



Purity

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Raksha Bandhan Celebrations



Hon'ble President of India Ram Nath Kovind.



Hon'ble Vice President of India M. Venkaiah Naidu.



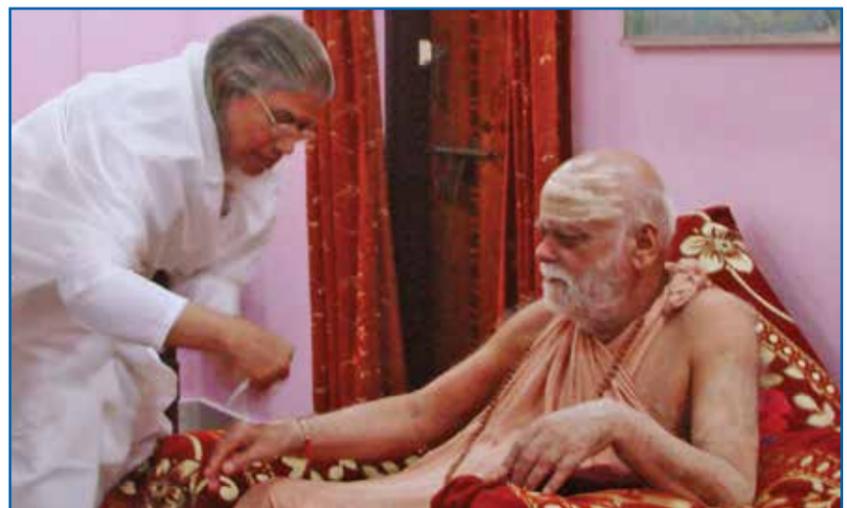
Former President of India Pranab Mukherjee.



Hon'ble Prime Minister of India Narendra Modi.



Hon'ble President of Nepal Bidhya Devi Bhandari.



Shankaracharya Swami Nishchalananda Saraswati of Puri.

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

RAKSHA BANDHAN PHOTOS



Hon'ble Governor of Uttar Pradesh Ram Naik.



Hon'ble Governor of Karnataka Vajubhai Vala.



Hon'ble Home Minister of India Raj Nath Singh.



Hon'ble Health and Family Welfare Minister of India J.P.Nadda.



Hon'ble Chief Minister of Andhra Pradesh N.Chandrababu Naidu.



Former Prime Minister of India Dr. Manmohan Singh.



Prisoners of Raipur Central Jail, Chattisgarh.



Attorney General of India K.K. Venugopal.

Raksha Bandhan Promotes Pure Love

Raksha Bandhan, which literally means 'knot of protection', is celebrated on the full moon day in the month of Shraavan in the Hindu calendar, during the monsoon season, in July-August.

Hindus, Sikhs, Jains and people of other faiths also celebrate this festival. Priests tie rakhis (sacred thread) around the wrists of congregation members, rakhis are shared between friends and, in some parts of India, people offer prayers to deities and men change the sacred thread they wear.

The most common way of celebrating this festival is for sisters to tie the sacred thread around the wrist of their brothers and pray for their well-being. The brothers, in turn, promise to protect the sister's dignity and honour.

There are also public celebrations, with ceremonies held to tie rakhis around the wrists of soldiers, and women and schoolgirls visit political and social leaders, and other public figures to carry out this symbolic ritual. Such gestures help bring people from different walks of life together, but our celebration of this festival needs to go further.

At a time when frequent incidents of sexual assault have brought to the fore the issue of women's safety, Raksha Bandhan can be celebrated in a more meaningful way. India has several festivals in which goddesses, the feminine incarnation of power, are



New Delhi: Rajyogini Dadi Hirdaya Mohini, Addl. Chief of Brahma Kumaris, greeting Hon'ble Prime Minister Narendra Modi after tying sacred thread of Rakhi. Also in pic are BK Brij Mohan, BK Asha and BK Sarla Didi. (File Photo)

worshipped, but Raksha Bandhan is different in that it encourages respect for ordinary women.

The power of the humble rakhi is illustrated by legends related to this festival. There are stories of enemy kings turning protectors after having a change of heart on receiving a rakhi sent by the queen of a rival kingdom. If the rakhi could change political fortunes in the past, it can also help create a safer environment for women today. The onus of protecting women's dignity and honour rests not only on their brothers but on every member of society. No single individual can protect another person all the time.

Raksha Bandhan shows us what relationships should be like: characterised by love, respect, and empathy. Our attitude and approach even towards people we do not know personally should be

governed by these qualities, which are, in fact, intrinsic to the human soul. That is why even a person who has committed crimes against women wishes for his sister to be treated with respect by others. Such a person only needs to be reminded that every woman deserves the same respect.

Like all criminal acts, crimes against women begin in the mind, and it is there that the remedy must be applied. The antidote to lust, the root cause, is pure feelings. On the day of Raksha Bandhan, we can decide to extend pure love to everyone. More than a change in laws, it is this change in attitude that will better ensure the safety of women.

Positive change can happen with spiritual training and empowerment. Practice of meditation enables one to channel one's thoughts in a positive direction. The Gita

says, "All the lower impulses of the body, mind and senses must be controlled by the power of the higher Self. Then the higher Self becomes one's friend." Purity of mind, the Gita tells us, brings happiness, wisdom and illumination. This year, we can begin to illumine the lives of all women by celebrating Raksha Bandhan in a more elevated way. ■

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FESTIVE SPIRIT

*Lift your
consciousness
into God's
World.*

What is Rajyoga?

To rejuvenate the body,
Soul power is needed
To rejuvenate the soul,
God's power is needed
through mental
lovelife communion.



RAKSHA BANDHAN PHOTOS



Hon'ble Governor of West Bengal Keshari Nath Tripathi.



Hon'ble Governor of Odisha Prof. Ganeshi Lal.



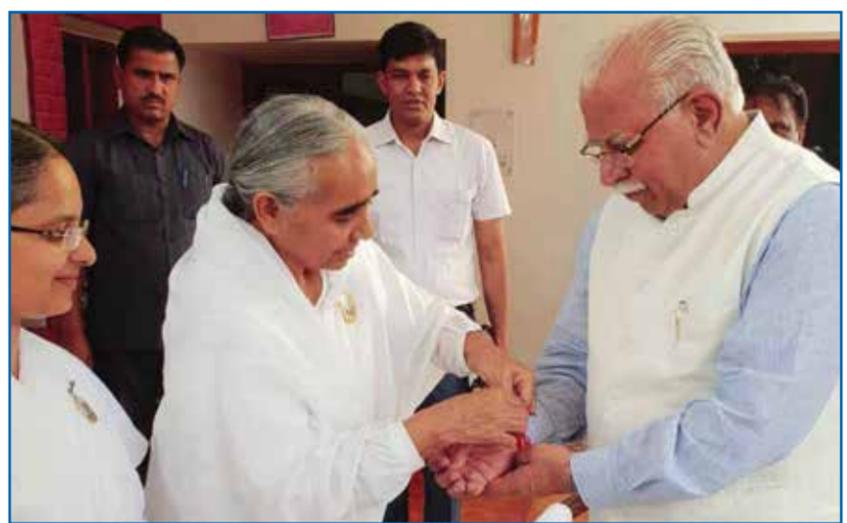
Hon'ble Governor of Assam Jagdish Mukhi.



Hon'ble Culture Minister of India Dr. Mahesh Sharma



Hon'ble Union MoS for Social Justice and Empowerment Vijay Sampla.



Hon'ble Chief Minister of Haryana Manohar Lal Khattar.

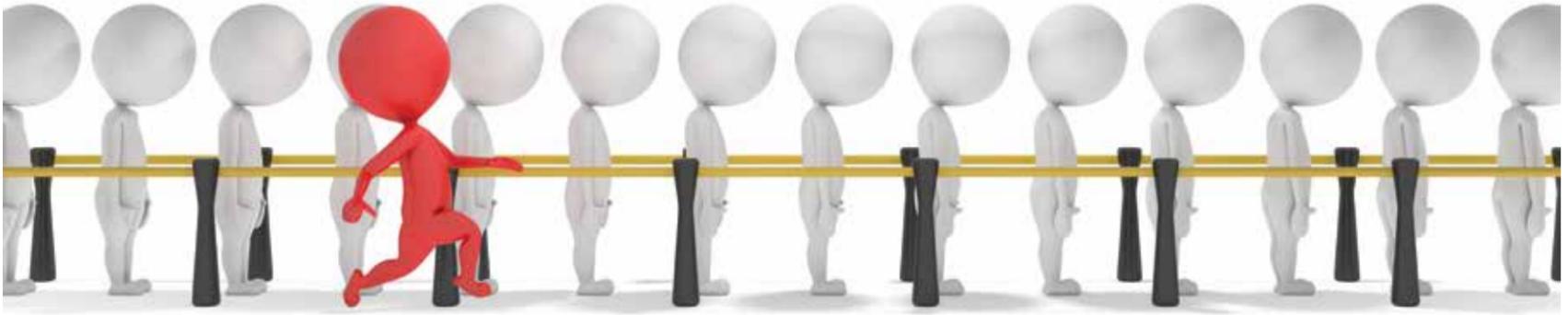


Hon'ble Lt. Governor of Puducherry Kiran Bedi.



Hon'ble Chief Minister of Jharkhand Raghubar Das.

Are you in the Queue?



We see them everywhere. In schools, bus stands, hospitals, airports, temples, petrol pumps, billing counters, public events and many more places. Queues signify order, an organised way of doing things, coordinated movement and a civilised way of engaging in life. If queues were not there, there would be chaos and mayhem.

Standing in a queue requires patience and cooperation. In today's time, when most people are living life in the fast lane, it is common to find them avoiding or jumping queues. Everyone wants to get to their destination fast. So queues are seen as an unwanted necessity. But most public services would break down completely if queues were not in order. For smooth and hassle-free operations of all services, queues are a necessity.

The urge to avoid a long queue and to get one's work done fast has given birth to many spin-offs. There are special queues, VIP queues, queues for women, senior citizens and handicapped persons. At some places, people pay extra money to avoid a long queue and get their work done without waiting for hours. Queues bring out many human facets. Some people show patience, kindness and cooperation

*Practice like you've never won.
Perform like you've never lost.*

God gives us the wisdom to avoid the long queue we will end up in if we are negligent about doing the right things in life.

to help others in the queue. At times queues can turn into ugly spats and brawls, with people resorting into mob violence.

Just as people make special efforts to be on time to be ahead in a queue so that they don't miss the deadline for the work they wish to get done, we have to make special efforts to avoid a more significant queue in the journey of life. It is when people waste their time due to laziness or distractions or become careless and negligent about doing right things at the right time that they have to stand in a long queue or wait long to get what they want.

God gives us the wisdom to avoid the long queue we will end up in if we are negligent about doing the right things at the right time in life. The first truth we have to realise is that we are all souls in an eternal spiritual journey. If we keep on making mistakes in life, by ignoring our innate values and indulging in vices and sensual pleasures, then the queue gets longer and longer for us. This queue is for 'jewanmukti' or liberation in life - for a life free

from all bondage and suffering; a life filled with long-lasting peace, joy and harmony.

In order to avoid this queue we need to let go of another word that begins with Q - questions, such as why is he doing this to me, why can't people be like we want them to be, what's wrong with him or her, why can't people respect me and why didn't I get a fair deal and so on. These questions arise due to ignorance of spiritual wisdom. When we are constantly complaining and finding fault with life situations and people, we miss the blessing and benevolence hidden in every moment. We forget to create positive thoughts and actions that will lead us to a better destiny.

If we miss a single moment of life which offers us the choice to think and act better, then we are left behind. Every day God offers us a new opportunity to let go of past regrets and habits and to live in the present with a pure awareness of our innate goodness. Whenever we are questioning and complaining, we are creating a negative karmic account that will end up in the queue of suffering and remorse. At the end of our life journey when we realise that we did not transform ourselves for the better and live life by higher values, time will teach us tough lessons and force us to change our negative traits.

On the other hand, those who have the wisdom to see the drama of life in a positive way and constantly be aware of being connected to God and His values and live a life of truth, compassion, simplicity and humility, will be rewarded by God and ushered by Him into a heavenly life of liberation and joy. ■

(Purity Features)



Shantivan, Abu Road : Paying homage at 'Prakash Stambh' memorial of Dadi Prakashmani on her 11th anniversary are Dadi Janki, Dadi Ratan Mohini, BK Lakshmi, BK Hansa, BK Leela, BK Sharda and others.

EDITORIAL

When Protectors Turn Predators

Twenty four girls were rescued from a women's shelter home that was operating illegally in Uttar Pradesh's Deoria. Chilling details were revealed to the police by a 10-year-old who managed to escape. She said that girls between the ages of 5 and 15 years were kept in rooms and never let out until cars came to pick them up at night. They would cry when they returned in the morning.

Her complaint and further investigation by the police suggest physical, sexual and other abuse of inmates by the couple running the home.

The news came in just a few days after it was found that an NGO-run shelter home for abandoned and orphaned girls in Muzaffarpur, Bihar was a den of horrible crimes. The majority of the inmates – including mostly minors, and deaf and mute girls – were raped night after night, starved, drugged and subjected to extreme brutalities by the owner, who had political connections, and his team.

Highly disturbing news also came in from Madhya Pradesh when a 20-year-old hearing and speech impaired tribal girl accused the director of a government-aided hostel in Bhopal, where she had been staying for three years, of repeatedly raping her. The girl's family learnt of her ordeal when she went home and narrated her woes to them through sign language. Following this, three other inmates of the hostel, which housed several girls with disabilities, filed similar complaints against the accused.

There is no end to such horrific stories coming in from different parts of our country. 'Shelter homes' meant for protecting the most helpless and needy have become the feeding ground for predators. Victims live in a state of constant fear and helplessness. They are shamed, silenced and have to endure endless suffering.

As the Union Women and Child Development Minister said, this is in all likelihood only the tip of the iceberg. The incidents that are reported at police stations or those that catch the attention of the media are very few. The nexus of gender violence and power play is widespread and fiercely guarded. The 'raj satta' is largely silent on these issues. This is the present state of our Bharat, the original land of gods and goddesses – once known for the highest principle of non-violence and a culture of divine values.

The epic of Mahabharata has characters and events that are symbolic of our present times. On the side of evil are Dushaasan, the one who misuses 'shaasan' i.e. power or authority, and Duryodhan, the one who misuses 'dhan' or his money power, for ugly designs and motives, and their kin. Looking at the scenario today, we can find so many people who fall into these categories.

Similarly, there is not one Draupadi who was sought to be disrobed. Her character represents the countless souls in female bodies that frantically seek protection of their honour. They seek support from those they consider to be their protectors, but are let down. Eventually they turn to God, and it is He who finally helps them.

This episode of the Mahabharata is currently being repeated. And to answer the cries of the helpless, He has arrived.

Yes, we are yet again at the same point in the cyclical world drama where evil is so widespread that the meek and good have nowhere to go. It is at this time that God keeps His promise with humanity and descends on earth to re-establish dharma.

The Almighty is currently nurturing human saplings, who will go on to become instruments for ushering in a new world order – where there would not be a single trace of violence, where the female form would be given the highest respect, where dignity, grace, love and kindness will rule human hearts and dealings. That world would be untouched by impurity of any kind.

Those who follow His word now give up their acquired negative traits, develop their intrinsic qualities and become participants in His great plan of world transformation. After the final cleansing process of human souls, dharma is restored. Eventually, step by step, the empire of evil is conquered, and it gives way to a happy new beginning. Let us all join in. ■

Gleanings from the press

Scientists use gut enzyme to convert any blood type to universal group O

Canadian researchers believe they have found the means to convert any type of blood into universally usable group O with enzymes found in the human gut – a finding that could expand the pool of potential blood donors and make blood-matching easier and safer. For transfusions to be safe, blood from a donor – for instance, A, B, AB types – must match that of a patient. O-type blood can be transfused into anyone and is always in high demand.

(Times of India)

World's longest? 51-inch cucumber grown in UK

A 75-year-old Indian-origin Sikh in the English city of Derby has grown a giant cucumber and says praying to it daily has helped the vegetable grow to a potential world-record size, British media reported. Raghbir Singh Sanghera, who worked as a farmer in India before coming to the UK in 1991, grew the 129.54 cm (51-inch) cucumber in his greenhouse. The current Guinness World Record for the longest cucumber, which was grown in Wales in 2011, is 42.13 inches (107 cm).

(BBC Report)



To gluten or not to gluten?

Google searches for 'gluten-free' have increased 10-fold in 15 years. Gluten is a protein found in wheat that harms people suffering from coeliac disease, but many who have stopped eating wheat completely are people who think 'gluten-free' means healthy. This happened because the food processing industry, which sells gluten-free foods at a premium, painted gluten as an evil. Some firms even came up with 'gluten-free' water. What advertisers don't tell you is that the gluten-free versions of food are usually less nourishing, so by closing the door on wheat you might be doing yourself more harm than good. For the vast majority, gluten is good.

(For more: The Atlantic and The Guardian)

Eating coconut oil a bad idea?

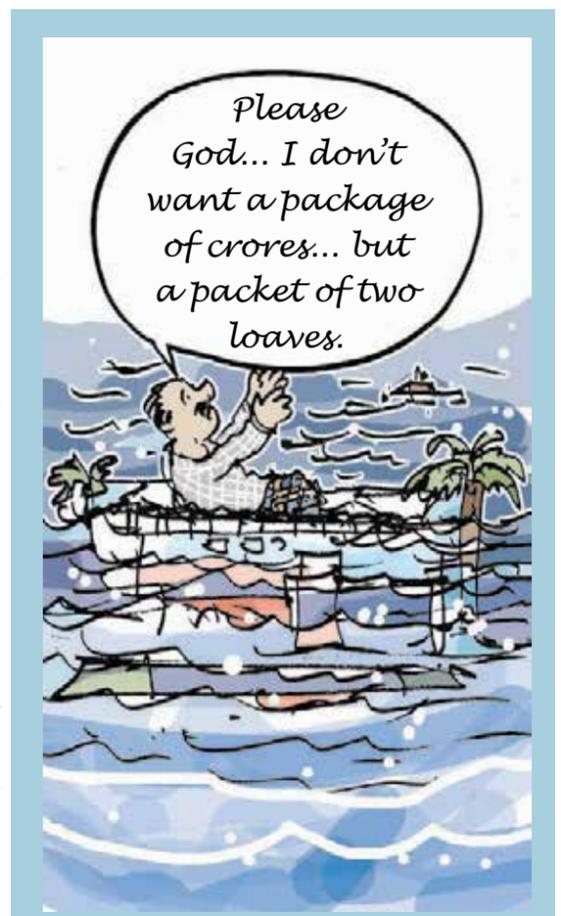
A Harvard professor has called the supposed health benefits of coconut oil into question by saying it's as bad for your well-being as "pure poison". The claim was made by Dr. Karin Michels, professor at Harvard TH Chan School of Public Health. According to Dr. Michels, coconut oil is "one of the worst foods you can eat" due to the damaging effect the saturated fatty acids in the coconut oil can have on your body. This goes against the common belief that coconut oil is good for your health, as it's previously been hailed as a "superfood" that can be used in the kitchen as a component of any meal.

(The Independent)

No such thing as safe limit of alcohol: Study

Drinking alcoholic beverages is linked to some 2.8 million deaths each year, according to researchers who concluded that there is no safe level of alcohol use. Even an occasional drink increases the risk of health problems and dying, according to a major study on drinking in 195 nations published in the *Lancet* medical journal. Despite recent research showing that light to moderate drinking reduces heart disease, the new study found that alcohol use is more likely than not to do harm. "The protective effect of alcohol was offset by the risks," said Max Griswold of the Institute for Health Metrics and Evaluation in Washington, and lead author for a consortium of over 500 experts.

(Times of India)



Possibility of Life in Space?

Only Planet Earth has Conditions to Sustain Life

Scientists believe that water is likely to be a major component of exoplanets (planets orbiting other stars) that are two to four times the size of Earth. Evaluation of data from the exoplanet-hunting Kepler Space Telescope and the Gaia mission indicates that many of the known planets may contain as much as 50 per cent water, which is much more than the Earth's 0.02 per cent water content by weight. This, they say, has major implications for the search for life on other planets.

But is mere presence of water enough to sustain life? Life on Earth is supported by complex biochemical processes and atmospheric phenomena. Everything we need to survive is provided here, with a thin layer of atmosphere separating us from the dark void of space.

The biosphere, the parts of Earth where life exists, extends from deep ocean trenches to rainforests and high mountaintops. Life exists on the solid surface of the Earth, the lithosphere, and the atmosphere, which is the layer of air above the lithosphere. The atmosphere affects the Earth's climate and local weather conditions; shields us from nearly all harmful radiation coming from the sun, and even protects us from meteors.

Life also exists in the hydrosphere – the Earth's water, which is present on the surface, in the ground, and in the air.

Plants use sunlight to make sugars and oxygen out of water and carbon dioxide, a process called photosynthesis. The oxygen in the biosphere allows more complex life forms to survive. Animals consume the plants and other animals,

It would be naive to assume that life exists on another planet just because it happens to have water.

and there are microbes which decompose dead animals and plants. The remains of dead plants and animals release nutrients into the soil and ocean. These nutrients are then absorbed by growing plants. This exchange of food and energy keeps the biosphere going.

Similar to the food web, there is the water cycle. Water evaporates, condenses in clouds, falls as rain, and some of it returns to the oceans.

Then there is the carbon cycle. Scientists believe 99.9 per cent of all organisms are carbon-based, and need carbon to survive, whether it is in the form of sugar or carbon dioxide gas. Carbon is continuously cycled and reused. The Earth has a fixed amount of carbon, and the carbon cycle is a good example of recycling.

Oxygen atoms cycle through the ecosystem and the biosphere the way other elements do. Oxygen is included in all oxidation reactions. All organisms do not breathe oxygen, but oxygen exists inside every organism.

Ocean currents affect temperatures throughout the world. Cold ocean water currents flowing from polar and sub-polar regions bring in a lot of plankton that are crucial to the survival of key species in marine



Conditions on no other planet in the cosmos has conditions to sustain life.



Mother Earth - The only planet in the universe which sustains life.

ecosystems. Since plankton are the food of fish, abundant fish populations often live where these currents prevail.

Wind patterns similarly affect the weather in different parts of the world, bringing rain and cooler or warmer temperatures.

The forces of nature, the elements, and all creatures on Earth have a role to play in sustaining life on our planet. How delicate the balance of various constituents of the earth's ecosystem is, and what can happen if that balance is disturbed is becoming apparent in the form of extreme weather events that are occurring with increasing intensity and frequency, with scientists attributing this to rampant

industrial activity.

Given these facts, it would be naive to assume that life exists on another planet just because it happens to have water. Conditions on no other planet are likely to be the same as those on Earth, which is just the right distance from the sun and other heavenly bodies so that while they help sustain life, they do not have a detrimental effect on our planet.

The Earth is a unique home for mankind and all the other species of plants and animals. It is the vast stage on which the drama called life is played out. The rest of the cosmos provides a beautiful backdrop for this stage, for which there is no replacement. ■

(Purity Features)

Go beyond
your physical
dimension.
Keep your face
towards light.



Mysuru, Karnataka: BK Brij Mohan, Addl. Secretary General of Brahma Kumaris, after a meeting with Jagadguru Shivaratree Swami of Suttur Math.

RAKSHA BANDHAN PHOTOS



Hon'ble Chief Minister of Odisha Naveen Patnaik.



Hon'ble Chief of Province No.1 Nepal Dr. Govind Bahadur Tumbahang.



ITBP Dy. Commandant Asheesh and personnel at Reckong Peo, Himachal Pradesh.



Hon'ble Punjab Minister for Animal Husbandry, Dairying & Labour Balbir Singh Sidhu at Mohali.



DG, Doordarshan News, Mayank Agarwal.



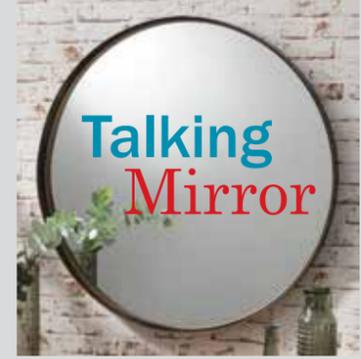
Hon'ble Meghalaya Minister of Border Area Development, Education, Forest and Environment L.Rymbui.



Revenue Divisional Commissioner (SD) of Berhampur, Odisha Mr. T.Ao.



University Grants Commission Chairman Prof. D.P. Singh.



Evil begets evil

There was once a king who was so cruel and unjust that his subjects yearned for his death or dethronement. However, one day he surprised them all by announcing that he had decided to turn over a new leaf.

"No more cruelty, no more injustice," he promised, and he was as good as his word. He became known as the 'Gentle Monarch'. Months after his transformation, one of his ministers plucked up enough courage to ask him what had brought about his change of heart.

The king answered, "As I was galloping through my forests I caught sight of a fox being chased by a hound. The fox escaped into his hole, but not before the hound had bitten its leg and lamed it for life. Later I rode into a village and saw the same hound there. It was barking at a man. Even as I watched, the man picked up a huge stone and flung it at the dog, breaking its leg. The man had not gone far when he was kicked by a horse. His knee was shattered and he fell to the ground, disabled for life. The horse began to run but it fell into a hole and broke its leg. Reflecting on all that had happened, I thought: 'Evil begets evil. If I continue in my evil ways, I will surely be overtaken by evil'. So I decided to change".

The minister went away convinced that the time was ripe to overthrow the king and seize the throne. Immersed in thought, he did not see the steps in front of him and fell, breaking his neck. ■



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Compassion and Healing

BK Jayanti, London

If we think about that which we know to be right, compassion comes to the fore. Compassion is related to respect, dignity, love, care, kindness and mercy. So what can I do to access compassion within myself? I believe that every human being, in a natural and pure way, carries compassion within the self. But somehow our experiences make us forget to connect with this quality. Spirituality and my own experience would say that when we live life externally (at the material level), we forget to look within and connect with what is going on deep inside the self. The Brahma Kumaris philosophy would say that whatever is going on inside is what gets expressed on the outside and, when I am not connected and have lost touch with those things, my outside expression will become hard and brittle.

The first step is to remove my negativity and reconnect with my inner compassion. This step requires me to go on an inner journey, where I am able to discover my qualities of peace, love, kindness and compassion. If I can 'touch' this reservoir again and again through the day, keeping it alive inside, then it will be expressed in my life and also my actions. So it is the inner journey that will help connect me to my compassion.

The next step is related to awareness of God. When I hear about world events, I understand that we have forgotten about spirituality and have moved away from 'spirit', which is life itself; we have forgotten the singularly important thing about life. When I review our spiritual values and reflect on where these values lie, they lie within the inner being, therefore they are not an external part of me. It is only when I go on the journey within that I am able

Meditation practice offers a powerful tool, both to emerge compassion and kindness within, and to keep it alive.

to connect with the inner spirit and find the values. Values are the most important aspect of life. In fact, they are the bedrock of civilization.

Not only is compassion missing in health care, but compassion is missing in human life. Instead of compassion, ego and selfishness prevail. Looking at the big picture, this global malaise has weakened all aspects of living. The two main reasons are, firstly, we have lost touch with the spirit within and, secondly, we have either put God on the backburner or we have removed God from our lives completely. Although many devoted people believe in the Divine, yet, there is lack of courage to speak about God openly.

I would now like to address the second question about how to manage 'compassion fatigue' and burnout, and the escalating pressures that each person is called to manage in their own way. How do I manage to stay human, never mind anything more than that? I have to find a way to be able to recharge my own inner battery.

Spirituality has taught me a method to be able to recharge the inner being. This method shows me how to connect with the Divine, the Source of light, might, peace and love. If I can connect my mind with the Source of light and love, then I will be able to draw strength into the self. In whatever capacity I serve, for whatever time, I am well advised to not give of my own energy and deplete myself, but I need to learn to let the flow of energy come from the Divine so that I can give what is needed.

Even during routine daily

activity, I need to replenish my stock of energy. With my connection with God, I am able to draw from Him and fill myself with whatever I need. We, the Brahma Kumaris, use a system of stopping for a minute every hour called 'traffic control'. Soft music plays, which signals us to pause for 1-3 minutes and use that time to reflect and reconnect both within and above and recharge. Equally, at the end of each day it is important to conduct a personal audit and review; what is it that I could have done differently? If I don't do this each evening, mistakes will multiply and issues will be covered up. The second reflection can be; is there anything I learnt today? If I use these two questions in my personal audit each night then there is a strong likelihood that my levels of compassion will continue to grow and

be expressed in my actions. Meditation practice offers a powerful tool, both to emerge compassion and kindness within, and to keep it alive, such that we never reach a point of either physical or emotional fatigue.

Spirituality helps me transcend all limits and enables me to have love and concern for everyone. But, the question arises; is it possible to teach young people these things? It is not just a question of the young, but whoever I am, I need to make that journey inwards and connect with the Divine to allow inherent compassion to open up. When I am in touch with my own dignity then I can see the dignity in others and healing energy flows. When there is the self-esteem of spirituality, discriminatory behaviour ceases and only love and well-being is visible. ■



Tying 'Rakhi' to Hon'ble Chief Minister of Bihar Nitish Kumar.

Pearls of Wisdom

I am a slow walker, but I never walk back.

-Abraham Lincoln

This above all: to thine own self be true.

-Shakespeare

Man prefers to believe what he prefers to be true.

-Francis Bacon

Nothing is so firmly believed as that which we least know. -Montaigne

The real and lasting victories are those of peace, and not of war. -Ralph Waldo

We can never obtain peace in the outer world until we make peace with ourselves. -Dalai Lama

Courage is what it takes to stand up and speak, courage is also what it takes to sit down and listen.

Pearls from Dadi Janki

Chief of Brahma Kumaris, Mount Abu

Vibrations created go beyond walls

Through our connection with God, we develop spiritual power, which brings us so much benefit. It allows us to care for the self and for one another. Then in our relationships, giving cooperation honestly becomes natural.

When we have spiritual awareness inside, our vision says everything. We catch each other's intentions and feelings. It is through our pure feelings that we invoke God's help. And it is our honesty and love that allow us to receive God's help.

When there is a gathering of people who are in a loving connection with God, vibrations are created that go beyond the walls of the room and spread into the world. These vibrations reach everyone, no matter where they're sitting.

Are you smiling?

Are you smiling? Always keep a smile on your face. One who stays in remembrance of God is able to smile. Such a soul accumulates the power of peace. By having the awareness of belonging to God, we experience infinite happiness.

This awareness is simple: "I am a soul and I belong to the Supreme Soul." When we have the strong inner faith that this truly is who we are, we find that we are able to uplift ourselves and others and change our lives.

Serving the world always begins with serving the self

Become a detached observer of your own self and see if you feel that God is happy with you. If you are thinking of others, then what will be the quality of your remembrance of God? When our thoughts are with God, our intellects are clear, and through our minds we spread vibrations to the whole world. Those vibrations give happiness to many souls. Serving the world always begins with serving the self in this way.



Dadi Janki tying 'Rakhi', the bond of spiritual love and God's protection, to BK Nirwair, Secretary General of Brahma Kumaris.

God is available to us when we turn our thoughts to Him

Sometimes I cannot sleep at night. When this happens, I remember God. It is remembrance of the Supreme that keeps the soul ever-happy, healthy and wealthy. Remembering God brings us into His awareness, and allows us to draw on His deep peace, unlimited love and bliss. We must make an effort to live in continuous happiness. He is constantly available to us when we turn our thoughts to Him.

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 from 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 to criticise the darkness before the dawn, or winter to wish it was spring.

The Brahma Kumaris gained the insight that God is not an entirely neutral observer of this play of existence. God is a living entity, and has a central role within the play. The most significant aspect of His role is to remind us who we are, and what He is, when ignorance and the suffering it brings are becoming extreme. The call of human beings at this time is to reawaken and restore truth in ourselves through remembering Him, and thereby to restore truth in the world. ■

Producing Spiritual Electricity

Our mind can produce as well as consume spiritual power depending on the way it works.

Everything is about energy. The whole world is a combination and permutation of energies vibrating at different wavelengths. It's a dynamic interplay of physical and spiritual energy.

We can feel this energy flux in all spheres of creation. Fresh and new things have a certain kind of energy while old and degraded things give off low energy.

In the human world, souls feel tired and burdened due to negative and waste thoughts and actions. They suffer from laziness and lethargy. Lack of self-control and connection to a positive source makes them weak. They are unable to come out of depression or feel enthusiastic about life. They cannot apply the brake or put a full stop to unwanted thoughts and emotions. As a result, the soul sinks into prolonged periods of depression.

How can we generate spiritual energy? Thoughts generated by the mind can act both ways. They can charge and discharge the energy of the soul. We generate thoughts and consume energy through our daily actions. New thoughts are created only in the conscious state. In sleep, the mind does

not generate new thoughts.

Negative thoughts include thoughts of worry, anger, jealousy and ego. Waste thoughts are thoughts of the past, worries about the future and useless thoughts about the self and others. Negative thoughts lead to negative actions that drain spiritual power. It is like a huge power leakage. Waste thoughts tire the soul or create excess heat i.e. worry and tension. A thought filled with determination, zeal and spiritual values is a high-voltage thought.

Positive thoughts are generated through righteous actions. When we help others and become a well-wisher of all we generate spiritual power - we feel happy. We can also increase this power by adopting a 'to give' approach rather than

having a 'to get' approach. Also, by living in the present we increase our power. By forgiving and forgetting wrong actions we put a full stop to negative thoughts. When we share happiness and love with others, we get blessings that further empower the soul.

The spiritual power of the soul can be charged to the full extent by practising soul consciousness, detachment from the body and God consciousness. Rajyoga meditation is a loveful link between the soul and the Supreme Soul, who is the spiritual powerhouse. If a soul constantly remembers God, then the battery will remain fully charged. Such a soul will reflect constant lightness, joy, bliss and compassion. ■

(Purity Bureau)

*Life is a
journey not a
guided tour.*

RAKSHA BANDHAN PHOTOS



Hon'ble Governor of Gujarat
Om Prakash Kohli.



Hon'ble Chief Minister of Chattisgarh
Raman Singh.



Rajyogini Dadi Kamal Mani

Left her mortal coil, aged 92, on 28 August 2018 at 10.10pm in Delhi. She was one of the six *Adi Ratna Sisters* who became Brahma Kumaris in early 1937 when 'Om Mandli' (which later became Brahma Kumaris organisation) was founded.

Dadi Kamal Mani served humanity for more than 80 years by her own living example of a true Rajyogi. She won hearts with her ever cheerful face, simplicity, purity, introversion and loving nature. She was a guiding star for 87 Rajyoga Centres in East Delhi. Our respectful homage to the noble soul.



Hon'ble Chief Minister of Tamil Nadu
Edappadi K. Palaniswami.



Hon'ble Chief Minister of Uttar Pradesh
Yogi Adityanath.



Hon'ble Chief Minister of Arunachal Pradesh
Pema Khandu.



Hon'ble Chief Minister of Rajasthan
Vasundhara Raje.



Hon'ble Chief Minister of Uttarakhand
Trivendra Singh Rawat.



Om Shanti Retreat Centre, Gurugram : Group photo of health care professionals who participated in 'VIHASA'. Faculty sitting in front row are Dr. Ashok Mehta, Mumbai (3rd from right) Dr. Sachin Parab, Pune (centre), and others.



Mohali, Punjab : Group photo of Jawans and Officers of BSF, Commandos and Punjab Police, who celebrated 'Raksha Bandhan' at Brahma Kumaris Sukh Shanti Bhawan.

More Raksha Bandhan Pictures in next Purity.

Well Done is Better than Well Said.



Dallas, Texas, USA : BK Sheilu from India along with BK Ranjan, seen with some attendees of her public talk on 'Beauty of Karma'.

Mr. Wise



Mr. Wise?
 Yes.
 Ego is the greatest enemy of man?
 Yes. Ego makes him arrogant and stubborn, it robs him of cordiality and harmony; it breeds jealousy and hatred; he finds it hard to give or get co-operation.
 And still people keep on inflating their ego, why?
 I cannot say.
 ♦♦♦♦♦♦♦♦

And Mr. Wise?
 Yes.
 What is the antidote to ego?
 Humility. It brings in its wake courtesy, respect, politeness and sweetness; It naturally begets goodwill and co-operation.
 And still there are people who consider humility to be a weakness?
 I cannot say.
 ♦♦♦♦♦♦♦♦

Lastly...
 Please continue.
 Ego blurs judgement?
 Yes. It impairs one's power to discriminate between right and wrong. Humility, in contrast, empowers you to distinguish between truth and falsehood.
 So, one should shed ego and adopt humility?
 You are right.
 ♦♦♦♦♦♦♦♦

Tailpiece



Applications for Leave
 An employee applied for leave as follows:
 "Since I have to go to my village to sell my land along with my wife, please sanction me one-week leave."
 ♦♦♦♦♦♦♦♦

Application for leave from an employee who was performing the 'mundan' (head shaving birth hair ceremony) of his 3-year-old-son.
 "As I want to shave my son's head, please leave me for two days."
 ♦♦♦♦♦♦♦♦

Leave letter from an employee who was performing his daughter's wedding:
 "As I am marrying my daughter, kindly grant a week's leave..."
 ♦♦♦♦♦♦♦♦

To Administration Department,
 "As my mother-in-law has expired and I am only one responsible for it, please grant me 10 days leave."
 ♦♦♦♦♦♦♦♦

A leave letter to the headmaster:
 "As I am studying in this school I am suffering from headache. I request you to leave me today."
 ♦♦♦♦♦♦♦♦