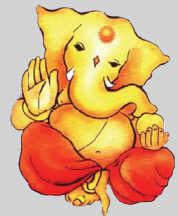
How to increase one's power of tolerance?

By energizing the mind for positive thinking.

And this ability can be gained by practising Raja Yoga meditation?

You are right.

◆◆◆◆◆



Tailpiece

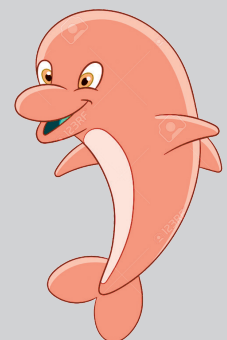
A small boy came hurriedly down the street and stopped in front of a stranger. 'Have you lost a pound coin?' the boy asked.

'Yes, yes, I believe I have!' said the man, feeling his pockets. 'Have you found one?'

'Oh, no. I just wanted to find out how many have been lost today. Yours makes fifty-five.'

■ ■

The harried clerk suffering from insomnia never got to sleep before dawn; then slept right through the alarm and so never made it to office on time. Upon being reprimanded by his boss, he decided to consult a doctor. The doctor gave him some sleeping pills. That night he fell asleep immediately and experienced a pleasant rest. In the morning he awoke before the alarm rang, and jumped out of bed with new verve and vigour. When he arrived at his office promptly, he told his boss, "Those pills I got from my doctor really work. I had no trouble at all waking up this morning." "That's nice", the boss replied, "But where were you yesterday?"





**'Cut with a Knife'
A Mile-Wide Iceberg**

Nasa has spotted a huge, mile-wide iceberg in Antarctica with edges so smooth they look like they have been cut with a knife. The 'monolith' was seen floating among sea ice and seems to have broken off an ice shelf. The clean and clear cut of the edges of the ice shows that the iceberg is relatively freshly broken off from the shelf, said the scientists who spotted it from a plane. Images taken during that trip show what is known as a 'tabular iceberg'. Tabular icebergs form when their weight snaps them off from the ice shelves they were once part of, often breaking off with the kind of clean precision as seen in the image.



Florida, USA: Hurricane Michael making landfall in the state, causing death and destruction with violent storms.



Odisha: Deadly cyclone Titti caused death and destruction in Gopalpur and surrounding areas.



Kolkata, West Bengal: Dadi Janki, BK Kanan Didi and others conducting 'bhoomi pooja' before foundation stone laying ceremony of Global Enlightenment Centre.



Shantivan, Abu: Bali dance being performed during cultural programme in Global Summit-cum-Expo.



Hyderabad, Telangana: Russian BK artistes performing during Grand Global Cultural Festival and Bathukamma Celebrations.