

Purity

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

The Leading Lights of Brahma Kumaris



Rajyogini Dadi Hirdaya Mohini
Addl. Chief of Brahma Kumaris



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Knowing to Becoming

It is said knowledge is power and knowledge liberates us from suffering resulting from ignorance. Today, humans have vast amounts of knowledge about the material world and nature. But they still have not found the key to peace and happiness. We have connected the world digitally but we fail to connect to others' hearts. They know how to transcend the earth's gravity and conquer outer space, but they do not know how to transcend the barriers of mind—hatred, discrimination, selfishness and ego.

That is why we ask God to give eyes to the blind. When we receive God's wisdom, we know the truth about who am I, where I have come from, to whom do I belong. With the third eye of wisdom we begin to see everything clearly and experience true peace and happiness. Spiritually blind humans stumble around in search of happiness and peace. They often tread on different paths with the hope of seeking salvation. They hold on to false supports in the belief that they will lead them to truth and peace.

Knowledge is the accumulation of facts and information. Wisdom is the synthesis of knowledge and experiences into insights that deepen one's understanding of relationships and the meaning of life.

Wisdom is the ability to apply that knowledge to the greater scheme of life. It's also deeper; knowing the meaning or reason, about knowing why something is, and what it means to your life. Albert Einstein once said, 'Wisdom is not a product of schooling but of the lifelong attempt to acquire it.' Such a process is lengthy and arduous, which teaches the pursuer patience and humility.

Wisdom is an element of personal character

that enables one to distinguish the wise from the unwise. It is the ability to apply relevant knowledge in an insightful manner, especially to different situations from that in which the knowledge was gained. Wisdom is also the ability to apply spiritual truths and live by ethics, virtues and righteousness.

Despite having knowledge of what is right and wrong, humans are entangled more and more in the web of sin and suffering. There is a huge gap between intellectual knowledge and virtuous conduct. One may have very deep understanding of morality and spiritual laws but yet a weak soul will fall prey to vices and suffer from deep flaws in character. That is why we see very knowledgeable and educated people conducting themselves in an unrighteous and sinful manner.

It is the character of human beings that qualifies them as divine or devilish. We are devils or deities according to our nature. It is not that deities have a third eye on their forehead or that devils have horns on their head. When human beings were filled with all virtues they qualified as deities. When humans have no divine qualities they are like demons. Deities are always praised as completely virtuous, perfect and totally viceless.

If we look around, we find a dearth of good conduct in spite of high levels of knowledge. We see so-called civilised and educated people behaving in an arrogant manner with scant respect for fellow humans. It is shocking to see the callousness people have towards the plight of those who are less privileged and living in disadvantage. They explode with anger and hatred at the slightest of incidents. Even those who follow spiritual paths do so in a shallow manner. They acquire spiritual knowledge and

even preach it zealously, but when it comes to their daily lives they are intolerant, impatient, resentful and bitter about people and life.

What is the use of lofty knowledge if we can't get along with others; if we can't learn to love and live harmoniously with our fellow brethren? Knowledge without virtues can make a person egoistic and self-centred. If we sincerely imbibe spiritual knowledge, we will become humble, tolerant, more accepting and respectful towards others. All spiritual truths are aimed at purifying our hearts and minds, enabling us to connect with others with deep respect and pure feelings.

More than knowledge, what is required to heal the immense pain and suffering around us is empathy, tolerance, humility and kindness. These virtues come into action only when there is the power of love—sincere care for others. Love enables us to transcend barriers of right and wrong, opinions and prejudices, blame games and critical vision, hurts and grudges. Love gives us the courage to change and to engage with people empathetically. It helps us to embrace diversity and differences of personalities.

Virtues come into action when there is introspection in the mirror of spiritual knowledge, constant learning and commitment to live by higher values. It takes discipline and perseverance to keep on checking the self and to learn from life experiences. Spiritual wisdom gives us the vision to align with our purest and highest nature and a loving relationship with God, which requires deep faith and surrender. It helps us to reflect virtues naturally. When we realise and live each moment in the consciousness of being the child of God, we become the embodiment of knowledge and virtues. ★

(Purity Bureau)

Dadi Prakashmani – Jewel of Light

BK Asha, New Delhi

Born in Hyderabad, Sindh to a devout family, Dadi Prakashmani was said by her astrologer father to be someone who would rise high in the field of spirituality. At the young age of 14 years, she entered the spiritual fold of Brahma Kumaris in 1937. It was in 1969 that she became the Chief of Brahma Kumaris Ishwariya Vishwa Vidyalaya after Pitashri Brahma passed away. To this institution and to humankind, she gave 70 years of dedicated and love-filled service.

In such a short span of time, Dadiji touched a million hearts and transformed countless lives. She led the process of world transformation, the cause of the Brahma Kumaris, from its silver and golden to diamond and platinum jubilees, both in years and essence. As Congress leader Sonia Gandhi aptly described her: "Dadi Prakashmani represented the best spiritual traditions of our country."

She brought glory to India and to women by shaping a small family of sisters and brothers into a global spiritual force with more than a million members. Under her leadership, the Brahma Kumaris Ishwariya Vishwa Vidyalaya grew from a small national entity to an international movement with 4,000 branches in 120 countries, spreading the message of God and divine values. Its service grew in leaps and bounds and spirituality broadened its scope through field-specific or group-wise application.

Under her leadership, apart from acquiring NGO status at the United Nations and then a consultative status in its organs of ECOSOC and UNICEF, the Brahma Kumaris also won UN recognition in the form of "The International Year of Peace Messenger Award (1987)" and participated in several UN peace initiatives.

She also brought glory to Rajasthan and to Mount Abu by putting it on the world map. A small hill station in Rajasthan, Mount Abu hosted several value education, peace and harmony conferences and spiritual retreats. The first annual Universal Peace Conference was held there in 1983 and many such events were held regularly later. From VIPs to heads of state and organizations, religious leaders, celebrities, thinkers and opinion makers from all walks of life, all benefited from talks under Dadiji's leadership. At that time, Ahmedabad, the closest big city to Mount Abu, did not even have an international airport. It is quite a miracle how at such a time national and



Dadi Prakashmani, former Chief of Brahma Kumaris (1922-2007)

Such was her charm that while leading a global organization like Brahma Kumaris, she was never tired and was always as light as a child.

international services were carried out.

Dadiji, during her lifetime, had perhaps the most unique of experiences. It is rare to find anyone like her today who has met such a large number of people from enormously varied backgrounds from all over the world in such a short span of time. While meeting them, she was untouched by the differences in their background of class, religion or status. Her association with them was purely spiritual.

Whoever met her for the first time felt as if she were family to him. The instant feeling

of belongingness that Dadiji gave to everyone sprung from the ever-gushing fountain of pure love and best wishes that flowed incessantly from her eyes and smile.

Such was her charm that while leading a global organization like Brahma Kumaris, spiritually satiating the quest of innumerable souls, she was never tired and was always as light as a child.

It is a sweet wonder how a simple Indian lady who was since a very young age brought up in a spiritual environment, away from the world, and who was known universally as a Dadi (Dadi means elder sister in Sindhi), led such a spiritual revolution. How did she, who had no political power, no coercive agency, build an organization with 9,00,000 members and nurture such a large family with such ease and lightness?

Spiritual values flow from spiritual power. Dadiji, who was called Rajyogini Prakashmani, was connected with the Supreme through Rajyoga. She performed her multiple roles as a trustee, an instrument of God's great plans. The directions of the Supreme father, and the love and support of a spiritual army of BK sisters and brothers helped her to mobilize this spiritual revolution.

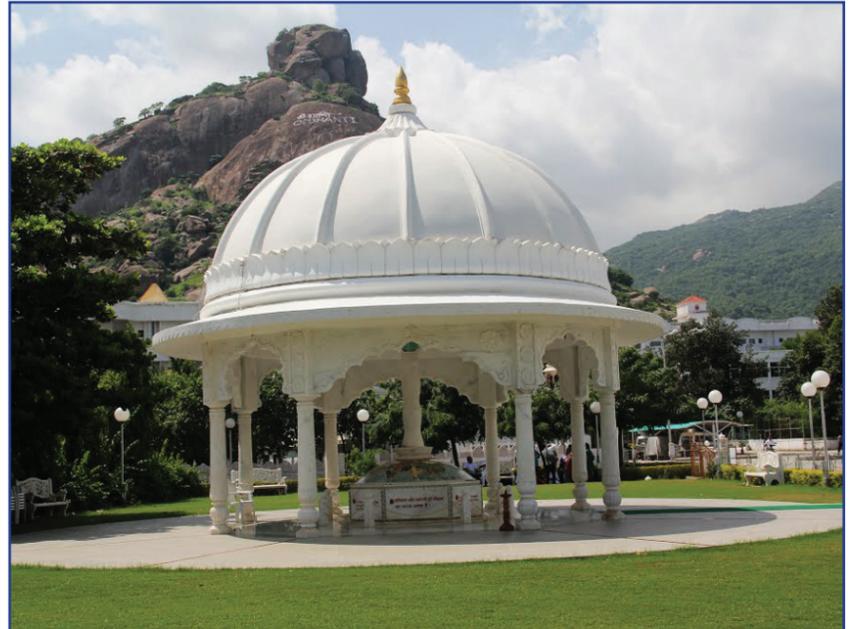
Dadiji left her mortal coil on the 25th of August, 2007. The work started under her leadership is a continuous process. It is a joint effort of which she was an exemplary leader. Following her illustrious example, the saplings nourished by her continue to grow and bear flowers and fruits. The spiritual revolution continues to gain momentum.*

Dadi Ji's Gems of Wisdom

- Watch everything in life as a detached observer. Life is like a game, watch it happily.
- Practise being in silence frequently throughout the day and you will become soul-conscious.
- To become worthy of God's love, give love to everyone, speak sweetly.
- Spread vibrations of good wishes to all.



Dadi Ji with BK Asha (Author) during her visit to Om Shanti Retreat Centre, Gurugram. (File Photo)



'Prakash Stambh' - Dadi Prakashmani Memorial at Shantivan Complex of Brahma Kumaris, Abu.

Keeping Pace with Time

Time management is a skill that is in great demand. Effectively planning how to divide one's time between different activities enables one to get more done in less time. Failing to manage time, on the other hand, reduces one's effectiveness and can cause stress.

The difference between the two can matter a lot. We all have the same 24 hours in a day, but some people achieve much more with their time than others. Spending the day in a frenzy of activity may not be the best idea, because one's attention is divided between many tasks and the results might be not good.

So how can one get more done in the available time? Is it possible to have control over the flow of time?

Managing time begins with managing our thoughts. The fewer thoughts I have, I will find that the more time I have to actually do things. We spend a lot of our time, often without realising it, in unnecessary and even harmful thinking. Dwelling on the past, worrying about the future, obsessive thinking about something—all these can consume a lot of our time, leaving little for work.

To utilise time most efficiently, therefore, we need to develop control over our mind, so that we think only what is required, at the right time, and no more. To be able to do this, the mind must be free of any kind of influence.

If I am prone to anger, I am likely to spend a lot of my time grumbling, criticising or blaming others, mentally or verbally. Similarly, if I am attached to people or things, I will again be thinking, maybe for hours, about them. Such thinking is unproductive and only kills our time and drains our energy.

Vices of any kind trigger negative and waste thoughts that directly or indirectly consume my time. While waste thoughts may only lead to loss of time for the duration of the wasteful thinking, negative thinking produces bad feelings and other unwanted consequences, dealing with which and returning to a composed state of mind eats up more of my time.

Actions that stem from negative thoughts

Pure thoughts, feelings and actions bring multiple rewards, in the form of happy relationships, favourable conditions and positive results. .

can produce long-term fallout. They act as seeds that bear fruit which may make my life bitter. If my life is full of problems, big or small, and a large part of my day is spent resolving them, it is the karmic fruit of seeds I have sown in the past. If I spend a lot of my time doing things that I don't want to do but which my circumstances require me to do, I am responsible for it, because I have done things in the past which have created the present circumstances.

If my behaviour with others is not very nice, and as a consequence nobody

cooperates with me, I will end up spending a considerable amount of time doing work that could have been done in a fraction of the time with help from others.

In this way, our thoughts, words and actions have consequences we cannot immediately imagine. If I want to have time on my side, I need to ensure that I use my time in the most worthwhile way. If the quality of my thinking is high, the result will be of the same standard. I will find that things go my way, others respond positively to me, and my mind is not caught up in a jumble of thoughts about why people and things are the way they are.

Pure thoughts, feelings and actions are investments that bring multiple rewards, in the form of happy relationships, favourable conditions and positive results. They make the journey of life easy, requiring me to spend less of my time dealing with issues, and thereby leaving me with enough time on my hands to do what I want.

Thus, if my thoughts are on the right track, I will be able to keep pace with time. Otherwise, I will find myself running behind time.* (Purity Bureau)

Coming Events

Spiritual Empowerment for Raising Happiness Index

Happiness is the elixir of life. The aim of all human endeavour is happiness. A nation's progress can be ascertained by the happiness quotient of its people. Economic prosperity alone cannot ensure the well-being of people because happiness is a spiritual experience. The overall well-being of people comprises physical as well as emotional well-being, which can be cultivated only through spirituality.

Today, as India is racing to become a developed nation through economic growth, politicians face a steep task of guiding the billion-plus people in the country to not only material prosperity but also a high happiness index.

Governance sans spiritual power cannot lead to lasting prosperity. Politicians must unite and work for the nation's prosperity. Where there is happiness, there is everything. Happiness grows by giving. In serving the people truly they will become prosperous themselves.

A Convention of Political Leaders on Spiritual Empowerment for Raising Happiness Index, from June 15-18, 2018 at Brahma Kumaris Gyan Sarovar Campus, Mt. Abu, will show the way to achieve this vision. Besides exploring ways to increase true happiness, the convention will offer sessions on empowering the self through Rajyoga meditation.

Interested politicians and political thinkers may contact at politicianswing@bkivv.org



London: BK Amirchand, Coordinator of Punjab Zone, India (Left) and BK Sudesh, European Coordinator (Right) of the Brahma Kumaris, were presented 'Bharat Gaurav Award' - A Lifetime Achievement Award organised by Sanskrit Yuva Sansthan, at the British Parliament, House of Commons, by Baroness Verma, the Deputy High Commissioner, Mr Dinesh Patnaik, Mr Ganesia, Mr Suresh Mishra and others.

EDITORIAL



Promoting a Culture of Integrity

Recently, public-sector banks came under the scanner for putting thousands of crores of rupees in the loop of fraudulent dealings. They have been accused of aiding corporate houses to receive large sums of loans without following proper safety checks.

Not long back, the government had taken the big step of demonetisation with the aim of wiping out black money. It had widely appealed to the public to keep their money in banks and go cashless in order to reduce unaccounted monetary transactions. And now, when nationalised banks are in the dock, it has created a deficit in public trust.

Many have suggested greater privatisation of the banking system and strengthening checks and balances to avoid such incidents in future, but corruption always finds its way through any system whose network includes people of questionable integrity.

Better checks and monitoring are important measures, but not the solution. Say, if the officials guarding a financial organisation succumb to temptation, or if team members of an investigating agency probing such a case accept illegal gratification and brush the matter under the carpet, then who will check whom? Even good public policies can take effect only in an environment where the larger common good is given high regard. So, if we really want to make a difference, we need to arrest the root cause of corruption.

Dishonesty is common today because humanity is infested with greed, one of the five major vices that are holding our society hostage at this time. Greed has its roots in a limited, body-conscious view of the self and the world, and the lack of spiritual awareness and stamina.

An individual driven by greed is on a constant acquisition drive. His actions are meant to satiate his ever-growing desires and rule out any chance of being left behind in life. The web of desire and fear, and the lure of easy money, compel him to take the shorter route to success, often putting him and others around him under long-term risk. He is thrown into a pattern of manipulation and violence to cover things up, and in doing so repeatedly bypasses his conscience and the laws of the land.

A soul-conscious person, on the other hand, is aware of his true identity as a metaphysical, eternal being of light. He understands that he and all other souls are actors in the drama of life. He knows that the body is mortal and so is not subservient to sensory perception or pleasures. His needs are genuine and his heart is contented. His approach is simple and he prioritises higher values of life over material objects of desire.

As the soul is originally virtuous, a soul-conscious person believes in standing by the truth, uses fair means to reach his goals, and naturally shares his gains with others. Knowing that his material achievements will last only as long as his body does, he does not waste time hoarding things and titles. He chooses not to eye others' assets because doing so would burden him with karmic debt. A soul-conscious person thus naturally stays above corrupt practices.

The foundation of a culture of integrity can be laid only through a paradigm shift from a body-conscious lifestyle to soul-consciousness. Purifying the human spirit is the only way out. Considering its great potential, the authorities must focus on spiritual upliftment of the country as much as it invests in economic and material development.

The government can call upon credible spiritual organisations and NGOs for giving a practical shape to the dream of an honest India. Spiritual knowledge can be made an essential part of school and college curricula. It can also be included in staff welfare programmes. The government must also increase public recognition of steadfast, honest individuals through befitting awards. The media must also bring to light such positive news. Through these small but collaborative efforts that would form part of the higher social welfare plan, we can conquer the enemy of greed lying within. If we take these steps, the trust deficit in the public would be reduced to a great extent.★

Gleanings from the press

Glacier melting passes point of no return

The further melting of glaciers worldwide cannot be prevented in the current century, even if all the emissions are curtailed, according to a study published in *Nature Climate Change*. Scientists took into account all glaciers – without the Antarctic and Greenland ice sheets and peripheral glaciers – for the study. (Press Trust of India)

Green tea supplements bad for liver

Taking high doses of supplements containing green tea extracts may be associated with liver damage, according to new research from the European Food Safety Authority. Tea infusions and instant tea drinks are fine as they contain lower levels of the antioxidants naturally present in green tea. However, consuming too many of these antioxidants can have a harmful effect on the liver. (Times of India)

New type of antibiotics to fight drug resistance

A new class of antibiotics, from an unconventional source which has a distinct way of killing bacteria, has been discovered, which may help combat drug-resistant or hard-to-treat bacterial infections, according to scientists. The antibiotic, called odilorhabdins, or ODLs, is produced by symbiotic bacteria found in soil-dwelling nematode worms. (The Hindu)

Paper-thin, flexible LCD screens developed

Scientists have designed a paper-thin LCD screen that is light and flexible, paving the way for a smart daily newspaper that could be uploaded onto the display in real time. Researchers estimate that the technology would be cheap to produce, costing about \$5 (Rs.325) for a five-inch screen. (Press Trust of India)

A bracelet that can sense danger

Scientists have developed a smart bracelet that can automatically detect physical or sexual assault, scare off the attacker and call for help. Upon detection that the user is in danger, it is programmed to emit a loud beeping sound and red strobe lights begin to flash in an effort to scare the attacker off and to alert other people who may be nearby. The smart bracelet, which is currently a prototype, uses machine learning and a multitude of sensors to analyze a user's movement in order to detect an assault. (Press Trust of India)

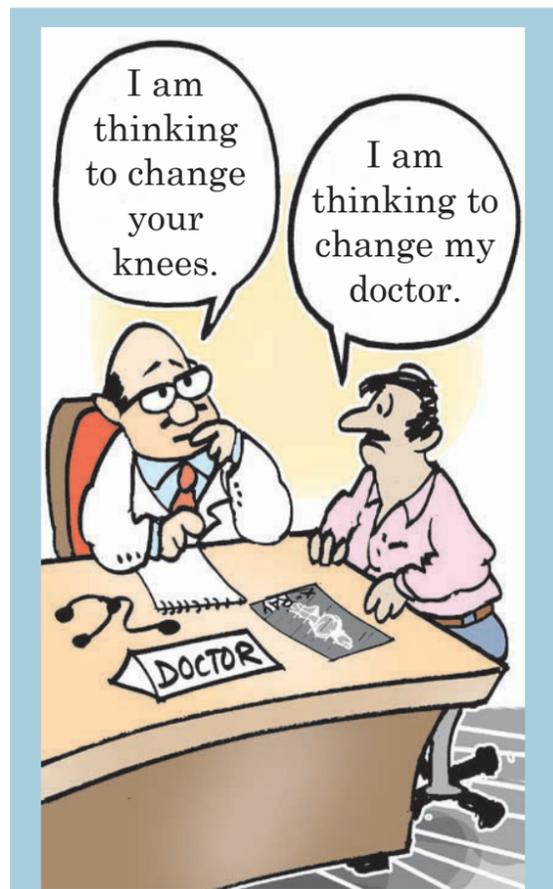
Prolonged use of antacids harms kidneys

Recent global studies suggest that prolonged use of widely prescribed anti-acidity pills to treat "gas" and heartburn might be linked to long-term kidney damage and chronic kidney disease. The association of these drugs – also called PPIs (proton pump inhibitors) – with kidney disease has been published in reputed international medical journals. (TOI)

Bhoola Bhai

And our friend Bhoola Bhai on Temple Street agrees with Eleanor Roosevelt that no one can make us feel inferior without our consent. No one can make us feel angry without our consent either! No one can make us feel anything without our consent.

Nothing can bring you peace but yourself.



Trajectory of an elevated soul

The world drama is eternal and moves cyclically, clockwise, very gradually declining from a state of complete purity, richness and beauty. Human souls originally reside in the soul world, which is beyond sound and matter, and come down to play their part on earth as per their respective timing in the drama. Their degree of purity determines the state of the physical world.

When one cycle of time, which is a period of 5000 years, nears completion, a state of extreme moral and physical degradation is reached. The world is due for renewal in every aspect as a next cycle has to begin afresh. This means the world must return to its original glory, and for this great transformation a set of special souls become instrumental. These are the most elevated souls of all because they help restore the earth from its worst to the best through a process of self-change.

The elevated souls go through an inner journey which collectively influences the course of time. The unique happening that triggers this journey is the intervention of God Himself in the human drama

The world must return to its original glory when one cycle of time, nears completion, a set of ancestor souls became God's instruments for this.

at this point to set things right. He reminds human souls of their original spiritual identity, and guides and empowers them so that the Iron Aged (Kalyuga) world can give away to the Golden Age (Satyuga). This confluence of the old and the new world order is the only period in the entire cycle when God descends on earth. He incarnates in human medium and calls him Prajapita Brahma, and through him imparts knowledge about the truths of life to purify the souls.

Brahmins - the mouth clan

Though the spiritual energy of all souls has dimmed by now and their capacity to exhibit goodness is limited, what makes this set of souls elevated is that they are the real ones to recognize God, the Creator, when He finally arrives. They are 'reborn spiritually' after they receive His knowledge through Prajapita Brahma and so are called Brahmins - the 'mouth clan' of Brahma.

They commit themselves to God's will and set out on a journey separate from the rest of the world, which is undergoing rapid downfall by now. As soldiers of His non-violent spiritual salvation army, they challenge the empire of evil and undertake spiritual learning and self-cleansing.

As they move forward on their path, these souls become unattached from the old world while living in it as they realize it is no good and is drawing to a close. Their vision beholds the upcoming world of love and happiness and their preparations for it gather pace. They dedicate themselves to carrying out God's directions to awaken the world to the call of the time. They draw light and might from Him by practicing Godly Rajyoga and help brother souls to walk the path of righteousness. Thus, they become angels on a divine mission.

As their purity increases and a potent degree of it is collectively reaches in the world, the transformation of the old-world order becomes imminent.

Circumstances become conducive for the end of the cycle and the five elements of nature undertake massive cleaning to ready the earth for the new era. It is now time for all souls to return to their original abode, the soul world, after being completely purified. Those who don't purify through

Patna, Bihar : BK Usha Didi from Mt. Abu speaking on 'Paramatma Ki Pukar - Gita Jeevan Ka Adhaar'. To her L is Shripadpithadishwar Swami Ramgopalachari ji Maharaj and to her R is BK Sister Sangita.

Faridabad, Haryana : Speaking at 'Rajyoga for Peace' monthly programme of Brahma Kumaris Delhi Zone is Mr. Vipul Goel, Haryana Minister for Industries and Commerce. Seated to his L is Dy Mayor Manmohan Garg. Senior Rajyogis on stage are (R-L) BK Didis Sundari, Pushpa, Br. Brijmohan, Asha, Shukla and Usha who organised the grand assembly.

their own effort are purged in the subtle region.

This is the only time in the world drama when souls can exit from the physical world. After their respective arrival on earth, souls take rebirth in different human bodies till the end of the cycle. After that it is time to go home and then come back to the physical world at their respective time as the next cycle begins and repeats identically.

In the sweet silence home beyond sun and stars, the souls are bodiless. They stay in silence in their inert form or seed stage. The elevated souls are seated closest to God. They are the first ones to leave home for earth when the Golden Age dawns.

Deities in heaven

The elevated souls win the kingdom of heaven through their efforts in the last birth in the previous cycle; it is God's inheritance to them. Though all souls experience complete bliss in life in their initial births, the elevated souls get to taste the world at its best. They are the forefathers of the human family. The Golden Age is inhabited by these elevated souls and they practice divinity as a way of life. They are no longer human but deities living in the garden of heaven.

The Golden Age is followed by Silver Age (Treta yuga) and more deity souls arrive on the world stage. Till this time the purity in the world declines negligibly. However, as the world enters the Copper Age (Dwapar yuga), and more souls arrive, all of them lose the natural awareness of their true identity as souls. They instead start to identify themselves with their bodily costume and this mistaken identity gives birth to unrighteousness and suffering. The empire of evil assumes a massive form in the next period, the Iron Age.

Worship worthy ancestors

In this period of unrest, the world remembers and worships the elevated souls in their perfect and most virtuous form as deities. The images of these ancestor souls provide peace and sustenance to other souls till the drama reaches its fag end and God descends to rescue humanity once again.*

(Purity Bureau)

HUMOUR

There was a Mr. Mistry who had no connection with the Ministry, so how he got a job as a Reader in History is still a great Mystery.

An absent minded man went to see a psychiatrist. My trouble is, he said, that I keep forgetting things. How long has this been going on? asked the psychiatrist. How long has what been going on? enquired the man.

1st Thief : Oh! The police is here. Quick! Jump out of the window!

2nd Thief : But this is the 13th floor.

1st Thief : Hurry! This is no time for superstitions.

Man : How old is your father?

Boy : As old as me.

Man : How can that be?

Boy : He became a father only when I was born.



Whatever you think about is revealed through your face. Think happy thoughts, and they will be visible on your face — in your smile.

Dadi Janki

The Renaissance of Thought

Reality begins with a thought. Thought, in turn, creates feeling and attitude, which is called consciousness. This inner subtle world of consciousness is manifested externally and it is called living, which includes expressing, interacting, relating and creating. It is the fabric of human life.

At this time of severe crisis and chaotic upheavals, the movement towards any kind of stabilization and well-being can only come from the inner world of each individual. The way we see, think, feel, and ultimately behave needs a drastic overhaul. The first step is a change in thinking. Without a revision of thinking there cannot be a rejuvenation of living.

We need to connect to our original blueprints, which are deeply embedded in the human consciousness, in the soul of

The way we see, think, feel and ultimately behave needs a drastic overhaul. Without a revision of thinking there cannot be a rejuvenation of living.

each one of us. This emergence of original qualities will facilitate newness and meaningfulness. How can we reach these inner, subtle blueprints of the self?

It begins with thought and culminates in behaviour. Positive behaviour is always the mirror which proves that a real restructuring of thinking has happened.

Thoughts these days need to be more contemplative. This does not mean becoming nuns and monks (and there is nothing wrong with that), however, the "everyday-aware" person wishes to remain in society but seeks inner quietness. The quietness of a creative space within the mind refreshes the self and eventually positively impacts our societal existence. It all begins with the way we think. We will look at three types of thinking:

1. Formula Thinking

This type of thinking is deceitful and hollow and includes a variety of slogans, ideas, quotes, catchphrases,

guidelines, percepts and maxims. Although formulas are very true in themselves, and sound tremendously impressive, but they are rarely practised. To all intents and purposes, they are "dead letters."

The latent truths of these "dead letters" deceive both listeners and speakers into believing that they are doing what they are talking about. Propaganda, whether political, religious or emotional, functions on such self-deception. Such formulas include "treat all with equality," "God is love," "act with integrity," "truth, justice, freedom," "respect all living things," "share," "democratic rights," etc.

The evidence of such "dead letter" or formula thinking is the growing fragmentation, fragility, collapses, prejudices and sorrow that are perpetuated in systems, both personal and societal. Crises are the direct progeny of this formula thinking. We think we know these values, but nothing is known until it is lived. There is a complacent blindness that we know and what goes wrong is the fault of something or someone else. Formula thinkers and speakers are all about clever words, presenting impressive facts and arguments which are not the reality. Such thinkers and speakers create mirages that crumble and disintegrate with time.

2. Reflective Thinking

This type of thinking is constructive and progressive. The thinker is able to step back from self-centred I-ness and create a clear space of research and inquiry within the self that generates authenticity. The

intellect and mind focus, go deep into a question or idea and try to see, find and experiment with possibilities. Doors open that once did not even exist.

People such as Edison, Florence Nightingale, Archimedes and Maria Montessori are among such thinkers. They found insights and these insights offered benefits to others. When such thought is strongly married to action, then benevolence is experienced by many.

On the other hand, reflective thinking can be counter-productive if it is not aligned to some kind of benefit for the self and others. There will be too much analysis, too much intellectual scrutinizing, criticizing and over-thinking and over-discussing. Consequently, the original creative result or discovery can be dissipated or misused.

This type of thought (although effective) can go off track, and without a higher, benevolent purpose can become useless and (as has happened in the world of science) can become unethical when there is selfish motivation.

3. Contemplative Thinking

To keep reflective thought on track and for the best to emerge, the thinkers must also learn how to be silent and still. To hold silence within reflection creates contemplative thinking. A leap of unprecedented insight spontaneously happens.

When we hear about Archimedes, we read that he had reflected and analyzed for a long time a mathematical problem. One day, whilst relaxing quietly in the bath, he suddenly got the solution and shouted, "Eureka!" (I have found it!). He found the solution he had sought while relaxing. In a more contemplative, silent state, having let go of his intellect's grabbing and grasping, he was open to realisation. Archimedes needed to engage in analytical reflection first as preparation, but when he let go of his intellectual activity a new door of knowing opened.

Fritjof Capra, in his book *Tao of Physics*, describes a similar state. After a period

In Lighter Vein

- **Maturity:** The stage of life when you don't see eye to eye but can walk arm in arm.
- **Doctor:** A person who is at his best when the patient is at his worst.
- **Pessimist:** One who would complain about the noise if opportunity knocked.
- **Fired:** Mr. X works eight hours and sleeps eight hours. His boss is firing him because they're the same eight hours.
- **Intelligence:** Mr. S. has a rare intelligence because he rarely shows it.
- **Hospital:** Where a nurse wakes you up to give a sleeping pill.



Zelenograd, Moscow, Russia : Group photo of eminent participants in The 15th Anniversary International Conference of the Academy of Fundamental Scientists. BK Santosh Didi, Brahma Kumaris Director (St. Petersburg, Russia) (2nd row middle) was made a member of the Academy.

of researching and analyzing aspects of physics, he went for a holiday. As he was relaxing near the ocean, away from experiments and scientific thinking, listening to the rhythm of the waves, he had a vision. Suddenly and most unexpectedly, he saw the dance of atomic particles. They were cascading, turning, swirling in a rhythmic dance and he felt himself a part of this dance. He felt this all around him and felt it was the eternal dance of the cosmos.

The rhythmic dance of atoms reminded him of the statue of Nataraj, the cosmic dance of Lord Shiva. In 2004, at CERN Geneva, a two-meter statue of Nataraj, the dancing Shiva, was unveiled. A plaque with a quote from Capra was at its base:

In our time, physicists have used the most advanced technology to portray the patterns of cosmic dance. The metaphor of the cosmic dance unifies ancient mythology, religious art and modern physics.

Nataraj in Hindu mythology symbolizes the divine cosmic dance of destruction and creation. A weary, damaged, corrupt world is destroyed and preparations are made for the deity Brahma to begin a new creation. The cosmic dance of Shiva, Nataraj, is a perpetual cycle of birth, death and renewal. Nataraj is surrounded by an aureole of flames, as he dances in perfect balance over a devilish creature which symbolizes ignorance or illusion. He said, "Shiva's dance is the dance of subatomic matter" as well as the dance of nature's and humanity's constant cycle of birth, bloom, decay, death and regeneration.

When I look at the face of Nataraj, it reminds me of the face of the Charioteer statue in Delphi. Both are very composed, very neutral, calm, in balance, fully focused on the task with an easy mastery of movement.

The contemplative thinkers all stopped their intellectual activity and become quiet. Many innovators also speak of revelations received in this quietness of contemplation. It dramatically changed their perception and way of being.

For us, as individuals living in this 21st century, how can contemplative thinking be

relevant? How can it facilitate the destruction of useless patterns and return us to an original, harmonious rhythm of being?

Contemplative thought rejuvenates consciousness, enabling the self to be more perceptive and balanced. The self is no longer dragged into the spinning, stressed and routine wheel of being but actually is able to create a new space for more meaningful ways of behaving and interacting.

Eight tips for contemplative practice:

1. Slow down. Slow right down. Consciously decide not to think, analyze, label, categorize.
2. Become quiet, feel the inner stillness. Be still.
3. Take one thought such as peace, kindness, serenity. Just hold it silently in your mind for just a moment. Just hold it gently, no force, no rush.
4. Gently repeat your thought ... slowly ... for example: serenity... serenity. Contemplate that chosen thought slowly.
5. In contemplative thought we are absorbed in awareness. In awareness we transcend thinking.
6. As you hold that thought you will gradually feel the thought transcends into feeling.
7. Whatever thought I choose I become that: I am serene. I am serene. Serene.
8. Now let go, let go of all thought. Only Serene Stillness. A Serene Silence. Embrace it. Hold that complete silence and whatever is beneficial to come will come. * *BK Anthony Strano*

Wise Sayings

- Life is like riding a bicycle. To keep your balance, you must keep moving.
- Albert Einstein
- This above all: to thine own self be true, Thou canst not then be false to any man.
- Shakespeare
- Knowing is not enough; we must apply. Willing is not enough; we must do.
- Goethe
- The best way to live with honour is to be in reality with what we appear to be.
- Socrates
- Wisdom and virtue are like two wheels of a cart.
- Japanese Proverb



Pokhara, Nepal: Hon'ble Chief Minister Prithvi Subba Gurung being presented a picture of Incorporeal God Shiva by BK Parineeta. Also in pic. are BK Apsara (main speaker on Bhagavad Gita) and BK Shailesh.



Om Shanti Retreat Centre, Gurugram: Lighting lamps at two-day Conference of Gynaecologists are BK Shivani, BK Asha Didi, Dr. Dinesh, Dr. Jaydeep Malhotra, Dr. Manju Gupta and others.



Bali, Indonesia: BK Sister Janaki, BK Suryamani and BK Ramlochan from India, presenting Brahma Kumaris Course Book in Braille to the Headmaster of Dria Raba School.



Instead of worrying about how others perceive you, pay attention to how you perceive others.

- Dadi Janki

Wisdom of Dadi Janki

Chief of Brahma Kumaris, Mount Abu

Intention to live a spiritual life

In these times, the atmosphere of the world is becoming increasingly heavy. Pay attention wherever you go, to what type of atmosphere you are experiencing. When human beings are filled with desire for one another, it spoils the attitude we have for each other, and it spoils our vision. Greed makes us want more and more; we are never satisfied. When we experience anger and attachment, the atmosphere around us is also ruined.

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

How can we be happy when there is so much unhappiness in the world?

Some people ask me how we can be happy when there is so much unhappiness in the world. The inner nature shouldn't be affected by negativity in the atmosphere. We should remain ever healthy, ever wealthy and ever happy no matter what is happening around



us. Have the faith that whatever you have done with pure intention, you will receive the fruit of that. When the mind and body are fine, finances will be okay too. There is one kind of happiness that you feel through the sense organs, but the kind of happiness that Dadi is talking about is "super-sensuous joy," which is joy beyond the sense organs.

Become a natural yogi

Dadi is now 102 years old. How did Dadi get to be this age? By using every breath, every thought, every word and every action in a worthwhile way. This is what it means to become a natural yogi. Don't be absorbed in

your phone and don't allow yourself to become fixated on anyone else. Keep the Supreme Soul, the Creator of the new world, in front of you. When you are fixated on the Supreme, your eyes will be very still and you will experience deep inner peace.

Just focus on the present

One of the conditions of these times is a restless mind that steals the beautiful possibilities in this moment. Put a full stop to what happened yesterday. Don't think about the past - even the past of one minute ago. Have no desire for the future. Just focus on the present. When there's faith in your intellect, it can be carefree. Have faith in the One above and have faith that whatever is happening is good.

Everything starts with the heart

Some of you would have heard me say that everything starts with the heart. When the heart is honest and clean, God is pleased with me. Sometimes the heart can't be clean and true because it has memories of the past. If you keep courage and make a choice to bring closure to things of the past, then you can move away from those things and the sorrow they bring. When you are free from the past, then whatever pure thought you have is easily and automatically realized.*

Is it Possible to Love Everything & Everyone?

Vanishree Tanksali, FL USA

Today it seems bit-hard to love everything and everyone around us. Why? Because of only one absence, that is "acceptance".

Consider a bitter gourd. It is bitter in taste but when we realize that it is going to help maintain the blood sugar level of our body, it starts tasting better than before. Isn't it? Bitter gourd did not change its taste, we changed our perceptions towards it. The same formula applies to the above title. It is possible to love everything and everyone around us once we realize that everything and everyone is helping us to become a better version of ourselves. Every situation and every person we interact with is either making us 'develop' a virtue or making us 'use' the one that we already have inside us.

According to the Karma Philosophy, taught directly by Almighty God, whatever is happening around us and whoever is interacting with us is a return of our own past karma. In every interaction we either 'create' a karmic account or 'settle' the previous one. Now, the question is how do we identify whether we are creating one or settling the previous one in every situation which is coming one after the other in front of us?

Let's take an everyday scene to understand how we can either create a Karmic account or settle the same:

I went to an old-fashioned grocery store where the owner and his employees help us to pick the vegetables and bag it accordingly. After coming back home, when I was segregating my shopping items, I noticed that one of the vegetables that I brought was completely rotten.

The moment I notice a spoiled vegetable, what is the common tendency? Curse the shop owner and suspect that he did it on purpose to liquidate his rotten products. I never give

Acceptance of the external situation and stopping waste thoughts settles our Karmic accounts.

him the benefit of the doubt as to whether it was deliberate or not. Here either I go back to him (if the shop is nearby and worth a drive), blame him for his negligence and get a fresh piece of the vegetable, or stay home and keep punishing him through my thoughts. I am spending my energy and time to punish someone else's known or unknown mistake. In other words, I am getting entangled with shop owner's known or unknown Karma. Here I am 'creating' a Karmic account. And more to this, his mistake is not going to stay with me forever. I will let a couple of my friends know about his poor collection of vegetables and when I go to him next time, which is very unlikely, either I wait for an opportunity to blame him or I doubt every move of his. This substantially ruins the relationship with the shop owner as well.

The moment I notice that I have got a rotten vegetable, either I go back to the shop to exchange it 'without' judging him or if it is not possible to go, let me accept that "mistakes happen with everyone and I know that it was 'not' on purpose." Forgive and Forget. This type of approach not only settles my karmic account with the shop owner, but also settles my mind from wasting my thought energy unnecessarily.

Acceptance of the external situation and stopping the flow of waste thoughts about bitter situations 'settles' the present Karmic

account. The moment I get hurt, the moment I get angry, the moment I think about taking the revenge, I create a Karmic account.

There are some Karmic accounts that we know that we have created in the past. How? With some people we have purposefully stopped having contacts or if we hear their names or any news about them we are uncomfortable inside... etc. So, if we don't want the web of misunderstanding to grow and if we don't want to keep creating conflicting karmic accounts which is taking our peace away from us, then make agreements with them. If we have stopped talking to them just because they did something wrong to us, forgive them and forget the past. Now we know that they were not the culprit, our lack of knowledge was. Go talk to them, extend friendly hand again and patch those relationships. Let's take a conscious care 'not' to create any Karmic accounts anymore because settling Karmic accounts make us an enlightened/peaceful individual and creating Karmic accounts make us a benighted individual. If the other person is not ready to get along with us anymore, don't judge them. Let's keep the saying in mind, whatever "you" sow so shall "you" reap.

People say, if we are not reacting to the situations means we don't have the guts to fight back. Pause for a moment and think: If fighting was the solution for every problem, wouldn't we be out of all the problems by now? Fighting back, arguing, keeping grudge are all the path to destruction. First, we lose our peace of mind and then we tear apart our mutual relationship.

"Acceptance" brings the mind to a much serene state; Acceptance makes us realize where the changes need to be made; Acceptance leads to understanding the other person's point of view; Acceptance is a bridge to a beautiful relationship.*



Bharatpur, Rajasthan : BK Kavita being presented 'Gaurav Puruskar' by Dr. Shobha Bhardwaj and Ms. Akanksha Sharma.



Sagar, Madhya Pradesh : BK Komal from Mt. Abu speaking on 'Role of Media in Establishing Value Based Society'.



Varanasi, U.P. : Padma Bhushan Pt. Jasraj, Classical Vocalist being presented frame of 'God Shiva' by BK Saroj & others.



Jamshedpur, Jharkhand : Mr. Ratan N. Tata, Ex-Chairman and Mr. N. Chandrashekar, Present Chairman of TATA Group being greeted by BK Anju.



Indore, MP : Newly elected International President of Vishwa Hindu Parishad V.S.Kokje being greeted by BKs Hemlata & Anita.



PHOTO GALLERY



Rajkot, Gujarat : Inaugurating 'Feeling is Healing' programme by BK Sister Shivani and Cine Actor Suresh Oberoi are BK Bharti Didi, BK Banarsilal Shah from Mt. Abu, Dr. Hirenabhai Kothari, IMA President, Dr Darshitaben Shah, Dy. Mayor and others.



Bengaluru, Karnataka : BK Parvathi (2nd L) with 'Spandana Women Award' given by Karnataka Transport Minister H.M.Revanna and Home Minister Dr. R.R.Reddy.



Korba, Chattisgarh : Dr. Shrimant Sahu from Mt. Abu (2nd R Main Speaker) seated with BK Rukmini at 'Good-bye Diabetes' programme organised by Brahma Kumaris T.P.Nagar Centre.



Om Shanti Retreat Centre, Gurugram : Group photo of 'Get together with Sister Shivani' for family and friends from Brahma Kumaris Vasant Vihar Centre. Seated in front row are (L-R) Dr. Mrs. Pramila Srivasatava from New Delhi Times, Sister Shivani, BK Sisters Kshira, Khyati and Divya.

Peace of Mind
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Hissar, Punjab : Inaugurating 'Happy Living with Holistic Health' programme are Dr. Girish Patel, BK Ramesh Kumari and others.

Experience of H H Sri Sai Krupakara Yogi Gopala Krishnananda Swamiji, Peetadhipathi

- Sri Dwarakamai Sai Baba Peetham, Hyderabad, Telangana State, India

I introduce Myself who belong to the 34th lineage of "Sripada Srivallabha", who is the 1st incarnation of "Lord Dattatreya". I established "Sri Dwarakamai Sai Baba Peetham" in April 2004 under the benign blessings of "Sri Shirdi Sai Baba". I am in the process of establishing Pancha Tatva Peethas (Pertaining to five elements) around the Globe to conserve Sanathana Dharma i.e., to create oneness in the mankind through "Sri Dwarakamai Sai Baba Peetham".

I would like to share my first-hand impressions and my rich experiences with Brahma Kumaris Organization with whom I came into contact for the first time in the year 2004.

I am very fortunate to have participated as a distinguished guest in two of their highly prestigious events viz., the organization's 80th year anniversary celebrations held in Shantivan, Mount Abu in 2017 and the Grand Convention of Saints and Scholars on "Exploring Truth in Bhagwad Gita" held in January 2018 in their Om Shanti Retreat Centre, near Delhi. Besides the above, I also participated in two national conferences of Brahma Kumaris on the subject of "Gita" and "Sab Ka Malik Ek" held in Hyderabad in the year 2016.

My experiences with Brahma Kumaris by participation in the above events are highly educative and memorable.

The institution of Brahma Kumaris is unique and stands in no comparison with any other organization be it religious or spiritual as their emphasis is purely on bringing the teachings into the day to day lives and not merely confined to propagating. Their teachings are essentially based on the ancient principles of spiritual wisdom through Rajyoga taught in Gita which

was also brought to the humanity by Sage Patanjali in Ashtanga Yoga Sutras long ago. But, in modern times, the term YOGA is being grossly misunderstood and merely confined to Asanas (body bending postures) and Pranayama (breathing exercises). I attended a few Rajyoga Meditation sessions in Abu as well as in ORC and I am thoroughly convinced that their teachings comprehensively covered the essence of teachings in Gita as well as all the 8 principles emphasized by Sage Patanjali and therefore they are able to connect to people easily and establish a large divine family



Gurugram, Haryana : Swami Gopala Krishnananda Ji receiving blessings from Dadi Janki Ji, Chief of Brahma Kumaris during Bhagavad Gita conference at Om Shanti Retreat Centre.

which comprises of more than 10 lakh families across the world transcending successfully the sectarian tendencies primarily caused by caste, creed and religious barriers. Gita is well known as "Sarwa Shastra Mayi Shiromani" which means mother and most elevated of all religious scriptures and the singular omission of clubbing the same with others hindu religious scriptures and referring it as part of "shastras" is responsible for the dilution of Gita teachings and consequent downfall in moral and



ethical values which we witness in the present-day society.

Brahma Kumaris are now propagating to the humanity the true teachings of Gita which are universal in character through their various conventions and conferences. The 'divine family' as Brahma Kumaris refer frequently, attracted Me as they lead a simple, honest and truthful life. They speak only about spirituality but never about religions which we see are dividing the humanity and doing more harm than any benefit.

The following are My observations after My visit to their above referred two campuses. (a) A heaven like atmosphere prevails in their campuses. The concepts of "universal brotherhood" and "if character is lost, everything is lost" are only heard by the humanity so far, but they are practically reflected in every member's behavior. A sense of camaraderie prevails and the whole atmosphere is charged with positive vibes of peace, love and bliss. (b) They will focus only on looking to divine virtues in others but never on negativities. (c) They are always found to be energetic, loving, cheerful and above all are thoroughly contented. (d) Another unique observation is that in any organization, one cannot meet and interact with the head or even the senior members just like that. But in Brahma Kumaris the administrative head and other additional / joint heads referred lovingly as "Dadijis" are easily accessible to everyone. There are no protocols to meet them. The senior most brothers and sisters who are dedicated for more than 50-60 years are also easily available to the members as well as outsiders. All of them are found to be egoless and willingly spare their valuable time and energies to convey their greetings and blessings to new souls visiting the campuses. (e) One cannot observe even traces of negativities like jealousy, hatred, anger, ego, animosity amongst the members. One need to visit their campuses at least once in their life time to see for themselves the truth in My above observations.

I was particularly impressed by the way in which positive vibrations of love and peace is spread by the Brahma Kumaris everywhere.

I take this opportunity to convey My whole hearted thanks to Brahma Kumaris Organization for providing an opportunity for Me to visit their global HQs and the Delhi campus which has given a sense of positive direction which elevated Me. I have decided to dedicate the rest of My life to spread the spiritual truths and wisdom contained in Gita. I shall also associate Myself actively with the Brahma Kumaris Organization in their important activities to propagate oneness in mankind in the years to come. *

*Om Nama Sivaya - Om Sri Sai
Nathaya Namaha.*



Butwal, Nepal: Group photo after greetings and felicitation of Hon'ble Chief Minister Shankar Pokhrale and Hon'ble Ministers Leela Giri, Aarti Podal, Sunita Shakya, BK Kamla, BK Narayan Daju, Mayor Shivraj Subedi and other eminent personalities.

Bottled Water

The glamorous looking bottle of mineral water, at elite gatherings, parties and in the household, speaks a lot. It suggests hygiene and health as much as it suggests development, technology and man's rule over nature.

Water is an essential ingredient of life. About 3/4th of the earth and 75 per cent of the human body is made of it. One of the five basic elements of life, it exists in nature everywhere and in several forms. On the earth's surface it is present in the forms of streams, rivers, lakes, waterfalls and springs. In the original form, free flowing water is rich in soluble minerals. Below the earth's surface, water is present in the form of ground water.



Human beings, all life forms, flora and fauna consume water. It gives them life. Water is a natural purifying agent. Cleaning of anything or anyone requires water as the basic cleanser. The water content on the Earth is maintained through a water cycle and is also cleansed by a natural process.

Rain water is pure, before it comes in contact with polluted air. Surface water is burdened with huge chunks of human and industrial waste and ground water is made impure by the use of chemicals on farms and vast dumping yards of waste on land. All sources of water have been made impure.

Water flushes out toxins from our bodies but the human race has converted the release of toxins to a toxin itself. Today, we hear so many people dying of water-borne diseases.

There is Water, water everywhere but not a drop to drink, as S.T. Coleridge says in 'The Rime of Ancient Mariner'. And look what comes to rescue - technology. It makes the water pure again! We first dirty the water, then cleanse it through a 'high technology' and then store it in little water bottles and encash on it. We obstruct the water's natural cleansing cycle and devise ways of doing it ourselves.

The result: only bottled water is considered safe for human consumption as against the infinite abundance of water available all over the earth. We hold our heads high and say, this is the mark of civilized society. We claim this is development!

And how many people can afford to buy bottled water? Even after so many years of development, villagers still have to walk miles to get sight of water, due to non-availability of tap water. Though clean water is a necessity, bottled water is far from a solution to earth's water crisis.

And before we could complete our celebrations over development, there's already an alarm. There is already news of contamination of bottled water, use of low quality containers and mixing of plain water with clean water and so on. And so, we are back to square one. It makes us think again - is bottled water truly a mark of progress? *



Jabalpur : Dadi Ratan Mohini, Jt. Chief of Brahma Kumaris being presented 'Abhinandan Patra' by Mayor Swati Gible and MLA Ashok Ruhani.

Mr. Wise



Mr. Wise?
Yes.
Might is right?
Depends. If you rightly know what is right, that is.
You mean right, only right and nothing but right would alone be right?
I cannot say.

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And Mr. Wise?
Please continue.
Might does sway and have its way.
Its own way, yes! Not the right way always. It may be temporarily accepted as right under compulsion.
You mean might may appear to be right but appearances are deceptive?
I cannot say.

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Lastly...
Come on.
Man's might has been astoundingly magnified by modern science?
Yes, but science has also placed guided missiles in the hands of misguided minds.
You mean might, in order to be right, must be rightly placed and directed?
Yes. You are right.

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Tailpiece



A teacher was giving a lesson on the circulation of blood. Trying to make the matter clearer, she said, "Now, class, if I stood on my head, the blood, as you know, would run into it, and I would turn red in the face." "Yes," the class said.

"Then why is it that while I am standing upright in the ordinary position the blood doesn't run into my feet?"

A little fellow shouted, "Cause your feet ain't empty."

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A woman truck driver, had decided to get a dog for protection.

As she inspected a likely candidate, the trainer told her, "He doesn't like men."

"Pefect", the woman thought, and took the dog.

Then one day, two men in a parking lot approached her, and she watched to see how her canine bodyguard would react.

Soon it became clear that the trainer wasn't kidding. As the men got closer, the dog ran under the nearest car.

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"What are the differences between psychologists, psychoanalysts and psychiatrists?"

"Psychologists build castles in the air, psychoanalysts live in them and psychiatrists collect the rent."

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Mumbai, Ghatkopar : BK Nikunj giving Godly gift to Maharashtra Housing Minister Prakash Mehta along with other spiritual Gurus.



Moscow, Russia : BK Sudha, Director Brahma Kumaris Moscow, with participants after giving a talk on 'Power of Words' at the XII Scientific Conference organised by Committee on Nationality Issues, Russian Federal Assembly.



Mount Abu : The 8th Edition of annual half marathon being flagged off from Polo ground by BK Shashi Behn, Vice Chairperson of Sports Wing and Dr. Pratap Midha, MS of Global Hospital & Research Centre, in the presence of DFO, SDM, Municipal Chairman and others.



London, UK : BK Maureen Goodman, Programme Director of the Brahma Kumaris, giving reflections on 'Compassion in Action'. 60 women from many cultures and faiths came together to share on the theme.



Junagadh, Gujarat : Lighting candles at 'Wah Zindagi Wah' programme are BK Damyanti Didi, BK Sister Shivani (Main speaker), Cine Actor Suresh Oberoi and others.



2018 European Stone Stacking Championships won by Pedra Duran from Spain.