

# Purity

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**Point of View**  
How our lives might change  
if it were conclusively proven  
that human souls live forever!

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

## Shiva as destroyer of evil

In Hindu mythology, the trinity of Gods – Brahma, Vishnu and Shankar – are believed to represent the three divine acts of creation of a new world, its sustenance or preservation, and destruction of the old, evil world. These three functions are repeated in cyclic order and God is the harbinger of change and renewal of the world order in the form of destruction and purification of evil forces.

According to the Brahma Kumaris, incorporeal God Shiva is the Supreme Soul - *Paramatma* – the Almighty Creator, whereas Shankar represents one of the trinity of gods who are deities, or devas. Shankar is a bodily being always shown in meditative pose, while Shiva is represented as the formless *lingam* – a column of light. The three lines and a dot on the Shivalingam are symbolic of this distinction between incorporeal God Shiva, the Creator, and His trinity creation, in which Shankar is attributed with destruction. In popular Hindu mythology, Shiva and Shankar are believed to be the same. The stories attributed to Lord Shankar are in fact true spiritual acts of incorporeal God Shiva.

While most gods and goddesses are remembered for their creative and preserving roles that support smooth functioning of life processes, God Shiva is associated with both dark and destructive process as well as benevolence and benefaction. God Shiva is referred to by many names, of which a few symbolize his destructive role. Rudra, Mahakaleshwar and Bhairava are well-known names associated with his powerful, destructive image. He is instrumental in bringing about the crucial transition from darkness to light, from evil to righteousness, from vice to virtue.

A famous form of Shiva the destroyer is the Nataraj. Shiva *tandav* represents both, the destruction and creation of the universe, and reveals the cycles of death, birth and rebirth. His dance is for the welfare of the world. Under his feet, he crushes the demon of ignorance caused by forgetfulness. His uplifted foot in the dance indicates the release of humans from earthly bondages. This symbolic act of destruction is a constructive destruction that transforms demoniac nature to divine and Kaliyuga to Satyuga. God Shiva destroys in order to renew and regenerate. Through destruction



**Bahrain:** Dadi Janki, Chief of Brahma Kumaris, meeting with H.E. Sheikh Khalid Bin Abdullah Al Khalifa, Deputy Prime Minister of Kingdom of Bahrain.

he facilitates the smooth transition of world events from one stage to another. He destroys our impurities in order to ensure our spiritual progress.

By opening the third eye of wisdom, by awakening humans to their true spiritual identity, he destroys our ignorance and illusions, in the sense of destroying the ego, the false identification with the form, the body, the various roles and identities attached to it, and old memories. Through yoga – single-minded communion with Him – he destroys our old memories, habits, attachments, impure *sanskars*, *vikarmas* or wrong deeds, karmic bondages and removes all barriers that block our blissful union with God and realization of our own innate divine nature. Hence the act of destruction facilitates rejuvenation

and the continuation of souls in the cycle of time and karma. He is remembered as *patit pavan*, *paap kateshwar* and *mukti data*, one who purifies, destroys our sins and liberates all.

All that has a beginning by necessity must have an end. In destruction, truly nothing is destroyed but the illusion of individuality. Thus the power of destruction associated with God Shiva has a great purifying effect, on the individual level as well as the universal level. In Hindu mythology, Shiva is shown as a detached yogi. Shiva is always shown with a third eye. It symbolizes deep inward attention and being merged in the reality of the self. When we become *antarmukhi* and soul-conscious we are able to align with God and all the benevolent powers

and energies within us and in the universe.

The purification and destruction of evil is facilitated by spiritual wisdom and deep meditation with the Supreme soul Shiva. The path of yoga imparted for this process of purification calls for dropping all illusions and letting go of attachment to all false identities based on ego. *Vairagya* or complete disinterest in the world of *maya* or illusions is the state of consciousness that comes from deep loving and blissful yoga or communion with God and self-realisation. We stop being body-conscious and feeding negative energies around us and thus remain uninfluenced by the ups and downs of life. This enables our ascension from *tamoguni* to *satoguni* nature and the transformation of the old world into a new pure world.★ (Purity Features)



Supreme Soul Shiva destroys all ignorance and vices in the world.



Swami Adhyatamananda Maharaj, President, Shivananda Ashram, Ahmedabad, offering greetings to Dadi Janki.



Dadi Janki, Chief of Brahma Kumaris, and Dadi Hirdaya Mohini, Addl. Chief of Brahma Kumaris, seated in Diamond Hall after garlanding ceremony.



Rev. Michael Moran, Interfaith Leader, Sacramento, USA



Sister Draupadi Murmu, Hon'ble Governor of Jharkhand



Mr. Albert Asadullin, Singer from Russia

**Dadi Janki's  
centenary  
celebrations in  
BK HQs campus  
Shantivan**



Cine Actress Gracy Singh Dance Group, Mumbai



Angel Dance by Divine Light Group, Russia



New Zealand: BK Bhavna and interfaith leaders lighting candles to inaugurate a public programme, 'One God One World Family'.



Bali, Indonesia: BK Janki meeting with HE Mrs. Nengcha Lhowum Mukhopadhaya, Ambassador of India in Indonesia. Also seen in picture are Mr. R.O. Sunil Babu, Consul General, and BK Sister Gita of LA.

# Can indignation be righteous?

Many of us may have experienced what is called righteous indignation. This emotion is triggered by perceived unfair treatment, or by a feeling of having to put up with people we see as inferior to us or wrong.

When someone is simmering with righteous indignation, they feel that they are right and have every right to be annoyed, and sometimes make no effort to hide their displeasure so that the target of their anger, and others, get the message loud and clear.

There may well be occasions when those we consider less worthy are given more attention, credit or opportunities while we are ignored in spite of our better credentials.

We may not necessarily become indignant, but dismiss the whole thing with sneering contempt, convinced of our superiority and better judgment.

Does it help to feel this way about a situation or person? When we examine this feeling we find that it is just a tool for assuaging our ego, which generates the desire to be acknowledged, rewarded

Many ordinary looking people have extraordinary qualities which they do not advertise.

or praised. When the recognition goes to someone we judge as being undeserving of it, we feel indignant.

This feeling is also a product of critical vision, which makes us seek out faults in others while ignoring their good qualities. When we keep such a vision for others, they don't seem worthy, and we are unable to have genuine respect for them. We categorise and label each person in our minds according to his or her shortcomings, which may be real or imaginary, and every time we see them, the label pops up, and our thoughts and interactions are then conditioned by it.

Even if we are right about other people's weaknesses, and we have many admirable attributes or achievements of our own, a compassionate attitude will help us realise that we cannot really compare ourselves or our situation with that of others, or blame them for their flaws.

Each person is a product of his or her circumstances and experiences, and if we were in their shoes, we would probably be little different from them. When we say, "If I were in their place I would not have done this...", we forget that the other person may not have the benefit of the knowledge, experience and other qualities we have, and their actions could be the result of a personality or way of thinking that has been shaped by events and conditions that we have never encountered.

Then, we may think that the other person is not good enough, but maybe they have something in them that we are not aware of. Many ordinary looking people have extraordinary qualities which they don't advertise.

Moreover, if someone does

receive undeserved opportunities or acclaim, it does not take anything away from me. A diamond does not lose its value just because it is inside a box while shiny pieces of glass draw all the attention for whatever reason. Instead of having petty & grudging others for their opportunities and successes, it is much healthier to be empathetic and generous, and appreciate their good fortune.

Once I understand that my real worth comes from the core values of the soul – purity, peace, love, power and truth – I begin to derive contentment from within, and stop seeking it in the momentary joys provided by other people or events. I also stop comparing and judging, knowing that each person has their unique destiny.

Even if I am right, or good, and others are wrong, or not so good, and nobody seems to care, it does not diminish me in any way. My goodness will bear fruit at the right time and in the right manner, and if I pluck it in haste, I will end up having to eat unripe fruit.★ (Purity Features)



**Chennai, Tamil Nadu:** Standing after the awards ceremony during the National Conference on Holistic Sports are Mr. Orlando Rayen, Football, Mr. D. Mathivanan, Boxing, Mr. V. Kaliyappan, Silambam, Mr. B.M.Veeran, Weightlifting, Mr. A.K. Sinha, Sports Secretary, Southern Railways, Dr. M.S. Nagarajan, Sr. Sports Manager, BK Jagbir from Mount Abu, BK Devi, BK Kalavathy, BK Beena, Mr. A.D. Sendureswaran, Basketball, Prof. Dr. BK Pandian and Mr. R.D. Muralee, Martial Arts.

## Return to a benevolent farming system

There are big questions facing the people of India about the health of the country's citizens, about providing food security, and about the plight of India's primary producers. When we must be seeking urgent answers, the greed-ridden human mind is still thinking of ways to cash in on the last of the remains.

Initially, we discarded traditional cultivation practices and made popular with our farmers the use of synthetic fertilizers, chemical pesticides and technology-driven ways. Though this revolution promised us bumper yields, it made agriculture increasingly dependent on expensive inputs that the farmers had to buy despite their limited means. In the absence of a strong government credit system, the farmers once again went to the greedy moneylenders. Thus the modern practices did not free the farmers, but reinforced their subservience to private companies and lenders. It is for this reason that farmers' suicides have been rampant even in the prosperous states of the country in the past few decades.

Meanwhile, more and more chemicals made their way into our foodstuff, whose nutritional value is said to have declined over the years. Pesticides percolated into the food chain, making foods and vegetables poisonous. And the health ministry has confirmed media reports claiming that farmers are using hormone shots to make vegetables look bigger and garden fresh. Expressing concern, the ministry has confirmed that consuming such vegetables may cause nervous breakdowns, sterility and various neurotic complications.

But human greed does not end here. The latest debate is centred around genetically-modified foods. Though the producers of GM foods claim to have developed pest-resistant varieties of seeds, and present them as the key to food security, many researchers contend that scientific reports supporting GM foods are dubious and have been prepared under pressure from the corporate houses that produce them.

Most pro-farmer activists strongly oppose their use, saying that GM seeds are expensive and since their patent would lie with a handful of corporate houses, farmers would be unable to store these seeds, forcing them to buy these even in difficult situations.

What we need now is a holistic system of food production that protects the farmers' independence and consumers' health, while offering produce that is within the reach of the common man. We must return to a holistic organic system which respects nature. The notion of larger social good, and not profit-making, must lie at the root of all such practical solutions. Such a system would be inclusive and benevolent, always ready to feed and give, unlike the present system, in which a few companies want to claim exclusive rights to age-old practices and knowledge that our ancestors so freely and willingly passed on to their children.

The Brahma Kumaris have taken up a unique and effective project that makes use of the power of the mind in farming. In this project, which has met with considerable success, tracts of land are dedicated to traditional, inexpensive farming practices that make use of natural manure and fertilizers. The Brahma Kumaris then collectively meditate on the farmlands, sending out vibrations of purity, power, peace and love. This has yielded positive results in the form of increasing the inner resilience of the plants, and making the fields pest-free and the crops more nutritious.★

# Power of Purity

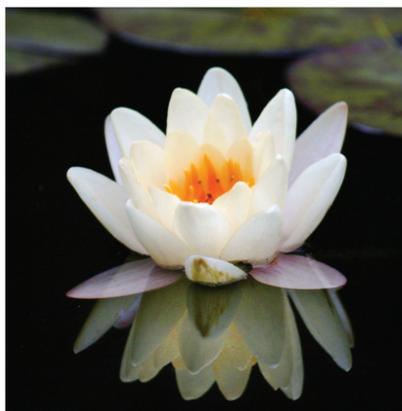
BK Neville Hodgkinson, London

There is an old saying in English, "Cleanliness is next to Godliness". This does not refer only to physical cleanliness. The deeper meaning is that in order to keep the heart connected to God, and the intellect's line of understanding clear, constant vigilance is required to prevent a build-up of the 'dust' of body-consciousness. Dust and dirt come in many forms, and some are much bigger enemies of truth than others. One area in which the teachings of the Brahma Kumaris have produced a big challenge to conventional morality is that of sexual lust. Brahma Baba used to call it the greatest enemy. It does not just create superficial body-consciousness. It is like poison for the soul. The reason is that it is a great pretender. It pretends to be an expression of love, of coming out of the narrow prison of the self and reaching out towards another. In addition, through its very intensity, it can give a brief taste of bliss, of freedom from everyday worries. This is why it is so important to so many. In a dry world, which has forgotten the bliss of deep soul-awareness, the fulfilment of sexual desire brings momentary respite. The satisfaction offered by lust is illusory, however, its basis is not true freedom, but rather, a process of physical arousal and release that readily becomes addictive rather than liberating.

## Care with Thoughts and Feelings

When we know that a particular food is bad for our health, we avoid it. Similarly, we must be very careful with our thoughts and feelings. Body-consciousness gives rise to incessant desires. It makes us subject to vices such as lust, ego, greed, attachment, and anger, which drain us of strength and destroy our integrity. When negative thoughts are active within the mind, they leave a residue of worry or pain that is like rubbish. Civilised people put their rubbish in a bin! They do not allow

There is no  
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happiness. Purity  
brings peace,  
and peace leads  
to love, and love  
brings happiness.



it to collect inside their house. By staying connected to the Divine, I have made myself free of bondage to the customs and systems of our materialistic, body-conscious world that purport to bring benefit, but which actually produce sorrow. A life like this automatically brings happiness to others, as well as to me. When they see how much I care for staying in yoga, and feel the spiritual love that flows towards them because of this divine connection, they feel uplifted and become inspired to make the connection for themselves. There is no nourishment like happiness. It is a superfood. Devotees remember God as the Remover of Sorrow and Bestower of Happiness, and we can become the same, but we have to remain clean inside to experience this joy continuously. With simplicity in our lives, we can keep drinking the nectar that God gives. Then anything else will seem like poison. The vices

brought corruption, violence, sorrow and peacelessness to the world. Purity brings peace, and peace leads to love, and love brings happiness.

## In God's Hands

What we searched for outside of ourselves, we have now found inside. Once we develop a taste for sitting in silence to drink this nectar, that taste pulls repeatedly. The heart draws us naturally inwards, and we experience a state of introversion. With God in our heart, the space there is occupied and people and situations cannot enter. The intellect becomes stable, unshakeable and immovable. We feel powerful. Then whatever happens, we will not fluctuate but will remain the observer of the passing scenes. Life brings examinations, but with determination and faith we pass easily. When we change ourselves, others will change too, but we do not need to worry about other people. Why intrude into their affairs? We do not even need to think about what should happen, according to our own ideas. Everything is in God's hands. It is all a game! The journey of life is a long one and we should enjoy it. Nevertheless, the world needs people who can sit quietly in a state of peace. When we remain contented, holding God's hand, finishing everything old and limited in us, He makes us do the right things. Then others will be contented with us. When we stay light and free, it is as if we are available to God so that through us, He can get done whatever needs to be done. He will also make us do what is needed for our own benefit. This is the power and beauty of purity. Let go of thoughts such as 'I'll try' or 'I don't know...' Such thoughts indicate that the heart is not honest, so that you are holding on to confusion and uncertainty. Just take that step of faith, and give your hand to God. One who resolves to stay in God's remembrance can finish the

weaknesses of others.

## Pure Awareness

When I remember God, the feeling is that whatever has happened up to now merges in the mists of time. It has no hold on me. I am present, and fearless. It is as if I sit in God's eyes, and see the whole world as He does, with detachment and love. Everything – past, present, and future – is included in this pure awareness. Lost in this experience, I know that all is well. If I come into the consciousness of problems or situations, God is no longer there. This Supreme Father is so real, so sweet, and so lovely. When I belong to Him, and keep Him with me, I receive a joy greater than anything the physical world can offer me. The sustenance we receive from God's spiritual love replaces physical love, and gives rise to a great inheritance. It is nothing less than salvation – the restoration of truth inside. For us to become worthy, effort must come from deep within the heart. It cannot be superficial. The Father's love requires us to keep mind and intellect completely free. We cannot continue with old habits, of losing ourselves in other people, or becoming busy in action. This is a very high study, which entails never remembering anything old or from the past, even from yesterday. We need to be very conscious of where our mind and intellect are going, because thoughts run as in a stream. What we remember at any one time brings many other thoughts or memories of a similar kind in its wake. For example, if we remember something wasteful or negative, a stream of other connected thoughts and feelings will follow, depleting us of spiritual energy. When we remember God, thoughts connected to the experience of who God is and what He does for us uplift us, and bring benefit in a host of ways. ★

(Excerpt from the book –  
"I Know How to Live, I Know How to Die:  
The Teachings of Dadi Janki")



BK Shambhu from Mt. Abu with 'Best Water Management Practice Award' given to Brahma Kumaris at World Water Leadership Congress, Taj Lands End, Mumbai.



# Happiness Unlimited

Conversation between Sister Shivani, a practitioner of Rajyoga meditation of Brahma Kumaris, and Suresh Oberoi, a reputed film actor with over 250 films to his credit. Adapted from popular TV series, 'Awakening with Brahma Kumaris'.

## It is the Choice I Make

There is a time to bid goodbye to the old and the ordinary, and to awaken the beauty within. That time is now. It is time to wake up and take charge of life, and rethink refreshingly. Indeed, it is time to awaken with Brahma Kumaris.

Om Shanti!

**Suresh Oberoi: What is the meaning of happiness?**

**Sister Shivani:** Happiness is the one thing in life that everyone is looking for, irrespective of what we are doing, what relationships we have established, what we are trying to achieve, and so on. If we think about life, clearly all of us are looking for happiness.

**SO: We are looking for happiness as you said. But what is it through which we are looking for it?**

**SS:** We do it through different means — it could be through possessions, through property, through relationships, through achievements, through good health. Like, if you ask someone what they want in life, they often say 'success'. Why they want success is primarily because it makes them happy. You ask someone why they want to buy a particular thing. The most likely response is that it makes them happy or may be it makes the family happy. Again, you ask someone what they get out of a relationship? Yet again, the response is often happiness. So, finally everyone is looking for that one word — happiness.

**SO: But is happiness limited or unlimited? It is limited, isn't it?**

**SS:** It is. In fact, I don't even know whether it's there.

**SO: So it is momentary — like a child who plays with a toy and breaks it, and then wants to try another one, then another one, and so on. So what are we looking for actually? If we are looking for happiness, shouldn't it be something concrete and permanent?**

**SS:** It should be permanent, that's most important. If happiness is something that I like, if it's something that I desire, and if comes naturally to me, then it won't be dependent on anything else outside. If it's dependent on something, then it can never be constant.

Simply put, if you are looking for it outside somewhere, then you are dependent on that thing and the feeling won't sustain. Let's say I feel good if the weather is pleasant; my feeling good is then dependent on the weather.

**SO: Sure! But what I want to understand is how can one have happiness without desires and dependency?**

**SS:** That's probably one of the oldest belief systems we have allowed ourselves to live by — the belief that happiness is to be got from the outside. Whether it's from achievements or from people or from what we are. 'I am doing this so that I will feel happy', is always the equation. When it's done, and done in the right way, I will feel happy. So, the dependency is on the act being performed in the right manner. Right from when a child is conditioned by the parents to make the parents feel good when the child gets good marks, when the child performs well, when the child looks good.

Slowly a child is conditioned to believe that if my parents feel happy then I will feel happy, and if my parents are not happy then how can I be happy?

**SO: Can you share some easier way or the right way whereby we can understand the meaning of happiness and understand how to achieve it without dependency?**

**SS:** First and foremost, let's try and see on what it is dependent. The simplest dependency that we experience on a daily basis is on objects. I'll feel happy when I buy a new car; I'll feel happy when I buy new property; I am happy when I go shopping.

**SO: But what is wrong in this? Isn't this natural?**

**SS:** What is more important — 'Is it true?' Are these dependencies actually making us happy?

**SO: Honestly speaking, I will feel happy if I bought a new car.**

**SS:** Of course you will, but is it the car which is giving you that happiness, which you are looking for?

I will feel happy when I have a new car... which means, if I don't, then it's a question mark. This also means that 10 days down the line, if the car gets a little scratch or a little bump, my happiness is again going to get affected because I have conditioned myself into believing that it is the car which is giving me happiness. Now that is not true. You buy a new car — the car could be of X amount, or it could be ten times the X amount; in fact, it could be the most expensive car in the world. You sit in the car and it is very comfortable. So who is experiencing the comfort? It's the body. It's got excellent seats, a great music system and a very powerful AC. There is complete physical comfort. I am comfortable sitting in the car and so I tell myself that I am feeling good. And just at that time I get a phone call saying something unpleasant has happened at home. Will I still be happy?



**SO: No.**

**SS:** But I am still comfortable. The car is still there and I am still in the car. The car was designed to give me physical comfort and it will give me physical comfort irrespective of any other life event that I encounter.

**SO: So, you mean to say that happiness and comfort are two different things?**

**SS:** Anything that is physical is designed to give me physical comfort. The chair I am sitting on is physical and giving me physical comfort, but I tell myself that this gives me happiness.

**SO: Is this a wrong belief that we have?**

**SS:** It's just that we were conditioned to think like this right from childhood. We have grown up with it. But now we need to question our belief system.

**SO: When we were children, our parents would buy something for us, saying 'we'll buy this for him and make the child happy', or would take us for a picnic to make us feel 'happy'. So that is the way we got conditioned.**

**SS:** Absolutely. Now I have the best bungalow and the best car, and I have all possessions I could have dreamed of at home; I have every gadget that I wanted. Then why am I still looking for happiness? Shouldn't the search have ended because the objects are all there at home? Name it and I have it. But I seem to be still searching for that feeling, which means the gadgets are not able to give it to me. What I have got from the gadgets is a comfortable life.

**SO: In the context of the car that you mentioned, the comfort is also no more there when the phone call says that something unpleasant has happened at home. So, where is the comfort here?**

**SS:** Picture yourself sitting in the car, your back straight, and your legs positioned comfortably. It is the mind that has suddenly created the pain because of the new information. When the mind gets uncomfortable, it is mind over matter. When the mind is in pain, physical comfort is immaterial. The body is comfortable — but 'I' am uncomfortable at that moment.

I am looking for happiness. So, at that moment the physical comfort does not matter. It would be the other way round too. I may be uncomfortable physically. I may just be sitting cross-legged on the floor, but internally I feel bliss, and so I am very comfortable.

**SO: How does one get there?**

**SS:** One gets there by understanding that physical context is separate from emotional comfort. I was not able to experience internal comfort — the internal stability that we call happiness, but I thought that if I am physically comfortable, then that means I will be happy. Today, we have started to buy happiness: if I buy this, this and this... the list is never-ending — I will be happy. This doesn't mean that we don't buy those things, rather let's not associate them with our being happy. I generally buy a thing because it's useful, it's comfortable or it's productive. But is it happiness? No!

At least I know why I am buying something; and I don't tell my mind that when I buy this I will be happy. If I associate material things with happiness then I am postponing my happiness and putting a new condition to it. Let's suppose that I am building a new house and I tell myself that when this house is built and I shift there, then I will be happy. This could mean after a year, or after two years.

So, again I am postponing my happiness until a future point of time. Think of a child — we look at the child in school and say that childhood is the best phase of life, but the child looks at the grown-ups around him and thinks they are so lucky, for they don't have to do homework or give an exam. He wishes to be in their place. The child is looking to be out of school so that he can be happy. He feels he will be very happy when he goes to a college. Then, when he gets into a college the thought is redefined. He feels he will be very happy when he gets a job, is married and has a family. But soon, he feels that he will be very happy when his children are settled. Few years down the line, the children are settled and everything is fine. What is the thought now? He feels he will be very happy when he retires. So, when will he actually be happy? He postponed his happiness to a different stage of life and every time there was a new blank to fill in. We are stuck in a vicious circle where we tell ourselves: when this happens, I will be happy.

(Contd. on page 10)

## Editorial

# Violent protests do not bode well for the nation

Last month, the scene in Delhi and its neighbouring areas was one of violence and discord. An agitation by Jats in Haryana demanding a reservation quota turned aggressive. Violent clashes ensued, leaving 28 people dead, 200 injured, besides causing large-scale destruction of property. Rail traffic was disrupted and the supply of fuel and essential commodities to several areas was hit for days.

In another incident that grabbed national attention, students of the prestigious Jawaharlal Nehru University (JNU) in the capital were assaulted by persons wearing lawyers' robes, when the president of the JNU students' body was being produced in a court. He had been accused of raising anti-national slogans at a gathering on the university campus. Media persons covering the event were not spared either, and many of them were attacked. These incidents reflect the growing intolerance in society, especially among the youth.

While democracy is open to voices of dissent and public expression of demands and criticism, it permits so only through peaceful means. In a true democracy, rights always come with duties, and our freedom of speech and expression does not come at the cost of others'.

However, when citizens become too attached to their viewpoint to bother about their approach, or fail to respect others' rights while demanding their own, it threatens democratic ideals and the security of the nation. Their passion for narrow interests causes them to lose sight of the larger picture and erodes the values of goodwill and brotherhood. If the government yields to such pressure for the sake of law and order, it sets a bad precedent and ends up encouraging divisive elements in society.

The father of the nation, Mahatma Gandhi, always gave precedence to the means he adopted to achieve his ends. He said: "They say 'means are after all means', I say 'means are, after all, everything'. As the means, so the end."

Spirituality also makes it clear that the means to achieve something are as important as the end. A wrong method dilutes the aim, and can even contradict and defeat it. It can entangle us in greater issues while we attempt to resolve the matter at hand. Thus the ethics of our approach are crucial to our goal and must never be ignored.

If the road we tread on is the right one, it will automatically lead to the right destination. On the other hand, if we are struck by 'destination frenzy', there is great risk of getting diverted from the higher purpose of our endeavour.

The end we achieve is, in fact, connected to many new beginnings, and impacts us and others far more than we can imagine. At the root of this spiritual truth lies the law of karma which states that every action we perform has an equal and opposite reaction. This reaction then motivates a new action, setting off exchange of karmic energy, and bringing multiple returns. One action can thus start a ripple effect, and by the time it bounces back to us, it may carry much more positive or negative charge than our initial investment. It is, therefore, of utmost importance that we as individuals and as groups consider all the possible repercussions of our course of action before embarking on it.

Spiritual knowledge empowers us to devise practical solutions to our challenges. It also allows us to connect with others on common ground. If it is imparted to the country's youth in the right manner, it will act as a great harmoniser and strengthen the roots of our democracy. The government, media houses, religious and educational institutions must all join hands for this cause.★

## Gleanings from the press

### Preventive steps key to fighting cancer: Experts

Better eating habits, weight management, no tobacco consumption or smoking, and regular exercise along with preventive health checks at regular intervals are critical to tackling the increasing incidence of cancer in India, say oncologists and public health experts. Doctors say obesity or being overweight often contributes to breast, kidney and colon cancer. However, eating salads and fruits as part of a regular diet can help prevent the disease. *(News Item)*

### UAE to get ministers for happiness and tolerance

Dubai's ruler has said the United Arab Emirates will soon create a state minister's position devoted to ensuring the happiness of the citizens. The country will also create a minister of state position to oversee tolerance in a country that is home to people of many faiths and ethnicities. "It is a beginning of a new journey of achievement and giving to the people and taking care of them," his message read. *(AP)*

### Strokes on the rise among younger adults

A survey has found that between 1995 and 2008, the increased number of young people (ages 15 to 44) who were hospitalized for stroke closely followed an increase in several chronic conditions, including high blood pressure, diabetes, obesity and lipid disorders. "People who are obese are at greater risk for high blood pressure, and high blood pressure is the leading risk factor for strokes," said Dr. Many George, an author of the study report. *(A Report)*

### Fastest sea rise in 28 centuries

Global sea levels rose faster in the 20th century than in any of the 27 previous centuries, a new analysis shows. And scientists say without climate change, global sea levels would have risen by less than half the observed 20th century increase and might even have fallen. Instead, global sea levels rose by about 14 centimetres, or 5.5 inches, from 1900 to 2000. That's a substantial increase, especially for vulnerable, low-lying coastal areas. *(News Item)*

### A 'smart shirt' to improve your fitness

Two Japanese firms have developed an intelligent undershirt that can be connected to a smartphone and provide data on the health of the person wearing it. The shirt has an ultrafine and flexible sensor (which can be removed before the shirt is washed) that can monitor posture, heart rate, and calories consumed and burned. Data is collected through the electrically conductive fibre of the shirt and is wirelessly transmitted to a smartphone, where the user can view the information using an app. Based on the information collected, the app will provide the users suggestions on improving health or stepping up fitness workouts. *(IANS)*

### 5% weight loss can dramatically improve health

For patients who are obese and trying to lose weight, the greatest health benefits come from losing just 5 percent of their body weight. A new study shows that relatively small weight loss markedly lowers a patient's risk for diabetes and cardiovascular disease and improves metabolic functions in liver, fat and muscle tissue. *(News Report)*

### Bhoola Bhai

And our friend  
Bhoola Bhai on  
Temple Street  
agrees that he  
who wins the most  
arguments has the  
fewest friends.



# Choose to live

BK Ken, Sao Paulo, Brazil

Recently, I was invited to the town of Santa Maria, in southern Brazil, by a group of concerned citizens and public officials to talk to them about the time we are living in. It was the place where 250 young people lost their lives in a fire at a nightclub in January 2013.

It's very hard to forget the scenes of horror that were all over the press at the time, especially for families who lost loved ones. We know that life is hard, that tragedies happen — some preventable and others not. Buildings fall, ships sink, earthquakes and tsunamis destroy. In this case, it was a series of human errors, both before the event, as well as on the day of the disaster. The list of errors that contributed is long:

- There was overcrowding that night.
- The singer held up a flare on the stage.
- The sparks hit the foam roof and started the fire.
- The fire extinguisher at the side of the stage didn't work.
- The exits were too small to let so many people out.
- Etc. etc.

As always, when such human disasters happen, we are left holding the pieces of a sad reality and the memories of what could have been. Despite the suffering, life goes on. Nevertheless, we owe it to those who perished to extract the right lessons, both technical and human. We punish those who need to be punished. We mourn the lives lost. However, the greatest tribute to the beings who left their bodies in the fire is to learn all the lessons we can, to prevent similar disasters in the future. Unfortunately, there is no guarantee it will be so.

As always in such situations, we fall over ourselves looking for solutions. In this case, across the country, local governments mobilized to review permits for nightclubs and other indoor environments and to increase security. But hindsight and its lessons only serve us if they form the basis of a new and more comprehensive foresight, based on more solid choices. No point in getting into unreal verb tense — “if we only had or had not done something, we could have done such-and-such.” It happened. Let's move forward, but with more awareness.

In the lecture, I remembered the beginning of the classic by Charles Dickens, *A Tale of Two Cities*, about the time of the French Revolution,



Someone who tries to see  
the world only through  
the eye of their own selfish  
interests ends up seeing  
the world not as it is, but as  
the ego says it is.

in which London and Paris were contrasted:

It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us...”

This phrase shows the choices we have in all ages, and more especially this present one.

It is crucial to learn to identify the lifestyle choices that we have between the best and worst and to develop the power to discern which is the basis of making the right choices. Inner power comes from the practice of meditation and personal reflection, which help us to have less and better thoughts.

Someone who tries to see the world only through the eye of their own selfish interests ends

up seeing the world not as it is, but as the ego says it is. If we open our perspective, we naturally see more. If we see more, we understand more and choose better.

In the modern troubled times, I can't think of a greater gift for anyone of any age than to have the power of discernment. We are bombarded 24 hours a day with verbal, visual and written information. A human being who lives in a big city today learns more in one day than someone at the time of the French Revolution learned in his whole life. There is a continuous buffet of offerings for our senses. With so many varieties of products, services, courses and forms of entertainment it is hard to know what we want and to navigate well in a changing sea of truths and falsehoods.

The power to discern is the ability to see the difference between two or more objects or situations. It is an important compass in these troubled times. It becomes one of the most powerful weapons for success, not only in our personal lives, but also in our professional ones.

Finally, if we have the power to discern, we can choose how, where and with whom we celebrate life.

Sydney Carton, the hero of 'A Tale of Two Cities', having traded places with a friend to die at the guillotine, says just before the axe falls: “It is a far, far better thing that I do, than I have ever done; it is a far, far better rest that I go to than I have ever known.”

Until the last minute, we choose our way.★



**Om Shanti Retreat Centre, Gurgaon:** Group photo of 80 participants from 46 countries in “Experiments in Silence” retreat. Seated in front row are Dadi Kamalmani, BK Brijmohan, BK Geeta, BK Asha, BK Shukla, BK Meera from Malaysia, BK Moira from Argentina, BK Vijaya and others.



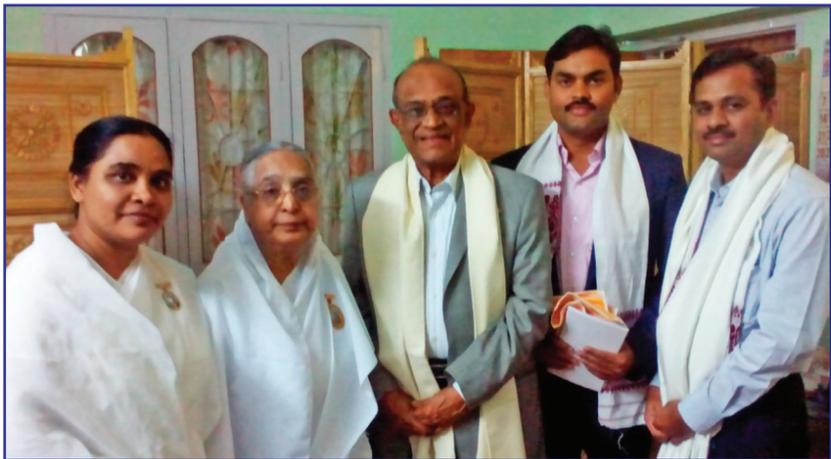
**Kochi, Kerala :** Lighting lamps to inaugurate Spiritual Discourse on Rajyoga for Healthy & Happy Society by BK Brijmohan are Mr. Anwer Sudath, MLA, Dr. K. Nambhudhiri, Director, Nagarjuna Ayurvedic Centre, Dr. M.C. Dileep Kumar, Vice-chancellor Sree Shankara Sanskrit University, BK Vasan and BK Radha.



**New Jersey, USA :** Workshop on 'Integrating Spirituality in Health Care' facilitated by BK Dr. Kala and Sister Carmen. Fourty healthcare professionals participated..



**Patiala, Punjab :** Mr. Bhagwan Das Juneja, Social Worker & Shiromani Akali Dal Leader being presented Godly gift by BK Shanta along with Dr. Rakesh Vermi and BK Rakhi.

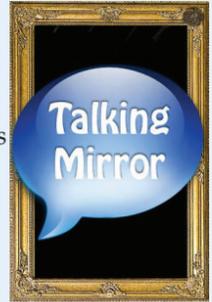


**Guwahati, Asom :** BK Sheela with Padmashree Dr. G. Bakthavathsalam, Chairman, KG Hospital, Coimbatore after falicitating him with shawl.

## YOGA

- Yoga is the rhythm of body, melody of mind and harmony of soul. Create the symphony of life.
- Yoga is not work-out, it is work-in.
- Yoga is the stilling of changing states of mind.
- Soul always knows what to do to heal itself. The challenge is to silence the mind.
- Yoga is the - journey to the self - through the Supreme - to the self.

## Value of Life



One afternoon, Guru Nanak and his companions were resting on the banks of the Ganges at Patna. Mardana was idly inspecting a stone he had picked up along the road, thinking of the vast throngs who had come to hear the Guru. "Master," said Mardana, "you teach a way for every person to find liberation. But many of those who listen still seem to spend much of their time in conflict, and in seeking out excitement and other idle pursuits. Why do they waste away their lives so?"

"Most people don't recognize its value," replied the Guru, "although human life is the dearest treasure on this earth." "Surely everyone can see the value of life," said Mardana. "No," said Nanak. "Each man places his own value on things according to what he thinks. A different man with different knowledge will place a different value.

That stone you found in the dirt will make a good example. Take it to the marketplace and see what you can get for it."

Puzzled, Mardana took the stone to the marketplace and at a stall that sold sweets asked what the vendor would trade for it. The man laughed. "Go away, you're wasting my time."

He next tried a produce seller. "I have paying customers to wait on," said the grocer. "I'll give you an onion for it just to get you out of here." Mardana tried several more shops with no better response. Finally he came to the shop of Salis Raj, the jeweller. Salis Raj's eyes opened wide when he saw the stone. "I'm sorry," he said, "I don't have enough money to buy your gem. But I will give you a hundred rupees if you will let me look at it a while longer."

Mardana hurried back to the Guru to tell him what had happened. "See," said Guru Nanak, "how when we are ignorant we mistake a valuable gem for a worthless stone. If someone had told you its value before you knew what it was, you would have thought they were crazy. Such a jewel is human life, and whatever you've traded for it, that is what is yours." \*

## Spiritual Wisdom

### Reflection

Reflection (thinking deeply) is a necessary step in digesting knowledge. Reflection is an exercise of the mind and intellect that goes into the depths of understanding an idea, or realization, or point of knowledge with the aim of practicing it in daily life.

Values in my life are a sign that knowledge has been digested; without this, knowledge simply remains a beautiful aspect, appreciated, interesting information in my intellect but without the ability to give me strength because it is still external; it has not been internalised.

All quality action (quality action is that action which is truly appropriate to person, circumstance and the need of the moment), all newness of perception (understanding), all new insights, or visions, require a space for silent reflection as a preliminary step. Normally, we are lost in the business of action, its routine and ritual that make our life so mechanical and hence dull and boring, or demanding and hectic. A mind and intellect that do not give time and attention to reflective silence (meditation) becomes lazy, though externally there is lots of activity for hours and hours. No new heights are reached because there is no depth of awareness in what we are doing, no reflection on purpose. As a result, we get trapped by routine.

To be dictated to by external situations, which make us run around without stopping internally, brings about unnecessary stress on the mind, which keeps us tied to the strings of the external, like a puppet pulled, pressed and pushed by circumstances. To break free from this force, to relieve the mind of the weight of stress and waste and routine, I need to step inside and reflect (think) on who I am and where I am going and reassess my value system. Otherwise, life becomes like a wheel that keeps spinning faster and faster until we become dizzy - we want to get off but it is going so fast we do not know how. Reflection and taking time to understand spiritual knowledge bring us to the essence of everything. \*

## Wisdom of Dadi Janki

### Pure Feelings

People have experienced a deception in their lives. There has been a lot of exchange of everything that is false, so feelings have been destroyed. It is why some people have stopped feeling altogether, and have rejected the world. However, when a soul starts receiving something from God, the heart opens up. So let us take



God's love and have pure feelings. Let us experience what pure feelings are. Let us have trust in each other and faith in ourselves. Let us learn to love ourselves. Let us have purity in our feelings, then we can experience love. Let us take from God and give to others. When we have very powerful good wishes for others, good feelings for others, those feelings reach them. We can help each other through the power of our good feelings.

Deep in my heart there is just this one feeling: just as I have received so much from God, may all God's children receive the same from their Father.

### Detachment

You need power to remain free from the influence of others. Detachment is this power. If you can't stay detached from influences, you will not be able to keep your thoughts under control. From there it will be a downward spiral until all trace of inner well-being is lost.

The first step in detachment is to understand who you are as a spiritual entity. This allows you to 'detach' yourself from your physical identity and its world of limited thoughts and feelings, and 'attach' instead to your spiritual awareness. There will be attraction towards human beings and the material world. Detachment is not a question of becoming separate from the latter, but of simply remaining conscious of yourself as a spiritual being whilst being in the world and playing your part. Detachment simply means to keep yourself centred in your spirituality.

### True love from you

True love is totally uninterested in that which is false. Superficial emotions which keep you on the surface of things are not the basis of true love. True love means pure love, and pure love is based on your innermost truth, goodness and desire to bring benefit to others. Being superficial and imagining things about others dilutes pure love. Being affected by other people's character also dilutes it. You need to endeavour to understand the things of pure love and to check that it is what you are working with.

Let your love be so true that even if others become your enemy, you do not stop loving them. You have to give love truthfully, from your heart. Your love should be such that you are able to place your hand on your heart and know that what you are giving is true. True love is what everyone wants, so this is what you should share.

### Religion

I used to say, "I am Hindu, you are Christian." I could never say that anymore. My attitude has changed. Now I would say "whether you're standing before a statue of Christ or worshipping the image of Krishna, God is still the one Father and we are all children of One Father."

Religion no longer exists in the world in a true form. When merely ritualistic, it is superficial and without power. Where there is real understanding, where there is truth in words, there is also power. Power would not be received from God in order for us to fight each other.

Power is received for us to become peaceful. True religion says, "peace". True religion teaches peace.

## Godly Versions From the Murlis



### Real and Royal Love (Avyakt 11.2.91)

What is the specialty of a truly loved soul? According to the systems of today, you become attracted towards someone for whom you have a lot of love. In your language, you call this attachment. Because you have love, there is attachment, is there not? However, if someone is truly loved, the

sign of such real and royal love is that the more love you have the more detached you will be. Therefore, that one himself doesn't develop extra attachment and nor do others develop attachment for that one. This is known as real love, perfect love. That soul will be cheerful and will also attract others, but there will not be any limited attraction. So what is the sign of that which is real and royal? Deep love and great detachment.

### Love is Easy Yoga (Avyakt 18.1.94)

The power of love makes labour easy. Where there is love, there is no labour, and labouring becomes a form of entertainment; it feels like a game. The power of love makes you forget the body and the bodily world in one second. You can forget whatever you want and remember whatever you want and merge in that in one second.

The power of love easily makes you surrender. The power of love makes you similar to the Supreme Father. Love constantly gives you the experience of the company of the Supreme at every moment. Love makes you experience the canopy of protection and blessings over yourself.

Love makes the impossible possible so easily that it is as though the task has already been accomplished. Love makes you free from worry at every moment. Love gives you the experience of a stage of guaranteed victory in every action.

You experience something as laborious when you forget the power of love. No matter how big a situation may be, with love even a mountainous situation is transformed and becomes light as water. Love can melt stone into water. No matter how much fearsome the situation maybe, merge in the Ocean of Love and opposition will finish in a second.

Love is easy yoga. To become absorbed in love is complete knowledge.

## Pearls of Wisdom



The first step in the acquisition of wisdom is silence, the second listening, the third memory, the fourth practice, the fifth teaching others.

- Solomon Ibn Gabriol.

Of all parts of wisdom the practice is the best.

- John Tillotson

The more a man knows, the more he forgives.

-Cathering the Great

A loving heart is the truest wisdom.

- Charles Dickens

Try not to become a man of success but a man of value.

-Albert Einstein

Have you had a kindness shown? Pass it on.

-Henry Burlin

Peace rules the day where reason rules the mind.

-W. Colling

The one thing in the world of value is the active soul.

-Emerson

God, the Supreme, is the ocean of wisdom.

-Dadi Ratan Mohini

## Happiness Unlimited

(Contd. from page 5)

**SO: How distressing!**

**SS:** True! And that's why we are not happy.

**SO: We see so many people who are rich; they have helicopters, private airplanes, their own boats, everything. They still wander from temple to temple, from one guru to another. Finally, what are they seeking? How does one put an end to this search?**

**SS:** First, by understanding that it is separate and second, by understanding that it is my internal creation and I can create it irrespective of everything else. I buy a car and then I say I am happy. The car is a physical object with no feelings or emotions. Obviously the car is not giving me happiness. So, what is? I create the thought: 'Wow! I bought a car. I finally bought what I wanted.' These are positive thoughts.

It is the same with, say, a woman with a new jewellery set. Is it the jewellery set that is giving her happiness? Or is it she who is creating the positive thought of possessing that set, which she thinks is giving her happiness?

**SO: But don't you think that the positive thought cannot be created minus the jewellery set?**

**SS:** Yeah! This means I need an object as a stimulus to create a response. So it's the object, and the object can be anything, like the jewellery set. I look at the object and I create a thought within.

So when we acquire the object, our natural response is "This is a lovely piece of jewellery that I have just got." Now who created this thought?

**SO: That's a tricky question to answer. I create the thought or was it created because of the object?**

**SS:** A physical piece of jewellery does not have thoughts and feelings. I look at it and I create a thought — 'I have bought such a lovely piece of jewellery!' If 10 minutes later somebody walks into the room and says this is not looking nice on you, or says this is fake, then what? Now who is creating the response? If the stimulus was creating the response then the stimulus will keep on creating the same response, irrespective of a change in situation. Further, if I show the same piece of jewellery to 10 people, will all of them create the same thoughts? For someone it's too loud — 'I can't wear this, I don't like this at all'; for another it could be — 'I am sorry, I don't like jewellery at all'; it could also be — 'I really want this' or 'how sad that I can't afford this'. The piece of jewellery is the same.

**SO: My reaction to the piece is my choice.**

**SS:** It is my thought.

**SO: I am reacting, which means I am creating. I am creating either happiness or unhappiness.**

**SS:** So we could create thoughts of pleasure or thoughts of jealousy or hurt with the same object of jewellery. The stimulus is the same, the object is the same. If the object had to create the thought, it would create the same thought in everyone.

If the object — whether a car, a piece of jewellery, or a lovely garden — is what is creating the thought, then it should create the same thought in every person. Look at this greenery. You may think how lovely it is to be with nature, while another person may just overlook it while walking and not even realize it.

These are different responses to the same stimulus. The response is the choice of the creator, and I am the creator.

**SO: I am the creator and I am creating unhappiness or happiness. Sister Shivani, many of my thoughts and questions have been answered by this. But how does one do without a stimulus?**

**SS:** By understanding that I am creating the thought. We were not aware that we are the creators. We tend to believe that thoughts come to us because of something outside. Let's suppose that you say something which, according to me, is a little rude, and I get hurt. I do not even think that I am creating that feeling of being hurt. I very conveniently say — 'You hurt me'. I think it is all coming from outside. Then I say that you need to talk nicely to me for me to feel better. You better apologize because once you do that, I am going to feel better. This is dependency.

**SO: Then he would say I never meant that.**

**SS:** But you hurt me. We can just go on and on. I am hurt because of you... I am angry because of you... I am upset because of you... I am jealous because of you... I am happy because of you.

**SO: If everything is happening because of others around, it means I am not taking responsibility of myself.**

**SS:** No responsibility and no control! How helpless are we if we are always dependent on anything external.

**SO: Isn't that a weakness?**

**SS:** But isn't that the way we are living our lives? The minute we understand that this is an illusion, that they are not controlling us, and we are not dependent on them, we have a choice of what we create. This is independence. That's why the first thing that spirituality gives us is freedom. It liberates us. We are liberated from all the dependencies, everything we thought we were dependent on and postponed our happiness. We just postponed it, convincing ourselves that we could not be happy till we had what we wanted.

**SO: It is very difficult to understand how I can be happy without what I want.**

**SS:** We talked about objects, but what about achievements? 'I wanted to achieve this particular goal but I haven't reached there, so how can I be happy?' We have been brought up to believe that only those who achieve what they want will be happy. This is what we were taught when we were children.

**SO: I always thought that it was very natural to be that way. If I fail to get a job three times in a row, then I feel depressed, and it's very normal. I used to think like that.**

**SS:** I thought that my happiness was dependent on getting the job. I thought it was normal and that's why getting upset was a normal reaction too. Becoming tense is normal, to worry is normal, to fear is normal, to feel sad is normal, but to feel happy doesn't come so easily to us. Problems will come, challenges will be there, but to despair or to deal with them is our choice.

Because everything else is outside.

**SO: But that outside is also disturbing me inside.**

**SS:** That's the choice. Does it disturb everyone in the same manner? Faced with failure, someone could go into depression, someone else could commit suicide, and yet another one would say 'Okay, I'm doing it again,' and be successful the next time. This is the same failure, but different responses.

That's why my thoughts and feelings are in my hand. Just this one mechanism will change the way I live my life.

**SO: But isn't it too quick? Between the moment when something happens and when you react, there is hardly any time to tell oneself that 'Look, this is a thought and it is just something outside and not inside.' Where is the time for me to control my reaction?**

**SS:** That's why we are living our lives in an automated mode. You know, it's like the way a machine functions. What's the difference between a machine and a human being?

A machine has no choice — we switch it on and off, and then on and off. It is dependent on the person who is using it. You press the button and it's on, press the button again and it's off. Human beings have a choice. Someone comes and says something to me — they press a button; if I am a machine I will say, 'obviously I will get angry.' What is obvious about it? Obvious is only for a machine because it is made to work automatically.

**SO: But everybody is living in that automated mode except for the saints and a few others.**

**SS:** No, it's not about saints. It's just about being aware that we are human beings. People are pressing the button, but we have a choice.

**SO: Do say something about the meditation you do every day. Probably because of this practice you have been able to understand the difference between what is happening outside and what you are creating inside. How can one meditate like you? People usually think that meditation is about sitting in a corner and not thinking. It's so difficult for us to not think for a moment. Can you make this a little easy for us?**

**SS:** Let me tell you a very simple thing: meditation is not about stopping the thinking process, rather it is to be aware of what I am thinking and to choose what I am going to be thinking.

**SO: To be aware of what I am thinking...**

**SS:** Yes, like we are aware of what we are speaking.

**SO: I am not aware.**

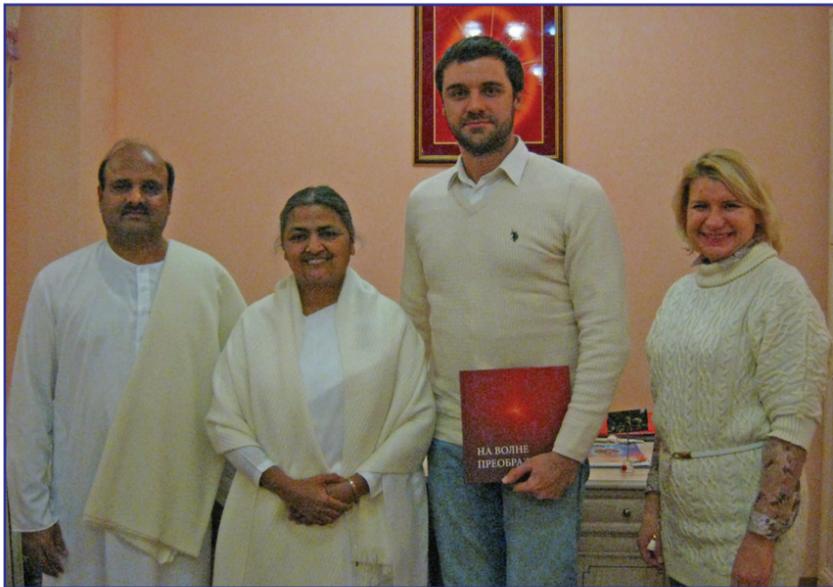
**SS:** You are not speaking in an automated mode. You choose what to speak, you choose your actions — when to sit, when to get up, when to walk, when to sleep. We are choosing our actions, our words. Of course, sometimes the thoughts come so fast that we feel even the words are automated, and we say 'I didn't mean to say that'. So, a step further will be to become aware of what I am thinking, to choose our thoughts and thereby choose our responses. It's a simple exercise we begin every morning and can be done any time during the day — just watch your thoughts.

**Relax and reflect on these thoughts:**

*What am I thinking right now; it could be about work, about family, about friends, about myself. Let me look at my thoughts... Look at myself during the whole day; driving to work, reaching my desk, interacting with people... I am doing everything but I am choosing what to do and I am choosing how to be while I am doing it... I have a choice how to feel while I am doing everything I am doing outside... Situations, targets, goals, people — they are all external... Let me look at myself; how I think, how I feel, and then how I respond... It's my choice... I am the creator of my response.\**

### Mantras for Happiness Unlimited

- Happiness is not dependent on physical objects.
- Objects, possessions, gadgets, etc, are designed to give us comfort.
- Physical comfort is different from emotional comfort.
- Happiness is our internal creation and can be created irrespective of external comforts.
- We use objects as a stimulus to create a response, but the response is our choice. Different people create different responses using the same stimulus.
- Problems will come, challenges will be there, but to despair or deal with them is our choice.



**Moscow, Russia:** BK Sudha, Director of Moscow Brahma Kumaris Centre, and Brother Vijay with Mr. Konstantin Uzhova, actor, Moscow Opera Theatre.



**Secunderabad:** Mr. Ramoji Rao of Ramoji Film City being presented a Godly gift by BK Manju of Marredpally, alongwith BK Manju of Gyan Sarovar, Mount Abu.



**Faridabad:** Lighting lamps to inaugurate a programme for politicians are Mr. Nagender Bhadana, MLA, Mrs. Seema Trikha, Chief Parliament Secretary, Mr. Vipul Goyal, MLA, BK Brij Mohan, Chairperson, Politicians Service Wing, BK Usha, Director, BK Rajyoga Centre and Mr. Rajesh Nagar, BJP leader.



**Latur, Maharashtra:** BK sisters receiving "Maharashtra Energy Conservation Award" from Mr. Chandrashekhar Bawankule, Hon'ble State Minister of Energy.



**Hyderabad, Shanti Sarovar:** Group photo of participants in Bank Managers' retreat. Seated in third row are Mr. Kamesham, former Dy. Governor, Reserve Bank of India, Mrs. Ranjana Kumar, former Central Vigilance Commissioner, BK Anjali, BK Shakti and others.



**Manila, Philippines:** BK Rajni giving Godly gift to Cardinal Luis Antonio G. Tagle, Archbishop.



**Bikaner, Rajasthan:** BK Kamal and BK Meena giving Godly gift to Mrs. Vasundhara Raje, Hon'ble Chief Minister.

**Peace of Mind**  
FOR PEACEFUL LIFE...

<b>TATA SKY</b>	Ch. no. 192
<b>VIDEOCON</b>	Ch. no. 497
<b>airtel digital TV</b>	Ch. no. 686
<b>RELIANCE</b>	Ch. no. 171



**Sao Paulo, Brazil:** BK Sisters Katia Roel and Claudia Moraes meeting with Mr. Kailash Satyarthi, Nobel Peace Prize winner.

Dance performance by Divine Light Group from St. Petersburg, Russia, in Diamond Hall, Shantivan, Abu Road.



**Ernakulam, Kerala:** Lighting lamps before a discourse on "Spiritual Solutions from Shrimad Bhagawad Gita" by Rajyogi BK Brijmohan at TDM Hall are Swami Guru Ratnam Gyana Tapaswi, Shanthigiri Ashram (inaugurating), BK Sister Radha, BK Vasan and BK Sujana.



The pink lake, Lake Hillier, in Western Australia. The pink colour is due to the presence of organism *Dunaliella salina*

## Mr. Wise



Mr. Wise?  
 Yes.  
 Ego is a great vice?  
 Yes, and humility a great virtue.  
 And still ego is growing and humility vanishing everywhere, why?  
 I cannot say. ♦♦♦♦♦♦♦♦

And Mr. Wise?  
 Yes.  
 What harm does ego do?  
 An egoist would feel insulted at the drop of a hat and would so behave as to hurt others.  
 And still ego is hard to shed?  
 I cannot say. ♦♦♦♦♦♦♦♦

Lastly...  
 What else now?  
 There can also be an ego of humility?  
 Yes, the moment you become proud of your humility, you have lost it.  
 And respect for everyone and practice of Rajyoga will make you truly humble?  
 You are right. ♦♦♦♦♦♦♦♦

## Tailpiece



"Your methods of cultivation are hopelessly out of date", said the youthful agricultural college graduate to the old farmer.  
 "Why, I'd be astonished if you got even ten pounds of apples from that tree".  
 "So would I", replied the farmer, "It's a pear tree". ♦♦♦♦♦♦♦♦

A florist handed over the phone to his new assistant and asked him to take down the instructions from the customer and fill the order. "The ribbon must be white" said the woman on the phone, "with gold letters 'Rest in Peace', on both sides and, if you can squeeze it in, "We shall meet in Heaven".

When the floral tribute reached the home of the deceased, it caused quite a sensation. The inscription read:  
 REST IN PEACE ON BOTH SIDES:  
 IF YOU CAN SQUEEZE IN,  
 WE SHALL MEET IN HEAVEN. ♦♦♦♦♦♦♦♦

The Mayor said: "We can build the new jail out of the material in the old jail and put the prisoners in the old jail while we are building the new jail and put them in the new jail while we are tearing down the old jail". ♦♦♦♦♦♦♦♦