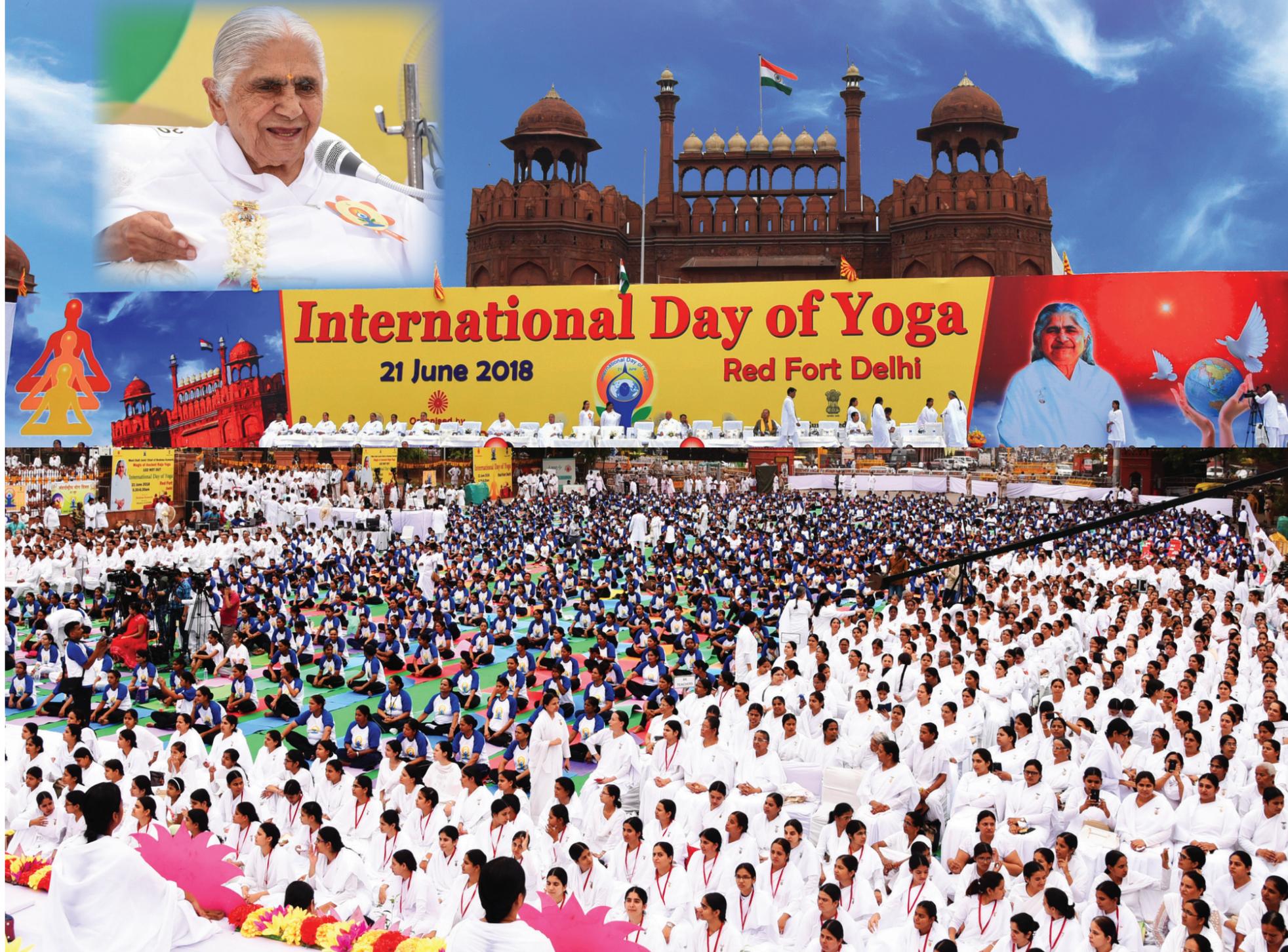


Purity

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

Red Fort Delhi : Brahma Kumaris Celebrate 4th International Day of Yoga Grand assembly of 50000 Yoga aspirants

- Yoga is India's precious gift to the World, says UNIC Director Derk Segaar
- Yoga should be adopted for both healthy mind and body, says Union MoS for Tribal Affairs, Hon'ble Sudarshan Bhagat
- Yoga means connection with the One Supreme, says Dadi Janki, Chief of Brahma Kumaris



Historic IDY 2018 Celebration in Delhi

A grand assembly of about 50,000 people, including practitioners of Rajyoga meditation from the Brahma Kumaris and nearly 2,000 women personnel from Indian paramilitary forces, thronged the historic Red Fort, Delhi here on June 21 to mark the fourth International Day of Yoga. Stating that yoga is India's precious gift to the world, Derk Segaar, Director, United Nations Information Centre, said: "The International Day of Yoga was adopted by the United Nations General Assembly in 2014. It was probably the most widely supported resolution in the history of the UN, and it was adopted in record speed. In its first year itself, it was celebrated by every single member country. This illustrates how deeply the ancient Indian practice of yoga resonates with everyone around the world."

He said that the two qualities of yoga that stood out for the United Nations were that it is a holistic way to wellbeing, combining physical, mental and spiritual elements. It is also very inclusive, and can be practised by anyone irrespective of age, gender, religion or nationality. "Yoga provides an opportunity to disconnect from the busy world today, and connect with things that truly matter, and that is why this ancient practice is so relevant today," he said.

Sudarshan Bhagat, Hon'ble Union Minister of State for Tribal Affairs, said it was a matter of great pride that the Indian culture of yoga was being promoted around the world. He said that yoga is a way to keep both the mind and body healthy, to be free of stress and disease. He also lauded the Brahma Kumaris for its grand initiative on yoga day.

BK Asha, Director, Om Shanti Retreat Centre, Gurugram, said that through the practice of ancient yoga of India, one could get both a healthy mind and body, create harmony between mind and intellect, and gain victory over one's mind and senses and the five elements of nature. This is the yoga, she said, through which one could make the impossible possible.

She said that Dadi Janki, the 102-year-old chief of the Brahma Kumaris, was a living proof of the miracles of Rajyoga.

Dadi Janki said that yoga means 'connection' or 'relation' with the Supreme Soul, our father, teacher and guide. She said that those practising Rajyoga regularly become strong and unshakeable, and are instrumental in spreading peace, love and power to the world.

Dadi termed Rajyoga "easy yoga", one that could be practised effortlessly anywhere. Its attainments included perennial happiness, mental stability and experience of peace and love. She also encouraged everyone to follow the mantra of caring, sharing and inspiring.

Congratulating all participants for being part of a historic moment at a historic location, BK Brij Mohan, chief spokesperson of the Brahma Kumaris, said: The iconic Red Fort venue symbolises communal harmony. In this very vicinity lie the Digambar Jain Mandir, Gauri Shankar temple, Jama Masjid, Gurdwara Sis Ganj Sahib, Fatehpuri Shahi Masjid, and a church. This reminds us that God is one, and it is significant that we are celebrating the International Day of Yoga here."

Giving his greetings on the occasion, Dr. A.K. Merchant, National Trustee of Baha'i Community of India, said: "This initiative towards a new way of life will bring great benefit in future ... As the Prime Minister said, when we bring balance in life, many issues are resolved."

Janab Firoz Bakht Ahmad, Chancellor of Maulana Azad National Urdu University, said: Initially when the yoga day was proposed, there was a lot of opposition regarding Muslims performing Surya Namaskar or reciting "Om". But in my opinion, it is incorrect to say that. There is no difference between Om and Islam. The sound of Om has three letters 'A' 'U' 'M'. When A stands for Allah, and M stands for Mohammad, where is the difference? ... We are all one world family."

Dr. Ishwar N. Acharya, Director, CCRYN, Ministry of AYUSH, congratulated the Brahma Kumaris and various government organisations for coming together and putting up a grand show on yoga day.

Giving his blessings, Ven. Lama Lobzang, Secretary General of International Buddhist Federation, said the regular practice of yoga keeps one healthy both physically and mentally. Ven. Ezekiel Isaac Malekar, Priest and Honorable Secretary of Judah Hyam Synagogue, said that India is known as a spiritual guru in the world because of its ancient tradition of yoga. "Yoga has only one religion - to benefit humanity. It ties the mind body and spirit in unity, so people from all religions and countries can practice it."

During the programme, the participants performed several exercises and yoga kriyas.★ (Purity Report)



4th International Day of Yoga

Yoga for a Sound Mind in a Sound Body

BK Brij Mohan, New Delhi

Globally, celebrations on the International Day of Yoga are mostly about hatha yoga, which is by far the most popular aspect of yoga across the world. This, however, distracts us from the essence of yoga, which is spiritual.

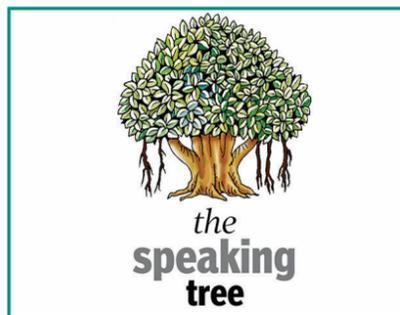
A sound mind in a sound body, goes a proverb. This has led many to believe that a sound body by itself produces a sound mind. But that is not the case.

Mind and intellect are faculties of the soul, which is a spiritual, not physical, entity. Just as nutritious food, regular exercise and adequate rest are necessary to keep the body strong, the mind needs a diet of positive thoughts and exercise in the form of meditation, to stay healthy.

The information we consume and the thoughts we create are like food for the mind. As the quality of this food, so will be the state of the mind.

Even if the body is healthy, if the soul is under the influence of any weakness, it will perform wrong actions through the body.

Published in The Speaking Tree, Times of India
21 June 2018



Yoga does bring many physical benefits, including a healthy and long life. But with its spiritual essence having been diluted, or ignored, it has been reduced to a mere set of exercises that are even seen by some as a means to enhancing their ability to indulge in physical pleasures.

But, the body is subject to decay, and gradually loses its ability to function. A sound mind, on the other hand, can display its brilliance even in a frail body.

All of this shows that the posture of the mind is more

important than physical postures, and that controlling one's thoughts comes before controlling one's breath.

The purpose of yoga is to help the individual achieve union of soul and Supreme Soul, spirit and matter, thought and action. A yogi first learns to live in peace with the self, which helps him develop harmonious relations with others and the environment that form the foundation of healthy societies and a healthy planet.

Practice of yoga leads to the connecting of individual consciousness with universal consciousness, which brings freedom from bondage created by a limited awareness.

The Bhagwad Gita, which is a treatise on yoga, details the different forms of yoga that may be practised by people of various persuasions. It prescribes the path of devotion for householders, the path of knowledge for those intellectually inclined, and the

path of action for the more agile. The Gita's eighteen chapters reveal a progressive path from the yoga of action to that of devotion and, finally, of wisdom. Hatha yoga finds no mention in the Gita.

Defining yoga, the Gita says: When the mind, restrained by the practice of yoga, attains to quietude, and when, seeing self by the self, one is satisfied in one's own self, he feels that infinite bliss can be grasped by the intellect, transcending the senses, and, established therein, he never moves from reality... let that be known by the name of yoga, the severance from union with pain.

The International Day of Yoga is an opportunity to reveal to the world the subtle science of yoga, which everyone can use not just to achieve physical wellbeing, but also to learn a better way to live a healthy, harmonious and happy life. ★

(The author is chief spokesman of the Brahma Kumaris Organisation)



Dehradun, Uttarakhand : Yoga Guru Swami Ramdev, Mr. Trivendra Singh Rawat, Hon'ble Chief Minister along with BKs Susheel and Shalu after IDY Yoga Protocol training.



Mount Abu, Rajasthan : International Day of Yoga was celebrated at Polo Grounds jointly by local bodies, organisations and Brahma Kumaris.



Gulbarga, Karnataka : International Day of Yoga at Rotary Grounds organised by Brahma Kumaris jointly with Patanjali, Rotary International and Media.



Chennai, Tamil Nadu : IDY programme organised by Brahma Kumaris for Greater Chennai Police at Rajarathnam Stadium, Egmore.



Bengaluru (Vardani Bhavan), Karnataka : Brahma Kumaris celebrating International Day of Yoga at Ranichennamma Stadium, Jayanagar.



Surender Nagar, Gujarat : Kids doing 'Pranayam' at International Day of Yoga celebrations organised by the Brahma Kumaris.

Spiritual Love - Source of True Happiness

Love is one of the innate qualities of the human soul, and it is also what every soul needs to grow and realise its full potential. Love enriches when you receive it as well as when you give it. Being loved gives you strength and being loving gives you courage.

The love of the mother for the child enables it to grow up into a healthy, confident person, and the love of the child for the mother fills her life with joy and contentment.

Every soul yearns for love and therefore seeks it. At the same time, our understanding of love may differ from time to time, or from person to person. As the state of mind, so the perception of love.

For many people today, love is what is defined as such in movies and novels. It is love that seeks to possess another person. It breeds attachment, anger and jealousy, and leads to sorrow. Lust, often mistake lust for love. Lust, described in the Gita as a gateway to hell, just seeks gratification of sensual desires. It neither respects nor cares for the other person.

Similarly, another form of false love, attachment, creates dependence and a bondage that brings grief.

These distorted forms of love arise from identification of the self with the body. One's attention is then pulled to others' bodies and in this engagement with the gross physical form, true love, which is spiritual and subtle, is lost.



**Spiritual Love
is unconditional
and selfless, and
arises from the
core of one's
being, the soul.**

Real love is unconditional and selfless, and arises from the core of one's being, the soul. It is expressed in the form of caring, compassion, respect, and empathy. It is this spiritual love that brings people together in happy, fulfilling relationships. It creates mutual trust and understanding, and fosters cooperation, which helps people achieve even seemingly impossible goals.

Such is the power of spiritual love that it influences other people even when it is not expressed

overtly. The vibrations emanating from a person who is genuinely loving touch others and they are drawn towards that person. Such embodiments of love are a source of strength and succour for others, their mere presence dispelling others' grief.

In a world riven by violence, only spiritual love, not diplomacy, can remove the mistrust, selfishness and hatred that is fuelling conflict. The first step is to realise that the whole world is one family, all souls being the children of one father, the Supreme Soul. This realisation can bring hearts and minds closer,

enabling mutual respect and understanding.

When enough numbers of people become spiritually aware, the power of their vibrations will create an atmosphere of peace and happiness that will foster goodwill and prevent any kind of violence or conflict.

Spiritual love might not be a fashionable concept, but such is its subtle power that it can change the course of history and the destiny of nations. As Mahatma Gandhi said, all through history, the way of truth and love has always won.★

(Purity Features)

Purity and Happiness

To be pure allows us to rejoice in what we are. Purity is not a denial of life but an affirmation of life's original dignity and worth. Recognizing that people, our brothers and sisters, are also heirs to life and intrinsically good brings a flow of joy to the heart.

Purity is the eye of Truth through which we see all things as they were originally meant to be: clean, clear, free and unique. Purity brings such positivity of vision that whilst we are aware of the realities of negativity, we are able to neutralize them or to go beyond them. Purity brings compassion, transforming where it can. Then we no longer criticize or complain. When we are pure, we are happy. Happiness is being content with who we truly are.

Purity of vision means having no bad feelings or negative reactions when we are criticized. People with pure feelings can flow in and out of situations without being damaged or without damaging; this gives them the capacity to be independent. If we have too much ego, we get hurt easily and react by withdrawing or becoming aggressives.

Purity brings independence. The proof of that independence is the ability to love and to come close to others. When there is purity, others are not afraid of us, nor are we afraid of anyone, because there is no threat of loss or damage, only pure love. Pure love recognizes the inherent individuality of every person and respects it. There is no labelling and no categorizing.

God never labels us. Whether we are male or female, Muslim, Jew or Christian, whether we are Chinese, Greek or Indian, God sees and respects each of us as unique human beings in this drama of life. Our purpose is to express this uniqueness as clearly and naturally as possible.

Since God knows our eternal uniqueness, He never tries to make us anything other than what we are. It is in being what we are that our happiness lies. As the benevolent source of Love, God gently encourages the discovery of our uniqueness.

With God's love, we realize that we do not need to borrow strength or identify with anyone or anything else. Our anchor for life is internal. With this insight, nothing can diminish our sense of worth. ★

(Purity Bureau)



Milpitas, USA: BK Sister Shivani, spiritual speaker from India, receiving an award of appreciation on behalf of City of Cupertino. On the dais are Mr. Jose Esteves, ex-Mayor, Ms. Savitha Vaidyanathan, Council Member, City of Cupertino, BK Kusum, Director, Brahma Kumaris Silicon Valley Centre, Mr. Kirsten Keith, Council Member, City of Menlo Park, Ms. Ash Kalra, Dist. Assembly Member, State of California, and Mr. Ajay Bhutoria, Community Leader.



Geneva, Switzerland: Mrs. Kiran Mehra Kerpelman, Head of Advocacy and Campaigns DCOMM, ILO, Geneva, and former Director of UNIC in India and Bhutan, and other participants seen with BK Asha Didi and BK Rama, Dr Pramila Srivastava from New Delhi, after a talk on the Art of Happiness at Centre De L'esperance.

Laughter

- Laugh and the world laughs with you.
-E.W. Wilcox
- Man is the only creature endowed with the power of laughter.
-Grenville
- He laughs best who laughs last.
-Sir J. Vanbrugh
- And laughter oft is but an art, to drown the outcry of the heart.
-H. Coleridge

The Magic of Wishing Well

Water has held a sacred place in most ancient cultures in the world. Both eastern and western traditions abound in mythologies and folklores that speak about magical wishing wells where it was thought that any spoken wish would be granted. In European folklore a wishing well is a term that is used for a well that is believed to have the power to grant any wishes. These wishes may be spoken or expressed in another way such as mentally, or in writing, or by using a symbol or ritualistic offering of some kind.

In ancient times it was not easy for people to get clean water. Thus sources of clean water such as natural springs, rivers and ponds were often considered sacred. Some of these natural springs gradually turned into wells enclosed in stone, wood or brick. They were marked by wood or stone statues of the deity. They were often dedicated to a god or goddess or even saints.

The Celts and Germanic people thought wells and springs had mystical powers and believed them to be guarded by spirits. Sometimes the places were marked with wooden statues possibly of the god associated with the pool. Speaking something aloud over the source made it come to pass, if the spirits were thus inclined. After uttering the wish, one would generally drop coins in the well. That wish would then be granted by the guardian or dweller, based upon how the coin would land at the bottom of the well. If the coin landed heads up, the guardian of the well would grant the wish, but the wish of a tails up coin would be ignored. It was thus potentially lucky to throw coins in the well, but it depended on how they landed.

While throwing coins into wells and fountains is still in fashion, in ancient times Germanic people were known to throw the armour and weapons of defeated enemies into bogs and other pools of water as offerings to their gods. Farmers used to offer small models of animals to thank the gods for bountiful flocks and good harvest.

Many ancient cultures and religions ascribed magical qualities to clean water. There were special springs that contained natural healing properties. People often believed and still believe in some cultures that water cleanses the impurities of human beings. Purification was thought to be achieved by means of a ritual cleansing by bathing or if someone wanted to be cured of an illness a small human figurine that showed the affected part of the body could be dropped into the water.

These ancient traditions continue in a form today as people continue to throw pennies into fountains and wells for fun or even for wish fulfilment. To a degree it also shows a belief that such acts of faith or superstitious beliefs can bring some good to them.

All myths are rooted in some deep spiritual truth. A 'wishing well' is a metaphor or symbol for the power of good

The secret of having one's good wishes fulfilled is to think good, be good and do good for everyone.



A Wishing Well in Barmill, Scotland

wishes. In a world where people have become very selfish and mean, where they sometimes find it easier to give material things to others than to wish them well from their heart, perhaps wishing wells have become an alternative source where one can actually think and wish for something good for themselves and others.

Today, people find it very difficult to feel good about themselves and wish well for others' happiness. Jealousy, malice and pettiness are feelings that corrupt most relationships. Even in celebrations, festivities and social gatherings people make an outward show of enjoyment and celebration but deep inside they are embittered by jealousy, insecurity and resentment. They wish and greet each other as a habit on special days like birthdays, anniversaries and festivals but there are no true feelings of joy and goodwill for the people they are greeting. People exchange expensive gifts on such occasions but they seldom wish each other well.

Just as the ancient tradition of wishing wells stands for wellness and happiness, it is important to make a habit of wishing ourselves and others well. Today people have become so accustomed to being stressed, anxious and unhappy that they really need good wishes and pure feelings to heal themselves. The secret of being happy and of having one's good wishes fulfilled is to think good, be good and do good for everyone. When we wish others well we automatically begin to feel good.

In a world where most people feel deprived of love and joy, it would be indeed a sacred act to offer the gift of good wishes to everyone around us. When we sincerely wish others to be happy, to be fulfilled and to be liberated, we will be like the guardian spirit or deity of the wishing wells that grant the wishes of others. In fact, that is what all gods, goddesses, angels and saints

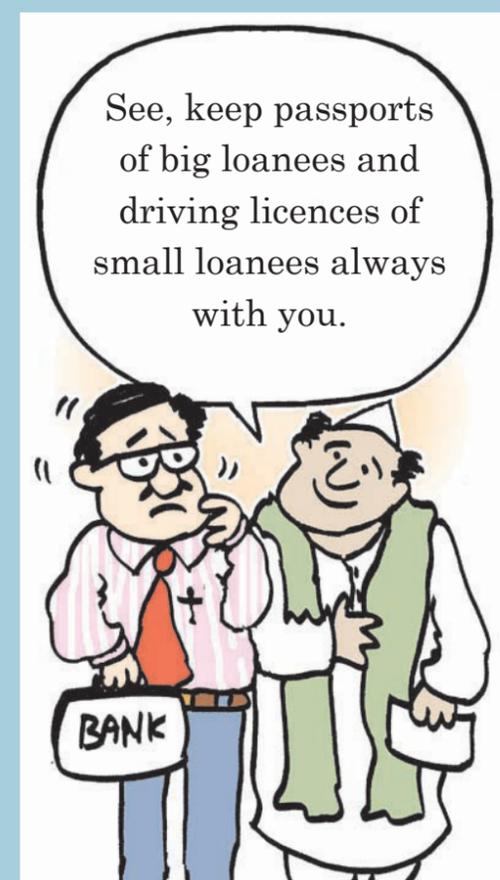
are supposed to do - they bless others and wish them good with so much purity and power that it adds positive value to others' lives.

But the power to wish well and actually bring good to others can come only when we have a clean and pure heart and when we connect to the Supreme Being, the One who is the Bestower of all blessings. God's love and blessings not only fulfil our pure wishes but also empower us to share His goodness and blessings with others.

Imagine how beautiful our life would be if we all make it a habit to wish well for everyone in the world. ★ *(Purity Features)*

In Lighter Vein

- What did one ghost say to another? "Do you believe in people?"
- I want to become a doctor. I have the handwriting for it.
- They call our language the mother tongue because the father seldom gets to speak.
- I read your new book. Who wrote it for you? Who read it for you?
- Do you think I'll lose my looks as I get older? Yes, if you're lucky.
- Since light travels faster than sound, people appear bright until you hear them speak.
- Sometimes I need what only you can provide: your absence.
- We have a quiet home life. I don't speak to her and she doesn't speak to me.



EDITORIAL



Living Volcanoes

Fountains of deadly orange fire and rivers of molten matter fuming with poisonous gases continued to spew from Kilauea Volcano in the American island of Hawaii for much over a month, destroying over 600 homes, and irreversibly damaging popular sites and ecology. Staggering footage shows lava oozing from fissures and pouring into the Pacific.

The volcano first erupted on May 3, and until last updates were received, there seemed no signs of it slowing down. A fresh explosive collapse at its summit in the second last week of June produced energy equivalent to a 5.3-magnitude earthquake, and was followed by a series of earthquakes.

Another volcano erupted in the Central American country of Guatemala in the first week of June. Said to be an even deadlier disaster, the extremely hot, thick and toxic clouds of ash, rocks and gases spurting from the Fuego Volcano moved at the fast speed of 80 kilometres per hour, and buried villages in an avalanche-like phenomenon. The delay in issuing a public warning left little time for safe evacuation of locals, as a result of which over a hundred people were killed and many more were reportedly missing.



In Guatemala

Facing nature's fury, humanity unites in horror and disbelief, wondering how much more is to come, what shape the wrath of nature might take in future, and where it might lead us to. But the irony is that we, the most intelligent specie on earth, have invented far greater ways to destroy ourselves.

Over the years, countries have used their "intelligence" to expand and refine the technology of defence, which in other words means the destruction of one's own kind. Despite our very bitter experiences in the Second World War and our unanimous call for global peace, countries continue to be bound to the nuclear arms race. Feeding this "necessary evil" relentlessly in the name of defence and security, today we live in a war-ready world, where fear, suspicion and threat loom large, where tomorrow is uncertain and dark.

How did we arrive here? The vices of arrogance, anger and greed have torn humanity apart. They are at the root of all forms of discord and destruction on earth. Today, these negative traits can be found in all human beings in varying degrees. In offices, public places and homes, people are constantly using violence in their intent and actions to reach their goals. Spewing anger, insults and criticism at others, hitting them with apathy, and trapping them in evil designs are a common sight these days.

Most people have turned into active living volcanoes that are waiting for a chance to unleash their fury and destroy those on their way. This man-made cruelty and mental destruction is happening all over the world each day, making life barren and tragic. More and more people are being driven to anxiety, depression and suicide. Love and happiness are conspicuous by their absence.

It may not be possible to permanently rid humanity of the dangers of a nuclear holocaust or natural calamities at this point. The wheel of destruction was set into motion a long time ago by human actions, and it will take its course. So what must we do now? At this time, the greatest service we can do unto ourselves and others is to give up all forms of violence and align ourselves with values. Giving up anger is a big part of the deal, as it is behind most conflicts. Anger is the real d-anger.

Dealing with all forms of anger within us can be a hard task, as old beliefs and patterns are difficult to unlearn. But if we connect with the Universal Source of Peace and Power above, our vision can be realised sooner and our gains will be manifold. By having yoga with God, we can remain cool even when the atmosphere around is inflammable. Also, we can draw the strength to continue.

The world drama is eternal and life will go on irrespective of the turn of events. If we are able to win over our negativities and purify ourselves before the final necessary cleansing of the earth takes over, we will become the privileged inhabitants of the Golden Age, which will dawn after this great transformation. ★

Gleanings from the press

India most dangerous nation for women

India is considered the most dangerous country for women in the world, according to a poll by Thomson Reuters Foundation reports Naomi Canton. The survey ranks India as more dangerous for women than Afghanistan and Syria, which came in second and third place respectively. *Full report on www.toi.in* (Times of India)

Scientists pinpoint spiritual part of brain

Ever wondered how your brain processes spiritual experiences? Scientists have identified a possible "neuro-biological home" for the sense of connection to something greater than oneself. The study showed that activity in the parietal cortex - an area of the brain involved in awareness of self and others as well as attention processing - seems to be a common element among individuals who have experienced a variety of spiritual experiences. "Understanding the neural bases of spiritual experiences may help us better understand their roles in resilience and recovery from mental health and addictive disorders," says Marc Potenza, Professor at Yale University in Connecticut, U.S. (IANS)

Exposure to light during sleep harms metabolism

Light exposure at night may not only disrupt sleep but also adversely impact metabolic function, according to a study. "Our findings show that a single night of light exposure during sleep acutely impacts measures of insulin resistance," says Ivy Cheung Mason from Northwestern University Feinberg School of Medicine in the US. (PTI)



Brain can be rewired to curb sugar cravings

Have you ever been on a diet and wished that spinach and not sugar excited your tastebuds? Or that chocolate left you cold? Neuroscientists have discovered how to manipulate the brain to make sweet things repulsive, and bitter ones nice. But only in mice, for now. Mooting promise for an obesity treatment, researchers in the US have learnt to "switch" parts of the brain's amygdala, the centre for emotion and emotional behaviour, on and off, turning sweetness into an aversive taste for lab mice, and bitterness into a desirable one. The research points to new strategies for understanding and treating eating disorders. (AFP)

Vit supplements have no health benefits

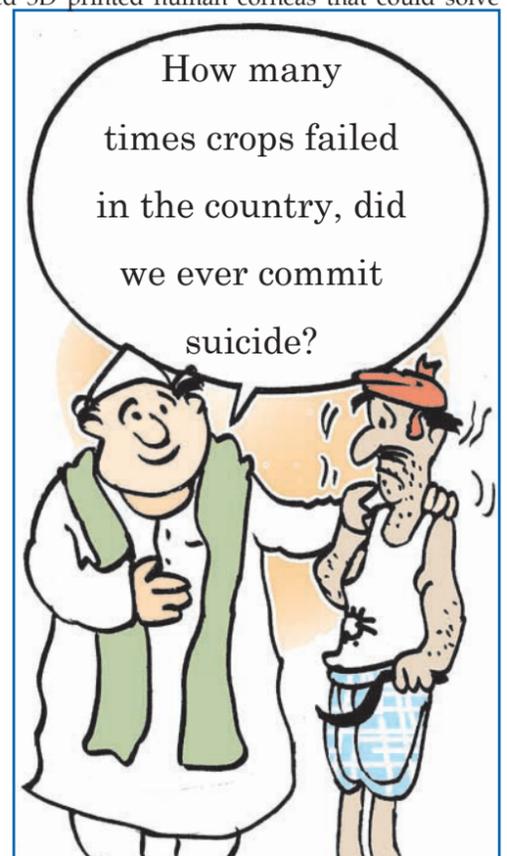
Vitamin and mineral supplements usually offer no health benefits and could even be harmful, a new study suggests. Researchers have revealed that common pills, like vitamin C capsules, have not been proven to provide health benefits while some could even increase the risk of death. Instead, they suggest people are better off getting their nutrients from eating a healthy diet of fruits and vegetables. Researchers found that while multivitamins, vitamin D, calcium and vitamin C showed no harm, they also showed no benefit in the prevention of cardiovascular disease, heart attacks, strokes or premature death. They also discovered that some, including niacin and antioxidants, showed signs they could actually be harmful as they showed a very small increased risk of death from any cause. (The Independent)

3D-printed corneas for the blind

In a first, scientists have created 3D printed human corneas that could solve the shortage of available eye donors and help millions of blind people gain sight again. As the outermost layer of the human eye, the cornea has a key role in focusing vision. Yet there is a shortage of corneas available to transplant, with 10 million people worldwide requiring surgery to prevent corneal blindness. The research shows how stem cells from a healthy donor cornea were mixed together with alginate and collagen to create a solution that could be printed, a 'bio-ink'. (PTI)

Bhoola Bhai

And our friend Bhoola Bhai on Temple Street agrees with Andrew France that so long as society is founded on injustice, the function of the laws will be to defend and sustain injustice.



Liberation from Five Vices brings Self Sovereignty

One of the aims of man's spiritual endeavours over the ages has been to conquer the vices in order to lead a life of bliss. To overcome the weaknesses that bring us sorrow, strife and agony, spiritual seekers have undertaken rigorous penances and made great efforts. Countless sages and mendicants have renounced worldly life and gone into forests and to hills in order to find a way out of the bondage of vices.

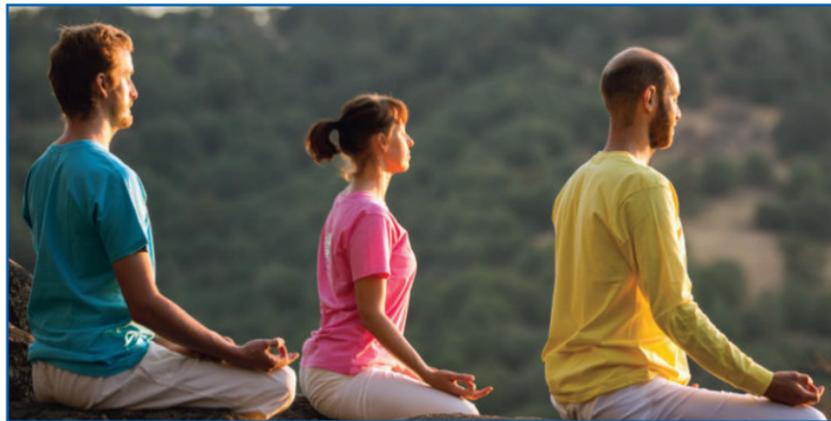
Liberation from vices, however, is not just for sanyasis. One can achieve it while performing worldly duties. The dirt of vices can be washed away from the soul through knowledge of one's true identity and the practice of virtues.

The first step is to become aware of the fact that we are souls, not bodies. The soul is an immortal, sentient point of light that lends life to the body and performs actions through it. In its original state, it is free from all vices. Its innate attributes are peace, purity, power, love, knowledge, joy and bliss. It is because of this that we feel comfortable and happy when we experience these qualities, whereas experiences that go against these attributes, such as anger instead of peace and hatred instead of love, disturb us and make us feel miserable.

The body is like a costume for the soul, which it puts on when it takes birth and discards when it leaves, causing the death of the body. The soul goes on to take birth in another body.

When we look at ourselves and others as souls, and make a habit of doing so, we can easily conquer lust, the biggest of the five main vices. Victory over lust brings a huge reward in the form of supersensuous bliss. This is an experience that cannot be had without overcoming lust. While lust weakens and degrades the soul, freedom from it makes one fly in joy.

The second major enemy of the soul is anger, which robs one of peace and distorts the intellect. Anger is caused when we do not tolerate the faults and mistakes of others. It is also caused when things do not go the way we desire. To avoid being angered by any situation, we need to become merciful. If we have a merciful outlook, we will never be upset by the failings of others. Mercy saves us from failing into the trap of blaming others for undesired or unfavorable situations. It preserves our peace of mind and makes those around us feel at ease in the knowledge that even if they go wrong they would not have to suffer our anger. Thus, freedom from anger not only brings peace but also sustains



Liberation from vices is not just for sanyasis. One can achieve it while performing worldly duties.

relationships. The heat of anger burns, but when conquered, it gets converted into the positive energy of zeal and enthusiasm.

Similarly, we can overcome greed by practising the art of giving and sharing. Greed makes us hold on to things in the belief that if we give we will be losing. But such thinking never allows a greedy person to be happy with what he has. Instead, he is always seeking to get more. Greed gives rise to discontentment, which in turn leads to more greed. Caught in this vicious cycle, a greedy person spends his whole life chasing happiness but never finds it. Instead, if we start giving, we begin to experience the joy that comes from helping

Pause 'n' Ponder

- He who walks with the wise grows wise.
- If you judge people you have no time to love them.
- He who hates, hates himself.
- The purpose of life is a life of purpose.
- Greed grows by what it breeds on.
- Good followers do not make good leaders.
- People may close their ears to advice, but they keep their eyes open to example.
- Ever notice that by the time people get to the phrase, "to make a long story short," it's too late?

or sharing with others. And it is the law of nature that the more we give, the more we will receive. That is why those who are generous in spirit are never discontented. Even with little they feel fulfilled and happier than the one who has too much but is greedy for more.

Perhaps the subtlest of the vices is attachment. Most people do not even recognize this as a vice. They mistake attachment for love and refuse to give it up. Pure love is a positive quality that always brings joy to the self and others. Attachment, on the other hand, brings momentary pleasure but ultimately leads to distress and misery. When we become attached to something we want to hold on to it and we identify ourselves with it. Our happiness becomes dependent on the object or person to whom we are attached. If that object or person suffers any

harm or is taken away from us, we suffer pain. The awareness that we souls are just performing our temporary roles in this world, and that our roles - and bodies - will keep changing birth after birth, will bring us the realization that no one and nothing really belongs to us. We are trustees of all that has been given to us. Even our body, to which we are the most attached, does not belong to us. It is just a costume we have been given to perform our current role. This awareness frees us from attachment. The reward of conquering attachment is true freedom.

Another of the subtle vices is ego. Ego may arise from anything - one's possessions, abilities, knowledge etc. However, our qualities become a curse for us if we become proud about them. Ego makes us rigid, unpleasant and disliked by others. An egoistic person finds himself alone at the time of his greatest need. To overcome this vice, we need to develop humility. If we consider our specialities as a gift from God, to be used for our own benefit and that of others, we will not become egoistic about them. Humility wins us the good wishes of others and fosters happy relationships. The reward of conquering ego is the power to give respect and earn blessings, which brings self-sovereignty. ✨

(Purity Bureau)



Bhubaneswar, Odisha: The new Governor of Odisha, Hon'ble Ganeshi Lal, being greeted by BK Nathmal bhai, BK Sisters Vijaya, Abu and Debasmita.

Muzaffarpur, Bihar: Unveiling the foundation slab of Shanti Shakti Sarovar Retreat Centre are Dadi Janki, Chief of Brahma Kumaris, Mrs. Mridula Sinha, Hon'ble Governor of Goa, BK Rani Didi, BK Mruthyunjaya, BK Kanan Didi, BK Bharat and others.



PHOTO GALLERY



Panaji, Goa : Dr Pramod Sawant, Hon'ble Speaker, Goa Legislative Assembly, speaking at International Day of Yoga celebrations organised by Brahma Kumaris at Fermagudy Temple. Also on stage are (L-R) Mr. Govind Gawde, Hon'ble Minister for Art & Culture, BK Ramesh from Mt. Abu, BK Sister Shobha and BK Sister Surekha.



Birgunj, Nepal : Lighting the lamp to celebrate International Day of Yoga at Vishwadarshan Bhavan are Mr. Prahlad Giri, MLA, BK Sister Ravina and others.



Jabalpur, Madhya Pradesh : Mr. P.D. Jual, Vice Chancellor, Veterinary University speaking at International Day of Yoga celebrations. Also on dais are Swami Radhechaitanya Maharaj, Ms. Neeta Pandey, Yogacharya and BK Vimla Didi, Incharge, Brahma Kumaris Centre.



Dharamshala, Himachal Pradesh : Col. Gopal Singh, Chief Guest, being given Godly gift by BK Uma Didi, Incharge, Brahma Kumaris Rajyoga Centre alongwith BK Sister Kamlesh at IDY celebrations.



Bengaluru City, Karnataka : International Day of Yoga was celebrated at Balagangadharanatha Swamy Play Grounds, Vijayanagar, jointly by Brahma Kumaris, AYUSH and other institutes.

The Circle of Good Deed



Once upon a time Shree Krishna and Arjun went for a short stroll around the city. They saw a poor looking priest begging. Arjun felt pity at him and he gave him a bag full of 100 gold coins. The priest became very happy and thanked Arjun. He left for his home. On way, he saw another person who needed help. The priest could have spared a coin or two to help that person. however, he chose to ignore it. But on way to his home, one thief robbed him of his bag of coins and ran away.

The priest became dejected and went back again for begging. Next day again when Arjun saw the same priest begging and he was surprised that after getting a bag full of coins which can last a lifetime, the priest was still begging! He called the priest and asked him the reason for this. The priest told him about the whole incident and Arjun again felt pity for him. So, this time he gave him a diamond.

The priest became very happy and left for home and he again saw someone who needed help but he chose to ignore again. Upon reaching home, he safely put the diamond in an empty pot of water with a plan to cash it out later and live a wealthy life. His wife was not at home. He was very tired so he decided to take a nap. In between, his wife came home and picked up that empty pot of water, walked towards the river close by to fill up the water. She had not noticed the diamond in the pot. Upon arriving at the river, she put the whole pot into the running river water to fill it up. She filled up the pot but the diamond was gone with the water flow!

When the priest woke up, he went to see the pot and asked his wife about the diamond. She told him, she had not noticed it and it must have been lost in the river. The priest couldn't believe his bad luck and again started begging. Again Arjun and Shree Krishna saw him begging and Arjun inquired about it. Arjun felt bad and started thinking if this priest will ever have a happy life.

Shree Krishna smiled and gave that priest one coin which was not even enough for buying a lunch or dinner for one person. Arjun asked Shree Krishna, "Lord, I gave him gold coins and diamond, which could have given him a wealthy life, yet it didn't help him. How will just one coin help this poor guy?" Shree Krishna smiled and told Arjun to follow that priest and find out.

On the way, the priest was thinking that one coin Shree Krishna gave him, he can't even buy a lunch for one person. Why would he give so little? He saw a fisherman who was getting a fish out of his net. Fish was struggling. The priest felt pity at fish. He thought that this one coin won't solve my problem, why not I save that fish. So the priest paid the fisherman and took the fish. He put the fish in his small pot of water which he always carried with him.

The fish was struggling in a small pot of water, ended up throwing out a diamond from the mouth! The priest screamed with a joy, "I got it, I got it". At that same point, the thief who had robbed the priest's bag of 100 gold coins, was passing through there. He thought that the priest recognized him and may get him punished. He got nervous and ran to the priest. He apologized to the priest and returned his bag full of 100 gold coins. The priest couldn't believe what just happened.

Arjun saw all this and said, "Oh Lord, Now I understand your plan".

When you have enough to help others, don't let that chance go. Your good deeds will always be repaid to you.★



Pathankot, Punjab : Mr. Anil Vasudeva, Mayor, Sardar Hardev Singh, Distt. President, Akali Dal, BK Satya Didi, Incharge, Brahma Kumaris Centre, BK Pratap and others celebrating 4th International Day of Yoga.

The Lure of Greed

How do you think are the natural resources, the fruits of scientific achievements and human toil being shared by the inhabitants of our commonly shared planet? Here are some tell-tale statistics.

We live in a world in which less than 20 per cent of its population receives more than 83 per cent of its annual world income, 20 per cent of its poorest survive on only 1.4 per cent and a large mass of 60 per cent lives on a pittance of 15 per cent (U.N. data).

Why such cruel exploitation of man by man? The one-word answer to this question is: Greed. Yes, man's insatiable greed has made him an inhuman exploiter. Most of us have routinely heard or read somewhere that greed

Few are aware that greed brings more grief to the exploiter than his victim.

is a vice. Not many realize how lowly and mean a person can become under its influence. Few are aware that it brings more grief and sorrow to its perpetrator than to his victim. Peace, inner happiness and contentment, the greatest treasures of life, become the first casualty. Enter greed, exit bliss. Bliss, which is the greatest reward of life.

Greed makes man blind to

the stark reality that he is a mere mortal with a limited span of life and, in today's situation, there are ever growing chances of premature death. His body is subject to disease and aging and the functioning ability of its organs is limited by the laws of nature. His capacity to ingest and digest is limited. His lifestyle may bring grief in place of joy if he crosses certain limits. Too much of anything is bad, is a wise old saying. Overdoing anything will bring disease and cut short the normal span of life. The greedy are responsible for making the vast majority of homosapiens needy to the point of abject poverty.

Greed is closed to all reason and reasoning. It pays no heed to history. Why, after all, did Alexander the Great get his empty

hands spread out of his coffin? Greed shuns advice. It pollutes the mind, perverts the intellect and suppresses the voice of the conscience.

The result is spiritual darkness at noon. 'Lead us from darkness to light' was not spoken of the physical phenomenon. With the 'fuse' of divine insight blown-off, the intellect begins to 'confuse' and the mind begins to 'sink' in the quagmire of illusions.

Greed, like desires, is insatiable. The ghost of greed plays havoc with the lives of millions, when it possesses those who wield power and authority – the leaders. That's exactly what's happening in the world today. The scenario needs no elaboration.

Might, for the greedy ones, is right. Not satisfied with their lion's share (or loot?) of annual world income, they are always busy refining their tools of exploitation. They include individuals, national and multinational corporations, nations and regional groups of nations. But ultimately there are greedy individuals, working behind these institutions and bodies.

Little do they realize that not only are they depriving the vast majority of their fellow beings – spiritual brethren – of even their bare necessities of life, but their misdeeds automatically recoil on their own lives, as per the Law of Karma (as you sow, so you reap) and greed, in fact, is a curse that has befallen them.

The sooner this truth dawns on the leaders of our times, the closer will come the dawn of the new golden era of complete purity, peace and plenty.*

(Purity Bureau)

Gyan Sarovar, Mount Abu : Inaugurating Convention of Political Leaders and Silver Jubilee celebration of Politicians' Service Wing are BK Nirwair Bhai, BK Brij Mohan Bhai, Mr. Arun Gujarathi, former Speaker, Maharashtra Legislative Assembly, BK Laxmi Didi, BK Usha Didi, BK Gangaram Saudagar, former MLA, Hyderabad, BK Sapna Behn and BK Rangnath Bhai.



Chandigarh : Launching ceremony of "Global Enlightenment for Golden Age" at Tagore Theatre are (R-L) Mr. Pawan Bansal, former Union Minister for Railways, BK Amirchand Bhai, BK Asha Didi, Director, ORC (Keynote Speaker), Hon'ble Justice Mrs. Daya Chaudhary, Judge, Punjab & Haryana High Court, BK Ultra Didi, and Mr. Munish Kapoor, Dy. RPO, Chandigarh.



New Delhi : Dr. Mohit Gupta, Professor of Cardiology, GB Pant Hospital, has been posted in the Parliament Health Annexe as Cardiologist for Hon'ble Members of Parliament and families. In pic. above he is receiving a memento from Mr. Sandeep Patel, IPS, Chief of Parliament Security, and Mr.B.C.Joshi, Director of Parliament Security. Dr. Gupta is a Brahma Kumar since 33 years.



Abu Dhabi : BK Mruthyunjaya seen with Padma Shree Dr. B.R.Shetty, Founder and Chairman, NMC Health Care, after inviting him to Brahma Kumaris Headquarters, Mount Abu. Others in pic are BK Supriya, BK Bharati and BK Vishant.

Pearls of Wisdom-Dadi Janki

Chief of Brahma Kumaris, Mount Abu

Natural nature of goodness
Your inner awareness should be that you are a spiritual being, a soul, with a natural nature of goodness. This inner awareness can chase away body consciousness. The more you make the effort to keep your awareness elevated and spiritual, the happier you will be.

Whatever is the quality of your consciousness, your attitude becomes the same. Then your vision follows. It's a natural occurrence. When you speak and act from soul consciousness, your life becomes one of happiness and peace.

Lost Divinity

The power we receive from God is the power of truth. In everyday life, through body-consciousness, most of us have acquired habits of self-deception. We pursue selfish desires whilst pretending that our actions are for the benefit of others. We hide our mistakes, gradually killing our conscience, suppressing our highest nature of love and compassion. We justify our anger, dehumanize our enemies, and give reasons and excuses for our weak and selfish behaviour.

To different degrees, all of us have lost our truth because of losing sight of our divinity. We are beings of consciousness; and when our consciousness became over-absorbed in the

material world, we forgot that we are souls.

God does not condemn us for this. In His eyes, our state of ignorance is simply how things are, as of today. He has no more reason to criticise us than the sun has to criticise the darkness before the dawn, or the winter to wish it were spring.

Lasting Inner Joy

Even though there is a great deal of sorrow in the world, our lives should be filled with happiness, and we should share that happiness with others. In Hindi there are two words for happiness: *Sukh* and *khushi*. What is the difference?

With *khushi* your face is really blossoming and sparkling on the outside. Whereas *sukh* is something internal, it's hidden away inside. It's a private feeling of joy that you experience. Keep attention on your thoughts so that they bring you lasting inner joy, beyond the happiness that come from the senses.

Natural Law

It is a natural law that whatever your inner state, others seeing you will become the same. Do you find that to be true - that by seeing, we become? Be one with honesty and integrity, and others will become the same. Be one with peace and stillness, and those around you will become

peaceful. The aim of a spiritual life is to become virtuous, then the fragrance of that virtue spreads across the entire world. This is how we serve the world.*



Worries are an Illusion

They make you live in the future with the belief that you are busy and take you away from the present. Worries are an excuse for not doing what you really have to be doing. A reactive person appears very busy and worried. With worry, no problems can be resolved. A proactive person focuses attention on the present, acts with initiative and the understanding that being calm and free from worry is far more effective.

Cooperate with others

Inspire cooperation and you will find in your workplace a space to learn and a place for personal growth. Your motivation will shift from earning to learning.

The Spirit of Generosity

Generosity means more than just giving. It also means to cooperate with others. The greatest act of generosity is to see beyond the weaknesses and mistakes of others, helping them to recognize their innate value. The truly generous are those who have made the effort to master themselves. Such people have a capacity for generosity because they understand the deep personal work required to be good. They empathize because they understand the difficulties faced by those who attempt the goal of self-knowledge. The generous are also benevolent towards those who choose to ignore or even to criticize the

Humour

Lady : Is this my train?

Station Master : No, it belongs to the Railways.

Lady : Don't try to be funny. I mean to ask if I can take this train to New Delhi.

Station Master : No madam, I'm afraid it's too heavy.

"Would you mind telling me, Doctor," Bhola asked, "how you detect a mental deficiency in somebody who appears completely normal?"

"Nothing is easier," he replied. "You ask him a simple question that everyone should answer without any trouble. If he hesitates, that puts you on the track."

"What sort of question?"

"Well you might ask him, "Captain Cook made three trips around the world and died during one of them, "Which one?" Bhola said with a nervous laugh, "You wouldn't happen to have another example, would you? I don't know much about history."

Generosity of spirit increases everything we have and gives us everything we need.

good. It is understood that the necessity for the good cannot be ignored indefinitely. Those who have never tried to improve themselves have little, if any, tolerance towards others. Never having faced their own shortcomings, they cannot respond to the shortcomings of others with understanding.

When we give or share with the wrong intention then whatever we do will never be satisfying. We may feel that others are ungrateful, insensitive, or even selfish, but the real problem is that we do not recognize our own selfish motives. If the central motive of our life is wanting to get something, then assuredly we will never get anything. At least, not anything of lasting value.

It is when we unselfishly offer our personal resources, including time and virtues, that we receive. Love and respect must be freely given and cannot be demanded. Authentic goodness is measured by the capacity to be genuinely good with everyone. To share the good is the expression of a generous nature.

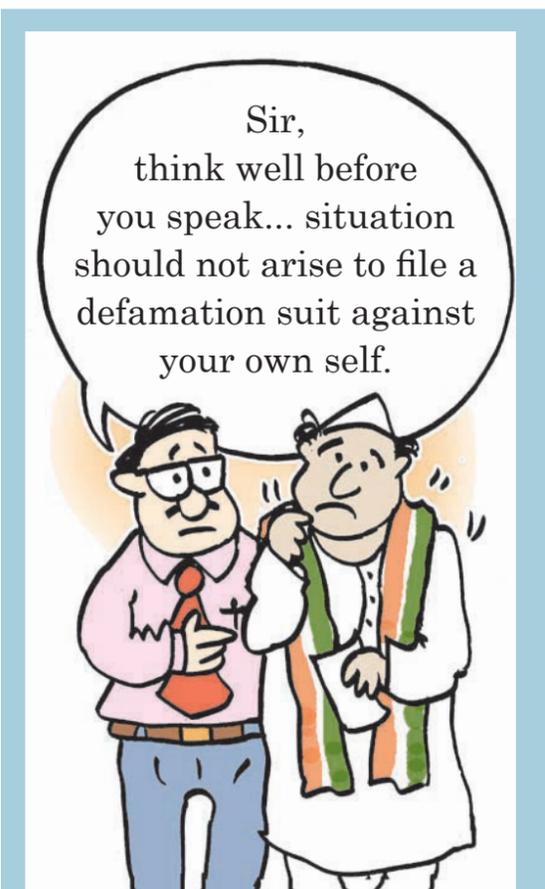
The greatest treasures of life are love, peace and happiness. The only way to increase these treasures is to give them away. Even if we have only a little bit of one of these treasures, if we give it, we will see it grow. For example, if we have not much patience but use the little we do have, our ability to be patient will grow.

Generosity of spirit increases everything we have and simultaneously gives us

everything we need. If we are stingy, we lose; everything inside us decreases. When people are stingy they try to accumulate; they have a passion for collecting as much as they can, both emotionally and materially. Sometimes they will go to unhealthy extremes, but at the end of all the efforts and struggle there is a great poverty of spirit. The mind & heart feel empty.

As human beings, we have deep emotional needs. We cannot satisfy these through accumulation but only through authentic generosity.*

(Purity Bureau)





Nepal : Lighting a traditional lamp to celebrate 4th International Day of Yoga are Mr. Giriraj Mani Pokhrel, Hon'ble Minister for Education, Science & Technology, BK Kiran, BK Babamaiya, BK Kishore, BK Gunraj and others at Brahma Kumaris Rajyoga Peace Retreat Centre, Bhaktapur.



Bhadoli, Uttar Pradesh : Yogi Adityanath, Hon'ble Chief Minister, in conversation with BK Vijaylaxmi after being welcomed at Brahma Kumaris Rajyoga Centre.



Warangal, Telangana : Mr. Kadiyam Srihari Garu, Hon'ble Dy. Chief Minister, being presented a memento by BK Sisters Vimala, Shiva Jyothi and BK Brothers Sudhakar, Murthy and others.



Jaipur, Rajasthan : BK Dr. Banarsi Bhai, Secretary, Medical Wing, receiving Award and Appreciation Letter for outstanding services in the field of de-addiction from Mr. K.C. Saraf, Rajasthan Health Minister and Mr. Bansidhar, MoS Health, Rajasthan in the presence of Mr. Naveen Jain and Ms. Arushi, Mission Director & Addl. Mission Director respectively of National Health Mission, Rajasthan.

Mr. Wise



Mr. Wise?
Yes.
People say God is everywhere,
then how come they are still
searching for Him?
Well, let me think.
Also, who is searching whom?
I cannot say.

◆◆◆◆◆◆◆◆

And Mr. Wise?
Yes.
God is the Ocean of Peace and Love?
Yes.
If God is everywhere then why Peace and Love also are not
present everywhere?
I cannot say.

◆◆◆◆◆◆◆◆

Lastly...
Yes.
People say not even a leaf can stir without God's will?
Yes, they do.
Wouldn't it make God the motivator of all the crime and
violence that is taking place in the world?
I cannot say.

◆◆◆◆◆◆◆◆

Tailpiece



It was at a party and the host was getting worried because there were too many people and not enough refreshments. She was sure that not all of these people had been invited but didn't know how to tell which ones were the crashers. then her husband got an idea...

He turned to the crowd of guests and said "will those who are from the bride's side of the family stand up please?" About twenty people stood. Then he asked, "Will those who are from the groom's side of the family stand up as well?" About twenty five people stood up.

Then he smiled and said, "Will all those who stood please leave. This is a birthday party".

◆◆◆◆◆◆◆◆

A lady went to a dyer. Lady (to the dyer) : Look, I want this cloth to be dyed.

Dyer: In which colour madam?

Lady : Not in blue, red, yellow, green, black, orange, neither in dark colours and light colours. Can you do it? And when can I come back to get this cloth?

Dyer: Of course, I can. You may come on any day except Sunday, Monday, Tuesday, Wednesday, Thursday, Friday and Saturday!

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Faridabad, Haryana : Eid celebrations held at Brahma Kumaris Centre. Mufti Mustazabudeen of Old Faridabad Mosque (speaking). To his (L) is Maulana Jamaludeen of Unchagaon Mosque and (R) are BK Usha Didi and BK Sister Hussain.

Nothing can bring you
peace but yourself.
Do common things in an
uncommon way.





Frightening sight of Lava flowing on road after eruption of volcano in Hawaii, USA.



On International #YogaDay, see how the #GlobalGoals aim to achieve health and well-being for everyone in the Globe. Source : <https://twitter.com/UN>



Lusaka, Zambia : Group photo with Mr. N.J.Gangte, Hon'ble Indian High Commissioner, after International Day of Yoga program at the Indian Chancery.



Sri Lanka, Colombo : International Day of Yoga celebrations organised by eminent yoga institutes, AYUSH and Brahma Kumaris, in collaboration with Ministry of Culture, Govt. of Sri Lanka.

Napeansea Road, Mumbai : A view of International Day of Yoga programme hosted by Brahma Kumaris at Governor House which was attended by over 50 senior officials.

Kuala Lumpur, Malaysia : On stage for candle lighting to celebrate International Day of Yoga at Kandiah Hall, Brickfields are Hon'ble Mr. Mridul Kumar, Indian High Commissioner in Malaysia, Dato' Letchumanan Ramatha, President of Brahma Kumaris Malaysia, Didi Raj, Director of Brahma Kumaris Nepal, Didi Meera, Director of Asian Retreat Centre in Malaysia, Interfaith Leaders and Peace NGOs.



Kohima, Nagaland : International Day of Yoga programme held by Brahma Kumaris at BSF Camp.