

**Point of View**  
The dividing line between work and leisure is that in leisure, we feel that our life is our own.

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

## The way to world peace

Recently, when the United Nations marked its 70 years, there was considerable discussion about world peace and security, one of the key areas of its work. It is a subject exercising many minds, since in today's globalised world, the consequences of armed conflict and non-cooperation are more serious than ever before.

Humanity was fortunate to avoid a nuclear holocaust during the Cold War, but the planet is hardly a safer place because of that. There are armed conflicts raging in different parts of the globe, some having repercussions far beyond their region, and increasingly it seems that no place is safe from a terrorist attack. In such a scenario, how can we have world peace?

Peace, to be sustainable, has to be universal, but no one is making any effort for world peace. When governments talk of peace, they are mostly concerned with ensuring peace for their country and its allies, even at the expense of others. World peace is mentioned in speeches by political leaders, but does not figure in their real agendas. What we see instead is countries making calculated geopolitical manoeuvres in an attempt to gain advantage over others. They cite high principles to justify their actions, ignoring the fact that they are further destabilising the world. Such behaviour stems from, and exacerbates, mistrust between nations. Soldiers and weapons positioned against rivals do not bring peace; they only create deterrence, which is an expensive and risky way of preventing conflict.

Nuclear weapons, the primary tools of deterrence used by the Cold War rivals, are no longer credited with having made the world safer. Even former Cold War policymakers now regard these weapons, the most destructive made by man, as a source of extreme risk, because just one accident, miscalculation or reckless act can trigger a war that will turn much of the planet into a radioactive wasteland within hours.

But most people, distracted by the world's current troubles, are oblivious to this danger, which is steadily growing. The nuclear powers claim to have bolstered peace by reducing their arms stockpiles,



**Shantivan, Abu:** Dadi Janki, Chief of Brahma Kumaris, Dr. Umesh Rajbabbar, Director, YR Chavan Open University, BK Mruthyunjaya, Vice-Chairperson, Education Wing, and others at a convocation ceremony for 400 students.

but away from the public eye, they have embarked on ambitious programmes to renew and refine the weapons in their arsenals. The Cold War race for ever-more nuclear arms has become, instead, a race to make weapons that are more precise, reliable and harder to shoot down.

These long-term weapons modernization plans, projected to cost more than \$1 trillion, make a mockery of disarmament efforts, and clearly indicate that these nations have no intention of giving up their nukes anytime soon.

Strategists admit that once nuclear weapons become more accurate, enabling them to cause destruction with lower collateral damage and radioactive fallout, the temptation to use them would increase. This, in effect, will make the world more perilous than it is now.

It is not just the risk of nuclear conflict that is increasing; globally, there is a trend towards more discord, violence and distress. This is notwithstanding the desire among most people to live in peace, and in spite of efforts by well-meaning groups and individuals to promote good relations and harmony between men and nations.

The reason for this is that the world is now passing through its darkest hour. To hope for calm and amity at the present time is akin

to expecting tropical sunshine at midnight. We can understand this when we consider a few universal truths.

Everything that is new grows old, until it becomes due for renewal. The old must cease to be for the new to take its place. An old man cannot be turned into a youth, nor can a dying tree become luxuriant again. But the tree leaves behind seeds and the dead man a soul, which begin life as saplings, and as a baby, respectively.

Like the cycles of nature, time, too, is cyclical and eternally repeating. The world as we know it is nearing its end. Propping up its decaying, old order can renew it no more than repairs can make a crumbling house new. Eventually the house has to collapse, and the rubble has to be cleared away for a new house to be built.

It is beyond human capacity to set everything right in the world. Human souls, having forgotten their true identity and the fact that they are all part of one spiritual family, are depleted of virtues and power, and lack the ability to think and act in ways that will bring lasting solutions to global problems. They are also handicapped by vices, which skew their decisions so that they end up doing more harm than good. Climate change, inequality, wars and all our other afflictions are manifestations of this.

Just as someone sinking in quicksand cannot extricate himself, and needs to be pulled out, mankind needs assistance to get out of the mess it has created. That help can only come from someone who is not similarly bogged down, and who has an interest in helping.

That saviour is the head of the human family and the father of all souls, also called God. He reminds His children of who they are and teaches them to remember Him, as this mental link is the conduit by which His power can reach and rejuvenate the souls.

Souls that draw His power eventually become free of the influence of vices. They begin to act on the basis of their innate qualities of peace, love and truth.

Such enlightened individuals are the 'saplings' that will grow in the new world, after the present world, which is like a forest of thorns because of the pain and suffering it causes, is cleaned up.

This process of renewal, growth, decay and renewal is repeated eternally. So, however despairing the condition of the world, it will get better, not by human ingenuity, but with the inevitable changes wrought by the passage of time. Just as day follows night, peace will dawn on Earth, and we have the choice to be participants in this process of change, or be mere spectators.★

(Purity Features)

# Photo Gallery

*The quiet mind is able to listen to the voice of conscience.*



**Geneva, Switzerland :** At a programme on "Is Peace Possible" (L-R) Dr. Pramila Srivastava, Ms. Valerie Ann Bernard, Director, Brahma Kumaris in Geneva, BK Brij Mohan, Addl. Secretary-General, Brahma Kumaris, Mr. Fulvio Martusciello, Member of European Parliament and Dr. A.S. Narang, Professor, IGNOU, New Delhi.



**New Delhi :** BK Yashwant, Radio Madhuban, receiving 'Community Radio Award-2016' in the area of 'Community Participation' from Mr. Arun Jaitley, Hon'ble Union Minister of Information and Broadcasting.



**Cuttack, Odisha :** Inaugurating "Mind-Body-Medicine" conference are BK Kamlesh, Dr. Girish Patel, BK Usha, Prof. Dr. K.C. Mohanty, President, IMA, Hon'ble Justice C.R.Dash, Judge, Odisha High Court, BK Dr. Banarsilal and BK Swaminathan.



**Pokhara :** Hon'ble Prime Minister of Nepal, Mr. K.P.Oli, being presented a frame of 'Shiva' by BK Parinita.



**Raipur :** Inaugurating 'Divine Discourse' programme are Dr. Raman Singh, Hon'ble Chief Minister of Chattisgarh, BK Kamla didi and BK Sudesh didi from Germany.



**Shanti Sarovar, Hyderabad :** BK Sharona from Israel & BK Kuldeep didi conducting 'Silence Retreat' for an elite group.

**Mumbai, Santacruz :** Holding candles to inaugurate 'Unity in Diversity' programme (L-R) Dr. Zeenat S. Ali, Mr. Dave Rogers, Mr. Akhil Shahani, Ms. Liana Schmatelka from Austria, Mr. Peter Gorgievsk from Melbourne, Mr. Subhash Ghai, Dr. H. D. Mezoui, Mr. S. Chitgopekar, Ms. Maya Shahani, BK Meera, Ms. S. Kashyap, Mrs. Mansi J. Roy, BK Kamlesh, Swami Dipankar and Mr. Joe Rodrigues.



# Increasing value with zero

The number zero plays a key role in mathematics, and the digit 0 is used as a placeholder in the representation of numbers. Zero is also referred to as nought or nil, but it is by no means a worthless number.

Adding a zero to any positive whole number increases its value tenfold: 1 becomes 10, 100 becomes 1000, etc. A missing or extra zero makes a lot of difference in accounting, and in life. A man used a \$1,000 birthday cheque – intended to be \$100, but his grandfather had mistakenly added

## Spiritual Truth

### God's Name and Form

God is incorporeal (Nirakar). Usually the word 'Nirakar' is misunderstood to mean that He is formless and nameless.

Anything that exists has a definite form. Though the attributes and qualities may be formless, the entity to which these



attributes belong cannot be formless. For example, fragrance has no form, but the flower or any other object from which the fragrance emanates possesses a form. Likewise, attributes such as love, peace, bliss, and knowledge have no form, but God, who is the source of all these qualities, cannot be formless. Thus God is bodiless but not formless.

Incorporeal simply means that God has neither a physical form (body) like human beings have, nor a subtle form like that of astral deities. His form is that of an infinitesimal, indivisible, invisible point of light.

Similarly, the name of God is unique. In the case of human beings, it is the body which bears the name, which changes from birth to birth. God is beyond the cycle of birth and rebirth. His name is eternal and based on His attributes and divine acts. Although He is remembered by many names, His self-revealed attributive name is 'Shiva', meaning benevolent or benefactor.

In India, God's form of light is worshipped and known as 'Shiva Linga'. There is enough archaeological evidence to show that the ancient Egyptians, Phoenicians, Arabs, Greeks, American Indians and Indonesians worshipped an oval-shaped stone. God Shiva's worship is the oldest worship known to man, and the concept of God as a form of light is universal in character. ★

The formula for increasing one's fortune is as easy as adding zeroes to a number.



**Bengaluru, Karnataka:** Lighting lamps at a National Convention on 'Ahimsa Parmodharma and Bhagwad Gita' are Shri Shantaveera Swami of Kolada Mutt Mahasamsthana, BK Brij Mohan, BK Mruthyunjaya, BK Thimmaya, BK Ambika and others.

an extra zero – to launch a very successful business.

However, the value added by a zero is not the same for all numbers; it depends on the value of the original number. A zero placed after the number seven will make it seventy, which is a tenfold increase in the value of the original number. The same zero, placed after 7000, will make it 70,000. In percentage terms, the increase in value in both cases is the same. But in real terms, the gain in value in the first case is 63 units, while in the second case it is 63,000 units. What this means is that the higher the value of a number, the greater will be the gain in value from the addition of a zero.

In real life, too, it works this way. If a company earns revenue of billions of dollars, a ten per cent growth in its earnings will be a

huge amount compared to a similar growth in income of a small-time shopkeeper. Similarly, a one per cent rise in a top banker's income may be equivalent, in amount, to an entire year's wages of a factory worker.

What this tells us is that the greater our strength, capabilities or worth, the more we can achieve with less effort. The same effort will bring a relatively small reward to

and strength of their light, and in the size of the area they illuminate. If we add a unit of each kind of lamp, the impact that would have on the surroundings would also be vastly different.

We can light up the lives of others and serve them only to the extent that we have a store of spiritual powers and virtues. If I am just pretending to be peaceful

someone not as powerful. In other words, as our worth increases, so does our ability to grow faster.

This applies to spiritual life as well. Spiritually powerful souls are able to touch the lives of many with their powers. Their words have a powerful effect on others, while the same words, spoken by someone else, sound ordinary.

The power of spiritual leaders is accumulated by years of meditation, study and other effort. In some cases, they receive their powers as a blessing from their teacher. The greater their powers, the more profound the impact they have on the world. The difference is akin to that between various kinds of lights.

A night lamp and a floodlight both give light, but there is so much difference in the quality

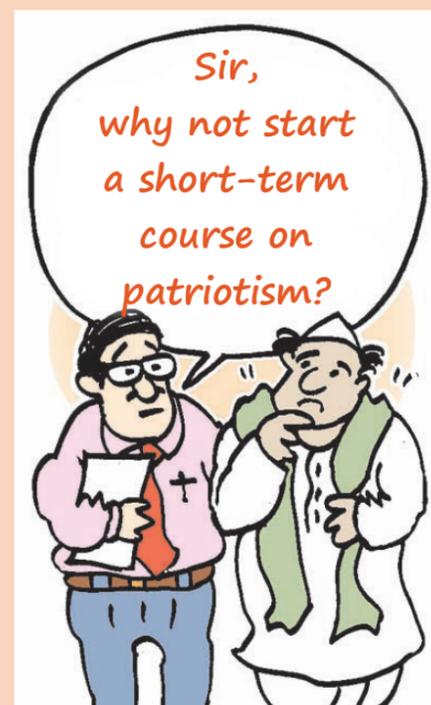
and loving, others are not going to experience these qualities from me. I may be able to impress a few people for some time, but it will not last.

But when I develop my inner resources, be it peace, truth, happiness, or compassion, they will be naturally expressed through my face, words and behaviour. I will not only be complete and content myself, but will also have enough to give to others. Success will then come easily, as my virtues will speak for me and I will not need to argue or labour to convince others. This is the secret to increasing one's fortune as easily as adding zeroes to a number. ★

(Purity Bureau)



**Kathmandu, Nepal:** Hon'ble Deputy Prime Minister & Minister for Women, Children and Social Welfare Mr. Chandra Prakash Mainali being presented a picture of 'God Shiva' by BK Raj didi on the occasion of Mahashivratri festival.



# Making Living an Art

An art can connote a trained ability or mastery of some skill or creative expression. It is an act of expressing feelings, thoughts and observations. Art is about celebrating and remembering the diversity and universality of expression of human values. It is amazing how the arts can unite people across the globe, no matter where they are from, because they transcend cultural differences and capture something of what it means to be uniquely human.

Arts also provide us with aesthetic qualities. Without a creative outlet, humans become narrow-minded, irritable and savage. Painting, sculpting, building, singing, dancing, writing and cooking are all valid expressions of thought. Any normal action that takes on a special degree of attention, expression, finesse and value can be seen as an art – a high standard of doing things.

**Soul-consciousness is the key to perfecting the art of living a life in which human beings enjoy complete happiness, harmony, health and prosperity.**

While humans have excelled in numerous forms of art and broadened the various media for expression of art with the advent of technology, they are still seeking a way or trying to learn the art of living. With all the stresses and complications of life in the modern

age, they are searching for the perfect way of living life which is characterised by beauty, wonder, uniqueness, joy and other positive emotions that bring a sense of contentment and soul-elevating experience.

While some may say that just as there is no one way of painting a landscape or making a song, how can there be a perfect art of living life. All arts are based on a common set of values, a common understanding and correlation of various expressions of the human mind and senses. All arts are an endeavour by human beings to comprehend, reflect and re-establish a connection with a collective human experience of purity, divinity and the highest level of goodness or values.

The evolution of human beings over the ages can be seen in a structured and comprehensive manner in relation to these spiritual laws. All world drama is an interplay of souls and matter. Human beings are souls embodied in physical bodies enacting various roles.

In the Golden Age or Satyuga, all human beings were pure and full of virtues. Hence everything they expressed was an art – every sensory act, the way they thought, spoke, walked, ate, and looked at nature and other humans – and everything was of the highest degree of perfection. Hence, they were called deities or divine humans.

Such beings are memorialised in all cultures and faiths. They are worshipped as completely virtuous, viceless, perfect in all codes of conduct and non-violent in their attitude and actions. The way they lived was an art. That is why a lot of art forms are dedicated to memorialising their way of living – paintings, murals, songs, dances, poetry, books and architecture. These arts have been a source of inspiration for millions down the

ages.

The art of living is to live in the consciousness of one's innate original purity and virtues. The art of living life is to be always contented, peaceful and loving, to enjoy life even when there are challenges. It is to live life inside out, to live life free from fear, insecurity and resentment. To live life with the awareness of being a complete and perfect being for whom every role is a context to share that fullness and completeness.

In fact, the people of Satyuga learnt this supreme art in an earlier age called Sangamyuga or Confluence Age. God, the Supreme Soul, Himself descends in an ordinary human medium to impart knowledge about the art of living life.

He tells humans to become soul-conscious, to act through the body with the awareness of being a soul, the master of the senses and the mind. He tells us that we are His spiritual children, hence we are like Him in our innate original nature – peaceful, blissful, powerful, loving, wise and pure. He tells us that by belonging to Him truly as a child and by following His supreme directions we become completely pure and divine and attain the virtues and powers we have lost.

Essentially, God tells us that soul-consciousness is the key to perfecting the art of living a life in which a human being enjoys complete happiness, harmony, health, prosperity and all other fortunes.

The key is to understand the difference between being and doing, and to be aware of oneself as a soul playing a role, and of being connected to God constantly in a natural, loving relationship as His child, friend or companion. This art of living a life of becoming divine from human is now being taught by God Himself in the present special age of Sangamyuga. ★(Purity Bureau)

## Godly Versions From the Murlis



### Check your wishes and feelings (Avyakt 9.1.1993)

Feelings first come in the form of thoughts, then in words and then in actions. As are your feelings, so you will view the activity and words of others with that intention, and that is how you will listen to them and come into connection with them.

Feelings can change intentions. If, at any time you have feelings of jealousy towards any soul, that is, you do not have the feelings

of that one belonging to you, then you will find that through every activity and word of that soul, a misunderstanding will arise. That one may be doing something good, but because your feelings are not good, you will only see a bad intention through that one's activity and words. Feelings change intentions, and so check whether you have good wishes and pure feelings for all souls.

### The power of pure feelings and elevated thoughts (Avyakt 6.11.1987)

Through the power of pure feelings, elevated thoughts, elevated attitude and elevated vibrations, from one place you can serve innumerable souls. The method for this is to become a lighthouse and a might-house. Just as a lighthouse serves from a long way away whilst being situated in one place, you can become instruments to serve innumerable souls from one place, but only if you are a lighthouse. If you have accumulated your account of powers to such an extent you can do it easily. There would be no issue of having physical tools, opportunity or time for this. You simply need to become complete with light and might. The mind and intellect should always be free from wasteful thinking. One should easily be the embodiment of the mantra, 'manmanabhav'.

### Transform the bad into good (Avyakt 22.11.1992)

Souls who are free from worry change that which is bad into that which is good, and this is why they constantly remain satisfied. Nowadays, methods of science change that which is waste or bad into something good. So such souls who are the embodiment of satisfaction will, with the power of silence, transform a bad situation or the experience of a bad relationship into something good and imbibe it within themselves as something good. With the elevated thoughts of their good wishes, they will give others the power to change that which is bad and to imbibe it as something good.



Colombo, Sri Lanka: His Excellency the President of Sri Lanka, Mr. Maithripala Sirisena, being welcomed by BK Sreema and BK Ganesh before visiting the 12 Jyothirlinga Dharshanam exhibition organised by the Brahma Kumaris.

# Happiness Unlimited

Conversation between Sister Shivani, a practitioner of Rajyoga meditation of Brahma Kumaris, and Suresh Oberoi, a reputed film actor. Adapted from popular TV series, 'Awakening with Brahma Kumaris'. (Contd. from last 'Purity')

## To create the thoughts, to embrace the journey

**Suresh Oberoi:** We have been talking about dependency in happiness — how we are dependent on so many things for happiness Sister Shivani, you say it is 'I' who create happiness, 'I' who create sadness. It's finally 'I' who is responsible. Yet, it's very difficult to be happy when you have not achieved something in life.

**Sister Shivani:** There are two dynamics here: one, if I achieve this then I will be happy, and another, I will be happy while achieving this. It's like we are on a journey, say from X to Y, and Y is the destination whether we are going by road, by train, or by air. When we start on the journey, others wish us a safe journey, not 'reach your destination anyways.' It's not only reaching the destination that matters, it's the quality of the journey that counts.

**SO: That's how many of us think that we have to reach our destination by hook or by crook.**

**SS:** Okay, let's look at it this way. I have set a goal for myself, whether it's for grades as a student, for a professional position in my organization, or it could be in my relationships. In any case, we are not going to be able to lead our lives without goals, because without goals we will become passive. I wouldn't know where I am heading. Now, the other thing that I do is tell myself that I will be happy when I reach the goal. The goal may take six months or six years. So I start moving to, say, reach this particular position in my organization in the coming two years. Now I start my journey. It is about the way I work, the way I am with my colleagues, the way I am performing. Continuously, at the back of my mind I believe that when I reach there I will be happy. Now, if there is a little lapse in the way I am working, if people around me are uncooperative, if there are certain obstacles in the way, what will happen to me?

**SO: I will not be happy.**

**SS:** Because I will create stress, I will create anxiety. Why? Because people are coming in the way of my happiness. I see them as obstacles not just in the way to my goal, but also to my happiness. Now suppose that I am going to walk from here to there and my mind says happiness is there. I start walking. While I am walking you are in the way, and because you are in the way I see you as someone in the way of my happiness. I will do anything to get you out of the way. If you are just a junior I will shout at you and order you to work fast. If you are a colleague and I think you are a threat to me in my reaching the goal, I can plot anything against you to get you out of the way. I may even compromise on my values. Suppose that during my journey you tell me that if I am honest I'll have to stop here for one week, but if I tell a lie I can go there faster. Now, many of us wouldn't even think twice before using the other method. I might end up telling a lie and that's where I will compromise on my values and principles during my journey. I have begun to think that my values and principles are delaying my process of attaining happiness.

**SO: But if you are going to get happiness, how does it matter if you were to lie?**

**SS:** At this moment we are still on the journey; we haven't reached the destination yet. While on the journey, I am creating anger and stress, and I am compromising on my values and principles. So, I am creating negative emotions in the course of my journey. For six months I create anxiety and stress, which in turn can disturb my relationships and create issues with people at work. My inner state of mind will be in upheaval, and eventually it will start affecting my physical health. Finally, after six months, when I reach my goal, how will I feel?

**SO: Don't you think you will be happy?**

**SS:** If I have created all these negative emotions on the way, I have experienced and have also transmitted the same emotions to everyone around me; all this happened on the journey. It's like I have fallen down, hurt myself, and then reached there. By the time I reached there, I am totally in pain. But because I have reached there I am very happy. Now my conditioning says happiness is dependent on achievement.

**SO: You want to achieve further. The driving force becomes 'achieve-achieve-achieve,' and you are caught up in this pursuit. You go home and say 'oh, I'm so sorry I have been behaving like this, coming home late at night, troubling you, but I have to achieve the target.'**

**SS:** So, if, for example, you set a six-month goal, for the entire six months you are allowing yourself to get bruised and hurt emotionally.

**SO: This means we are not just postponing happiness, we are actually creating unhappiness all the way. And this is going to multiply.**

**SS:** Exactly. In the first six months, to reach (A) I was bruised because I created negative emotions around me, hurt people, lost my temper, whatever. By the time I reach (A), my emotional strength has already been depleted. During the next journey, from (A) to (B), my strength is already weakened. It is the same environment, the same people, the same situations, but the weak emotional



Nagpur, Maharashtra: BK Shivani, Actor Suresh Oberoi, BK Pushparani and others at a programme on 'Beauty of Life'.

strength means I am going to get bruised further.

**SO: Is it emotional strength?**

**SS:** My power to face situations. I will get hurt more easily, I will react, I will get irritated.

**SO: Don't you think all these things also make you physically weak?**

**SS:** It's going to have an effect on the body, but when we are young we don't feel the impact. So we think it is absolutely fine, this is natural, this is the way to live. It's only later that we start showing symptoms of hypertension, diabetes and similar troubles. Since we accept stress as a part of our lives we also accept the physical symptoms as inevitable.

**SO: I still can't understand how someone can be happy without achieving his goal. He comes home as a failure, and with so many problems.**

**SS:** Let's say I am looking for a job and I have been trying for the last six months. I am not getting a job and I am very demotivated and upset. As a friend, what would you say to me?

**SO: Don't worry, it happens. One day you will get it. Meanwhile, please let me know if I can be of help.**

**SS:** If I say how can I not be worried, I haven't got a job for the last six months, what are you going to say to me?

**SO: By worrying will you get it?**

**SS:** So, just let's say this to ourselves: by worrying will I get it?

**SO: That is very easily said ...**

**SS:** But that's the solution. The more I worry, the weaker my mind becomes; it starts to show in my body language; I lose my enthusiasm and I get thoughts like how will I get a job? To get a job I need confidence, I need to be enthusiastic, I need to be ready to face the challenges the new job offers. It's not about what has happened, it's about what I need to do now — how does my state of being have to be? I have to take care of that, else I am trapped in the vicious cycle of negativity. Who is going to employ a person who is demotivated and has given up on life? Who do you think will hire a person who has lost his internal strength and tolerance, who is unable to get along with people, and is not able to create team spirit? Who is going to hire a candidate like that? So, whatever the situation may be and however challenging it may be, I am not going to get the solution unless I take care of myself. My business is not doing well and so it is natural for me to worry, but if I worry I will still not be able to do well. If I want to do well outside, I will have to be well within. But what is most important is: even if I don't do well, at least I can take care of myself.

**SO: I had a guru who told me about a man who was undergoing a prolonged struggle due to a court case. At the same time he was also worried about his wife, who was very sick. Finally, after about 15 years, he won the court case and his wife too recovered. But then he himself fell sick and died. Despite knowing of this humbling tale, why is it so difficult for me to understand what you are telling me right now?**

**SS:** It's about priorities in life. What are my responsibilities in life? Normally I will count my family, my job, my work, my home, my friends, my relatives, my society, my relationships, my country.... We can take responsibility for our family and move on to the entire world, but not our own responsibility. Let's say we are a family of five, and four of them are not well. I want to take the responsibility of caring for them, of healing them, but I will only be able to do

(Contd. on page 10)

## Editorial

# When God alone can rescue humanity

Of the worst ironies about India, one is the fact that while being a land where Goddesses are worshipped and many religions were born, it is also a country witnessing one of the highest incidence of violence against women. These incidents have been on the rise, especially in the last decade; some have even evoked international condemnation due to the severe nature of assault. The latest data from the National Crime Records Bureau state that 90 per cent of rapes are perpetrated by close relatives of the victims, including their fathers, or those known to them.

But the wave of gender-based violence is not restricted to any culture or place; it is sweeping the globe. A recently released report by the United Nations exposes horrendous crimes and “systematic human rights violations” by the South Sudan government against its civilian population. The state allowed its army and allied militia to rape and abuse women in lieu of wages during the civil war, it says.

In neighbouring Congo, 200,000 women and children were criminally assaulted during the long-simmering conflict in the region, says a UN report. Rape in its most vicious form was used as a weapon of war and neither infants nor grandmothers were spared.

Several media reports have confirmed that ISIS terrorists have revived the practice of sexual slavery in conquered areas of Iraq and Syria. Claiming religious sanction for their heinous acts, they are abducting and exploiting women from the minority Yazidi community. Other news stories talk about Nigerian women being forced into marriage with Boko Haram fighters.

What has come to light is just the tip of the iceberg, for most of such incidents go unreported due to fear and the social stigma the victims suffer, but even that is bad enough. The plight of the victims is heart-wrenching as they face a lifelong struggle with fear and traumatic memories. Many have been left crippled or diseased for life.

Governments around the world have tried to bring about gender equality in society by empowering women for years through better education and access to justice, greater opportunities, and financial independence. But now things have gone out of hand, and even schools, offices and homes have become dens of harassment. Be it war or peace, there is no space where women are completely secure.

When the dignity of half of the global population is constantly threatened, when might becomes right and protectors turn predators, it represents a grave moral emergency. It calls for an unprecedented transformation — a shift in individual consciousness.

Who will lead this revolution? Who will protect us? It definitely can't be accomplished by the dwindling human will that struggles with various temptations. It can be the act of God alone. Only He, who is the ever-pure, all-powerful and most merciful Father, can change the course of time.

The Bhagavad Gita mentions God's promise to redeem humanity and incarnate Himself in Bharat when unrighteousness reaches its peak. Our current reality corresponds to such a time, and true to His promise, He has arrived. He is now reintroducing us to our innate nature of peace and love, and refilling our spiritual energy so that we become instrumental in creating a new world order — one where everyone lives in self-respect and non-violence is the religion of humanity; where harmony, health and happiness are both natural and perennial.

If we wish to participate in this spiritual revolution, we must align ourselves with His path. It is our chance to do our bit for ourselves and our fellow human beings, and to be His right hand. It is our only opportunity to bring alive our dream world and secure a place in it. ★

## Gleanings from the press

### Ensure good sleep to be healthy

One out of five people suffers from sleep disorders. Sleep disturbance is very prevalent these days and there are multiple factors involved, such as hectic schedules, night shifts, and high stress. A lot of time is spent on social media, which does not have a shut-down time. Also, people are hooked to their laptops and phones, which eat up the necessary eight hours of sleep. According to experts “Treatment of sleep disorders can reduce risk of hypertension, diabetes, cancers, depression, as well as help prevent accidents.”

(The Hindu)

### 'Smart' socks help prevent foot ulcers

Researchers have developed pressure-sensing, washable 'smart' socks which, when paired with smartphones, can reduce foot ulcers in diabetic patients and may help prevent the resulting amputations. SenseGO, a machine-washable sock containing dozens of micro-fabricated pressure sensors, has been created by researchers at The Hebrew University of Jerusalem and Hadassah Medical Centre in Israel. With SenseGO, changes in pressure due to incorrect posture, anatomical deformation or ill-fitting shoes are registered as electrical signals that are relayed to an app, which in turn informs the patient of developing risk. Diabetic neuropathy is a type of nerve damage associated with the development of foot ulcers in patients with diabetes. Resulting from anatomical deformation, excessive pressure and poor blood supply, it affects over 130 million individuals worldwide, researchers say.



(PTI)

### Gene behind grey hair found

Scientists have discovered the first gene responsible for greying hair, a breakthrough that could lead to new treatments to delay or block the process. The finding confirms that greying has a genetic component, researchers said. The gene identified for grey hair — TRF4 — is known to play a role in hair colour but this is the first time it has been associated with greying of hair.

(PTI)

### Bees and other pollinators vanishing: UN report

World food stocks are in danger from a decline in pollinator population. Many species of wild bees, butterflies and other insects that pollinate plants are shrinking in number, and the world needs to do something about it before our food supply suffers, a new United Nations scientific report warns. The 20,000 or so species of pollinators are key to growing fruits, vegetables and cash crops. Yet two out of five species of invertebrate pollinators, such as bees and butterflies, are on the path toward extinction.

(AP)

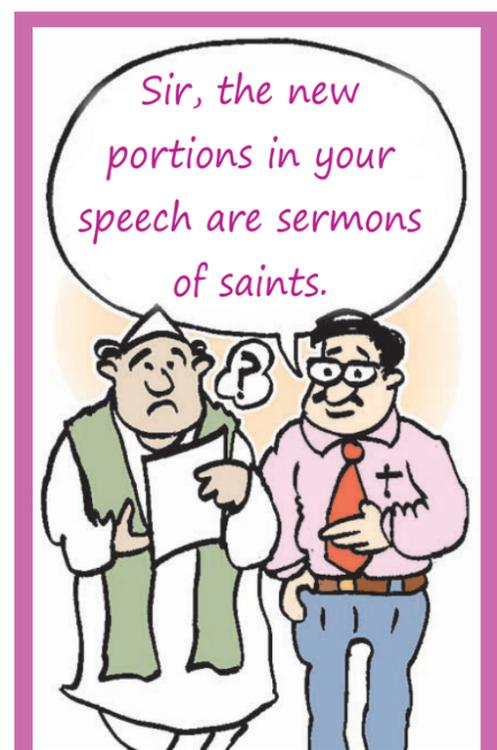
### Vitamin B supplements may stall aging

Use of nutritional supplements for vitamin B and its derivatives may serve as potential tools for delaying the aging process in humans and age-related diseases such as diabetes, a new study suggests. Scientists from the University of Valencia and IMDEA Food from Madrid point to the use of pharmacological agents or nutritional supplements that increase NADPH levels as potential tools for delaying aging. More specifically, vitamin B3 and its derivatives are responsible for synthesis of NADPH precursors and are candidates for future studies.

(PTI)

### Bhoola Bhai

And our friend Bhoola Bhai on Temple Street says the greatest discovery of man is that we can alter our lives by altering the attitudes of the mind.



# Silent contemplation exercises

BK Ken, Sao Paulo, Brazil

These are some exercises that I proposed for participants in a silence retreat in the Om Shanti Retreat Center outside Delhi, in March 2016. They are based on the practice of Raja Yoga and they cover the most basic aspects. You will observe that the first step is very similar to what people call mindfulness.

Practice the following exercises again and again, so that gradually you don't need to see the text, and they become recorded in you.

## 1. Centring in the present

Sit with your eyes slightly open. Become aware of the world around you. Listen to the sounds you can hear. Perceive the colours and forms. Feel the air as you breathe in and out. Feel that you are in the centre of 360° of activities around you. The past has finished and the future hasn't happened yet. You are literally in the present moment. The present is the only real time you have. Enjoy it for five minutes without thinking too much. Just have full attention on what is happening around you.

## 2. Centring in soul consciousness

Just as you are sitting on your seat physically, imagine a subtle seat behind the eyes, a few centimetres back from the spot between your brows. This is the seat where the conscious energy or soul sits. All thoughts, feelings, desires and ideas, as well as sensations from the body come to this point to be processed. Sitting on this subtle seat you appreciate and decide about the direction you want to take. Spend a few minutes in this awareness of being the soul working through the physical body. Enjoy the sense of command this gives you.

## 3. In the centre of your life

As a spiritual being, you are not only in the centre of everything that is happening around you, but you are in the centre of your life. There is a network of roles, relationships and responsibilities which spread out from you. You are connected through them to people, objects and situations. Just as the centre of a circle doesn't move, you are still and calm in the centre of your life and activities. As you become calm, this has an immediate effect on everything that is connected to you. Without moving internally, enjoy serving your whole network with peaceful vibrations. Be aware that you are the creator of the reality of your life.

## 4. Experiencing your eternity

Become centred in the consciousness of being

Be aware that you are the creator of the reality of your life. Now you are meditating on your true nature.



the soul in the body. Observe the physical world around you without thinking too much. Observe the present situations in which you find yourself, as if you are watching the scenes of a film. As a spiritual being going through a human experience, be aware that at some point in the past, you came into this physical body when it was still in the womb of your mother. You were born, grew up, went through many experiences and now you are meditating on your true nature. At some point in the future, you, the soul will leave your body and continue on your journey. This life then becomes a chapter of a book. You are the energy that gives life to the whole book and not just to this chapter. You are the conscious energy that continues. You have come from forever. You will continue forever. Because you do not have any size or physical dimension, nothing can destroy you. You are eternal. Stay in this consciousness for a few minutes.

## 5. The inner state of peace, love and happiness

When you are in a state of rest as described above, it is a chance to experience the deeper qualities which are innate in the soul. Become the detached observer and experience that when you are still, there is natural peace, love and

happiness. These are qualities which have always been in the soul. As we move from one life to the next (or one chapter to the next), many things are recorded on top of these original qualities. With time, you forget them. They become buried by the momentary desires and considerations. Since you have gone back to your inner centre, you can now appreciate the difference between what you really are deeply and what you have become at this time in your life. Remain a few minutes in this deep state of spiritual enjoyment.

## 6. Connection with God, the Source of spiritual power

As a soul, you are not made of material energy. Your existence is in another dimension as well. There is a dimension of subtle light beyond this physical universe, that the different religious traditions call heaven, nirvana or simply, the home of souls. The one who we call God, Allah, Yahweh or Shiva also resides there. We try to connect with that One in prayer.

As you become centred in soul consciousness and aware of your innate qualities of peace, love and happiness, you gradually move away from the physical dimension and become a silent observer. Internally, you become aware of this dimension of light and come closer to that One who is like a subtle sun, radiating spiritual power. Mentally, visualize the meeting between the soul and God. Open yourself to receive the rays of that spiritual power. You will feel as if your battery is being recharged, that your love, peace and happiness are really being activated. Stay in that state of deep appreciation of your connection with the Source, for a few more minutes.

## 7. Relationships with God

That One is not only the Source of spiritual power, but is also the essence of all relationships. Become centred in soul consciousness and mentally connected with God as in the previous exercise. Start a conversation with that One in any one of the relationships that you consider important. He is the Mother, Father, Teacher, Guide, Friend, Beloved and so on. Imagine that the connection between you and God revolves around that relationship. Initiate and continue a conversation for as long as you want from your side as the child, student, follower, friend, lover and so on. Leave yourself open for the answers that come to you in the conversation. Remain in this loving interchange for a few minutes and come back recharged and ready to face the situations of your life.★



**Rishikesh, Uttarakhand:** Lighting candles to inaugurate 'Sampoorn Gram Vikas Mahotsav and Attaining True Peace and Happiness through Rajyoga' at Swami Chidanand Saraswati, Parmarth Niketan Ashram, BK Amirchand, BK Raju, BK Sapna and others.

## REASON

- The heart has reasons of which reason has no knowledge.  
- Pascal
- The man who listens to reason is lost: Reason enslaves all whose minds are not strong enough to master her.  
- G.B.Shaw
- Time heals what reason cannot.  
- Seneca
- The mad man is not the man who has lost his reason. The mad man is the man who has lost everything except his reason.  
- Chesterton
- Perfect balance between the head and the heart, between reason and instinct, is the key to success.  
- Dadi Ratan Mohini



**Mohali, Punjab :** Lighting candles to celebrate Trimurti Shiva Jayanti are Ms. Usha Sharma, Imam Jubair Ahmed, Mr. K.K.Seth, President, Rotary Club, BK Prem, BK Rama and others.



**Margao, Goa :** Lighting lamps on foundation stone laying ceremony of 'Harmony House' are Dadi Ratan Mohini, Jt. Chief of Brahma Kumaris, Mr. Ajit Panchwadkar, SDM, BK Shobha, BK Rakhi and others.



**Keonjhar :** Standing in silence under the flag of God Shiva on the occasion of Shivratri are Mr. Sangram Keshan Swan, Addl. District Magistrate, BKs Bindu, Prativa & Jayanti.



**NOIDA, UP :** BK Sheel didi giving Godly gift to Mrs. Vimla Batham, MLA after a public programme.



**Ranchi, Jharkhand :**

BK Nirmla giving a frame of Incorporeal God Shiva to Swami Ramdev after giving Godly message.



**Shimla :** BK Prakash from Mount Abu giving God Shiva frame to Mr. Brij Bihari Lal Butel, Speaker, Himachal Pradesh Assembly.

## The Missing Goat



It all started one lazy Sunday afternoon in a small town near Toronto in Canada. Two school-going friends had a crazy idea. They rounded up three goats from the neighborhood and painted the number 1, 2 and 4 on their sides. That night they let the goats loose inside their school building.

The next morning, when the authorities entered the school, they could smell something was wrong. They soon saw goat droppings on the stairs and near the entrance and realized that some goats had entered the building. A search was immediately launched and very soon, the three goats were found. But the authorities were worried, where was goat No. 3? They spent the rest of the day looking for goat No.3. There was panic and frustration. The school declared a holiday for the students. The teachers, helpers and the canteen boy were all busy looking for the goat No. 3, which, of course, was never found. Simply because it did not exist.

We are all like those folks in the school - we may have our own goats, but are obviously looking for the elusive, missing, non-existent goat No.3. So instead of making the most of what we have and focusing on our strengths, we worry about the missing piece - our shortcomings.

Our mind is so programmed to see the things to completion, a continuity and a carry forwardness. If this is denied then the program gets messed up. An absence of something is always larger than presence of something.

Do the best you can with what you have and be grateful for what you get. Success and happiness will come your way.

Stop worrying about goat No.3. ✨



**Berhampur, Shantikund :** Standing in silence after lighting candles at Shiva Jayanti celebrations are Mr. B.J.Sarma, Revenue Commissioner, BK Manju, Dr. P.C.Sahu, Dr. P.C.Patra, Mr. B.C.Das and BK Mala.



# The Power of Truth

BK Neville Hodgkinson, London

The divine love and wisdom Dadi Janki and many others received through Brahma Baba set their lives on a fresh course. It was as though they had taken a new birth. They understood the knowledge and experience to have come from God, but it was down to each one of them to work with it and put it into practice in such a way that it became a power that could really transform their lives.

Dadi says that in order to achieve this, she pays great attention to using her intellect to keep her heart happy, her mind on track, her brain cool, and her nature simple. Over the years, this has brought an inner strength that enables me to hold my peace, and a loving attitude, no matter what happens externally. This is good for me, especially now my body is old, because it minimizes the energy I have to spend in my relationships and connections with others — nothing goes to waste. It is also good for others, because they receive a share, vibrationally, of the peace and love that are in me when they come into my connection.

On top of that, the more cool and loving we are, as opposed to hot and bothered, the more clearly we can see how best to act.

Most animals respond to life events instinctively. Their instincts tend not to vary anything like as much as human beings do, although as farmers and pet owners know, they certainly have their individuality. Humans are different in that the quality of our actions changes greatly over time. Although all souls share love, peace and joy as our original nature, our journey through time compromises our ability to express those qualities, until eventually, body-consciousness dominates our awareness.

## Recognising Toxic Beliefs

Body-consciousness means much more than being conscious of our bodies. It is shorthand for a whole package of conditioned responses to people and circumstances, stemming from an over-identification with the physical aspects of life and loss of awareness of the soul. Body-consciousness is the enemy of pure love, peace and joy. The belief that we are bodies has toxic consequences. It

**Body-consciousness corrupts our original, positive nature. Selfish and destructive behaviour ensues.**

acts as a gateway to worry, fear, and sorrow. We worry that something bad will happen to us. We become afraid if it looks as if it might happen; and if it does happen, we fill with sorrow.

For example, you may worry intensely about the health of your body, or the security of your job, or that your partner may leave you, because you have lost sight of the fact that all of those factors are external to you, the soul. The worry becomes a pattern, deepening your insecurity, until it becomes fear. Fear blocks your ability to love, and take proper care.

It becomes clear that the suffering is self-induced when we look at how differently individuals respond to life's challenges. One person's obstacle can be a life-enhancing take-off point for another. Loss of a job or partner may be devastating to one individual and the start of a new life for someone else.

## Internal Sources of Security

A key to how we respond is the extent to which we have internalised a sense of self-respect. Someone who has grown up with a lot of love is more likely to sail smoothly through setbacks than someone who feels permanently hungry for love. For the latter, a loss or threatened loss can bring an unbearable sense of doom, leading to mental breakdown or some other health crisis.

It is not just a matter of whether our parents or siblings loved us, however. Our dispositions vary greatly.

One child may bring sunshine into a home, while another seems permanently under a shadow. Spiritual understanding tells us that souls carry different predispositions,



according to their past actions. A predominance of positive actions in one birth is likely to give rise to favourable circumstances, including a sunny disposition, in the next — and vice versa.

The beauty of Raja Yoga is that through God's love and wisdom, we develop the power to change negative aspects of our life trajectory into positive. We learn that our gradual decline into body-consciousness caused us to lose sight of our inner power, thus weakening us and making us vulnerable to hurt. We discover that the remedy is to regain true self-respect through awareness of the soul in relation to the Supreme.

We have to make an effort to keep the heart clean. That means keeping it filled with God's mercy, truth and love, and not leaving space for negative feelings such as unhappiness or loneliness, jealousy or criticism. Then body, mind and words all serve well, and our happiness multiplies.

In contrast, those who only work through their head eventually take sorrow into their heart. The neglected heart becomes hungry for love and respect, making it vulnerable to the attitudes and behaviour of others, so that it too easily comes into all kinds of feeling.

## Capacity for Conscious Change

I have mentioned that whereas most animals act according to a relatively fixed blueprint, the quality of human actions changes along with changes of awareness. Fortunately, we also differ from animals in that we have

the capacity to become self-aware and consciously to bring about improvements in our attitudes and in the ways we see the world. The intellect, restored to strength through relationship with God, is the tool that makes this possible. It is useful to distinguish the intellect from the mind, though in a state of truth, both work harmoniously together. According to whatever is foremost in the mind, so we experience the world. The mind presents our conscious awareness with thoughts and feelings. Based on which thoughts and feelings are coming to the fore, our actions follow.

Body-consciousness compromises and eventually corrupts our original, positive nature. It takes over the mind, as bodily appetites, ambitions and desires dominate our thinking. Selfish and destructive behaviour increases.

To begin with, the intellect may try to restrain these negative impulses. It tells us that they are wrong, and not in accordance with our true nature. The conscience bites. Perhaps we find the strength to resist the temptation to act in a way that would contravene our humanity. However, as ignorance of our true nature increases, and body-consciousness takes more of a hold, the conscience slowly dies. It is as if the intellect turns to stone.

The good news, Dadi Janki says, is that the process is reversible!\*

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



**New Delhi :** Guests and faculty standing with God Shiva symbol at 'World Womens' Summit' co-organised by Brahma Kumaris and Women's Information Network (WIN), USA at Om Shanti Retreat Centre. Dr Paula Fellingham, Founder and CEO, WIN is third L. BK Asha and BK Binny are to her L and R.

## Happiness Unlimited

(Contd. from page 5)

that if I am healthy myself. This is about physical health. Now you apply the same equation to emotional health; I want to take care of my children, my wife, my husband, my parents; I want to ensure that they are happy... but I am in pain.

**SO: I even get sad when they are not able to do well in class. I wanted them to become swimming champions, tennis players, and so on.**

**SS:** Why do you want to do all that? Just so that they will be happy! Finally, I want everyone around me to be happy.

**SO: And if they are happy, I will be happy.**

**SS:** I thought I would take care of everything and then they will be happy; and when they are happy, then I will be happy. Spirituality teaches us that when I am happy and I am able to take care of them, then they will also be happy.

**SO: So when I am happy, I am also spreading my happy emotions around. Wherever I go I am alive with happiness and I make other people happy too.**

**SS:** Because you make them stronger. Let's see, what is happiness? Happiness is an internal strength. It does not mean excitement, I am not going to be jumping and dancing the whole day. I have lost my job and I am not excited about it.

**SO: Happiness is strength... I am not able to understand this.**

**SS:** See, at any given point in time, there can only be one thought in the mind. One thought possesses one quality. That one quality could be either the right quality or the not-so-right quality. If I am creating a pure, powerful and positive thought, then it is the right quality. If I am creating a negative thought, an unpleasant thought, a thought of anxiety, pain and worry, it's a wrong thought. If it's the right thought I feel good; if it's not the right thought, I feel low. If it's the right thought, then I feel good and that is stability. If it is not the right thought, I feel low and that is weakness.

**SO: So, stability is strength.**

**SS:** If you are stable, you are strong. This strength will then shape the way you respond to situations. As you said, I want my child to have good marks. Okay, I want my child to have good marks, but it is not necessary that this will happen every time. When he fails to get the marks I expect him to get or the marks he is capable of getting, what is my state of mind? I am upset. Is that good for me? No. Is that good for my child? No. Then why am I creating it? The marks did not create my feelings, rather I was the creator of what I felt.

**SO: But I would have thought it was just normal to be upset and feel sad.**

**SS:** Once I get upset, my child also gets upset. My child gets demotivated and I expect him to do well in that demotivated state of mind. The energy that I am giving to those around me is not positive, and that's why I am not fulfilling my responsibility in the right way. When my child gets less marks, my responsibility should be to first take charge of my mind; I have to remain composed so that I don't react immediately by shouting at him. Next, my responsibility is to take care of his state of mind, and finally I carefully explain to him that he needs to study responsibly and get good marks the next time.

**SO: So what we usually end up offering our child is the opposite. We deplete his energy, lower his self-esteem, and make him feel small. I think that's why suicides among children are prevalent today.**

**SS:** A big reason why a child commits suicide is that he is not able to face his parents after the failure. It is not because he failed; it is because he doesn't want to see his parents unhappy and he holds himself responsible for their unhappiness. The parents had conditioned and pressured him throughout the year that they would be happy only when he succeeded.

**SO: I thought it was my responsibility to see to it that my child achieved his goal – whether in studies, sports, or whatever else. I realize that I have been doing just the opposite.**

**SS:** Every individual's life is based on four aspects: physical, intellectual, emotional and spiritual. It is about my physical health, my intellectual development, my emotional state of being and my spiritual health. If I want to be successful in life and if I want my children to be successful in life – successful in the complete sense – then all the four aspects need to be equally balanced. When I consider my responsibilities towards my child, I take into account his academic performance and extracurricular performance, and I take care of his physical health. My child should get the best home, the best food, the best exercise and so on. With regard to his social well-being, I want him to have good friends and take part in extracurricular activities. But how is my child feeling inside? We are not really considering and taking care of that aspect. Physically and academically he may be doing very well, but the constant pressure, the constant comparison with other people, and the constant criticism that he gets from his parents are actually depleting his emotional strength. So I have to ask myself whether I am fulfilling my responsibility. Tomorrow he could grow up to be a good doctor or a senior lawyer, and be physically very strong, but if he is emotionally not strong, will he be a good human being? And if he is not a good human being, a pure and powerful being, will he really be happy?

**SO: What happens if he is emotionally not very strong?**

**SS:** If I am a good doctor, technically I am good. But if I am not emotionally strong, then I will get irritated very easily, I will react easily, I will not empathize with my patients and my colleagues. I will not get along with people because

I am intolerant. Can I still call myself a good doctor? When we were growing up they only taught us how to read, how to write, how to speak. No one taught us how to think.

**SO: But that's what happens, Sister Shivani. We knew only about IQ; EQ came into the picture much later.**

**SS:** There is no doubt that your IQ is important, but so is your emotional strength. The emotionally strong person can handle all struggles and challenges of life. With a strong IQ we need emotional strength to achieve success.

**SO: When I was growing up, I remember that, adults often slapped children to teach them, even in school. If they scored less marks, they felt scared to share those marks at home.**

**SS:** Right. So we need to ask ourselves whether we are fulfilling all our responsibilities suitably. It is not enough to fulfil one responsibility by getting them to perform well. What about my second responsibility of making the child a strong human being? Life is going to present a lot of challenges. Today your child has passed with the highest marks and come first in class, but will his marks help him face all the challenges in life?

**SO: Maybe emotionally he is so weak that he will not be able to compete with other things in life.**

**SS:** Exactly. If he has to face even a small failure, he will not be able to cope. What if he has to work with people with whom he cannot adjust? We did not take care of that aspect.

Why? The prime reason is that we had not taken care of that aspect in our own lives. We ignored the importance of being emotionally healthy. We thought our responsibility is to take care of everything external, whether in our lives or the lives of those for whom we were responsible.

**SO: Most men feel that their responsibility is to earn money and when they do that their job is done.**

**SS:** The husband feels he has fulfilled all the needs of the family. Now if he has given them all of this, then they should be happy because happiness is supposed to be coming from outside.

**SO: We give them good toys, good clothes, good food, etc.; we have done our duty. Now if they don't study, that's their problem. We easily put it to sanskaras, their school, or peer pressure. We keep on blaming other people.**

**SS:** Because you are not ready to take that responsibility. It's easy to earn and to send your child to the best school, to give him the best food and the best home, and the best of everything, but it's a huge challenge to make your child emotionally strong.

**SO: The most important thing I have to realise is that first I have to be emotionally strong. Let us do a little meditation here Sister Shivani.**

**SS:** So it's time to do that now. While taking care of our children we always need to remember, we can send our child to the best school without having gone to school ourselves. We can ensure that our children eat well, even if we sleep on an empty stomach. But it is not possible to make our children happy without being happy ourselves. You cannot make your child emotionally strong without being emotionally strong yourself, so that's where the responsibility comes – to find it first in yourself.

**SS: Relax and reflect on these thoughts:**

*Let us sit back and look at the journey of our life... aims, objectives, achievements... milestones to cover... that is my journey... Let me look at myself on the journey... the traveller with the changed consciousness. Happiness is not at the destination... happiness is my state of being on the journey. I am happy... stable... in control... powerful while I am on the journey. There are obstacles on the way... but my first responsibility is to take care of my state of being... of the way I respond. This is my responsibility. Om Shanti.*

### Mantras for Happiness Unlimited

- Happiness is a state of being created while working towards the goal, not a feeling to be experienced after achieving the goal.
- If we believe that happiness is experienced after achievement, then we create stress, anger and fear while trying to achieve it. Thus we ultimately do not experience happiness.
- Before I take responsibility for those around me, I need to take responsibility for my own thinking and feelings. When I am happy and take care of others, they will be happy.
- You cannot make your child emotionally strong without being emotionally strong yourself.



**Bhopal, MP:** BK Shivani being welcomed by Mr. Ramesh Chandra Agrawal, Chairman, Dainik Bhaskar Group, at a programme titled 'In Pursuit of Happiness'.



Mr. Ramnivas Goyal,  
Speaker, Delhi Assembly



Dr. Farooq Abdullah,  
former Union Minister



Delhi : Inaugurating 'Rajyoga Utsav' at Janmashtami Park, Punjabi Bagh are Mr. Sandeep Kumar, Hon'ble Minister for Women & Child Development, Delhi, Ms. Vandana Kumari, Dy. Speaker, Delhi Assembly, Dr. Umer Ahmed. Illyasi, Bhikkhu Sanghasen, BK Brij Mohan, BK Asha, BK Chakradhari and others.



Mr. Satyendra Jain,  
Health Minister, Delhi



Dr. Suman Manjari,  
IG, Haryana Police



BK Usha from Mount Abu gave discourses on 'Gita'.



Hon'ble Union Minister for Social Justice & Empowerment Mr. Vijay Sampla, BK Asha (ORC), BK Sundari, BK Asha and BK R.N. Grover inaugurating seminar on 'River of Blessings' held at the Utsav.

Seated in Interfaith Seminar on 'Peace and Harmony' at 'Rajyoga Utsav' are Swami Sarwanand Saraswati, Dr. A.K.Merchant, Bahai's Community of India, Mr. Dildar Hussain Beg, President All Hussain Memorial Society, Dr. M.D.Thomas, Chairman, Institute of Harmony & Peace Studies, R.E. Issac Malekar, Head Priest, Judah Hyam Synagogue and BK Brij Mohan.



Ms. Kiran Chopra,  
Chairperson, Punjab Kesari Group

Geneva, Switzerland : (Pic. Right) At a programme on 'Making Living an Art' at Grand Hotel Kempinski are Dr. Pramila Srivasatava, Mr. Fulvio Martusciello, Mrs. Kiran Mehra-Kerpelman, BK Brij Mohan and Dr. A.S.Kohli. (Pic below) A view of audience.



Mr. Krishan Prasad Dhakal,  
Minister, Embassy of Nepal





**Om Shanti Retreat Centre, Gurgaon:** Group photo of participants from 10 countries in Latino Retreat. Seated in front row are the faculty - BK Asha, Director, BK Ken, Brazil, BK Moira, Argentina, and others.



Pool at Hamersley Gorge in Karijini National Park in Western Australia.



A cultural presentation by artists from Mathura at 88th All India Women's Conference held at Om Shanti Retreat Centre, Gurgaon.

## Mr. Wise



Mr. Wise?  
 Yes.  
 God is the dearest of all?  
 Yes. They always use superlatives for God, the Supreme.  
 Then why do they find it difficult to remember the One who is the dearest of all?  
 I cannot say.  
 ♦♦♦♦♦♦♦♦

And Mr. Wise?  
 Yes.  
 We can easily remember the friends and relatives of our present life?  
 Yes. In fact, they keep coming even in our dreams.  
 Then why can't we remember our dearest Supreme Father God with the same ease?  
 I cannot say.  
 ♦♦♦♦♦♦♦♦

Lastly...  
 God is the incorporeal Supreme Father of all souls?  
 Yes. Each one of us is also an incorporeal soul residing in our mortal body.  
 But today most of us have forgotten this truth and try to remember God in a state of body-consciousness.  
 And so find it difficult to do so because God is bodiless.  
 You are right.

## Tailpiece



A man stopped at a small town garage and told the mechanic, "Whenever I hit one-twenty, there's a terrible knocking in the engine."  
 The mechanic gave the vehicle a prolonged and thorough examination, and after much testing, wiped the grease from his hands and drawled, "I don't see nothing wrong, mister. It must be the good Lord warning to you."  
 ♦♦♦♦♦♦♦♦

A judge felt called upon to reprimand the defendant and call him a scoundrel. The prisoner spoke up, boldly saying: "Sir, I'm not as big a scoundrel as Your Honour..."  
 Here he paused and firmly looked at the judge, He then added: "...takes me to be."  
 Shaking a finger at him, the judge said: "Put your words closer together."  
 ♦♦♦♦♦♦♦♦

A preacher held a funeral service for the most unpopular man in town. When he had finished the service, he asked if any of the assembled mourners wished to say something about the man.  
 There was silence.  
 He asked again.  
 There was again a long spell of silence. Finally, one fellow in the back got up.  
 "Speak Luke," said the preacher.  
 Luke said, "Well, his brother was worse."