



Purity

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God's Power for Golden Age

We are passing through times of abrupt change and extreme uncertainty. Anything can happen to anyone, anytime, anywhere. Outwardly, all institutions of a civilized society are in place but, in reality, brutal force is used to achieve selfish objectives. A vicious system has been created in which the benefits of all development are cornered by a small minority to the exclusion of the rest of humanity. The future of mankind is controlled by a handful of individuals.

And yet, it is exactly at such a time of utter darkness and extreme degeneration that God transforms this veritable hell, the present old, vicious, iron-aged world, into a new, viceless, golden-aged world which is described in the scriptures as heaven, *swarg, jannat* etc.

In the Golden Age there was truth, and non-violence, prosperity and well-being in

Brahma Kumaris Theme of the Year 2019

the whole society. Unity was the hallmark of Golden Bharat—even the lion and the cow would drink from the same pond. It was a glorious era where there was every kind of joy and bliss.

This vision of *Ram Rajya* or Golden Age was sought to be achieved by great leaders such as Mahatma Gandhi. While the world has come a long way in terms of material development, there are many big challenges facing humanity today, such as economic disparity, environmental issues, terrorism, communal violence, and degrading social and moral values, among others.

A world of divine bliss and happiness can only be established through a righteous value system. Development or governance sans spiritual power cannot lead to lasting prosperity. Who can bring about the transformation that we are now waiting for? Only God can guide humanity from such an impasse to lasting peace and happiness.

God is unique and above all. He is the highest-on-high, the Creator of Heaven, the omniscient, omnipotent, eternal, immutable, Almighty and ever-pure being who alone has the wisdom and the power to transform hell into heaven and to liberate all creatures from the bondage of suffering. All religions, prophets and *messiahs* have

spoken of God as a compassionate, merciful and benevolent being who guides humanity towards liberation from sin and suffering through His divine inspirations and acts.

No other being, whether a deity or a religious preceptor, is considered omniscient or omnipotent, nor can they liberate human souls from the bondage of *karma*. Human beings, howsoever great, come in the bondage of certain limitations such as that of space and time. All saints and preceptors took birth in a human body and manifested their wisdom and power in their respective areas of influence. Even though most of them imparted a noble message, with time it got narrowed down by social, cultural, and geo-political limitations.

God is ever incorporeal and ever pure. Since He has no body of His own He has no selfish desires or motives. He does not come in the cycle of birth and death, hence He never loses His purity and power. He is unlimited in wisdom, virtues and powers. He is beyond the limitations of space and time; He has the knowledge of all worlds and of all times. He is the Supreme Father of all souls; He belongs to all and yet has no attachments.

God's role is always linked to the direst times. He does not manifest Himself during good times; He always performs His tasks at the most critical time. That is why He is known as the Creator, Liberator, Redeemer, Purifier, Bestower and Benefactor. We are living in a transitory age, *Sangamyuga* (Confluence Age), when God is renewing the present old world and creating a new world of peace and happiness.

When those of a vicious nature are thus transformed into divine beings, the world thus transforms from hell to heaven. This great change in the quality and consciousness of humans influences other creatures and the elements of nature too therefore, transforming them in the process.

By practising true spiritual knowledge, by being in yoga with the Supreme and by imbibing divine virtues, a *karmayogi* is able to manifest the highest level of perfection and gain victory over all vices. When we practise God's wisdom sincerely and remember Him with love, we are liberated from the clutches of vices and sin. Such purified human souls then become instruments for making this great transformation from Iron Age to the



Mateshwari Jagadamba Saraswati

Lovingly called 'Mamma', she was an embodiment of virtues. She sustained the spiritual family of Brahma Kumars and Kumaris along with Prajapita Brahma. On June 24, 1965, Mamma left her mortal coil. She was indeed a living Goddess, a world mother and bestower of wisdom. The Brahma Kumaris worldwide celebrate her anniversary on June 24.

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Golden Age. This is the way God brings about transformation in the world.

This task of creating a Golden Aged world is taking place right now. ■

(Purity Features)

NEWS IN PHOTOS



Kathmandu, Nepal : BK Raj Didi presenting Godly gift to Ms. Shrinkhala Khatiwada, Miss Nepal World 2018 and her mother Mrs. Munu Sigdel.



New Delhi : BK Asha Didi at Candle Lighting of Inaugural function of National Seminar on 'Art and Science of Common Yoga Protocol for Wellness' organized by Ministry of AYUSH, Govt. of India at Talkatora Stadium.



Mt. Abu, Gyan Sarovar : Inaugurating 'Rajyoga for Boosting Sports Performance' conference are Sports luminaries Col. Raj Bishnoi, Mr. Mahender Vaishnav, BK Basavraj Rajrushi, BK Shashi Behn and others.



Jammu, J&K : Lighting lamps to launch 50-days Social Wing campaign from Jammu to Mumbai are BK Amirchand Bhai, Mr. Karan Sharma, State Youth President of BJP, BK Shaileja, BK Sudarshan, BK Nirmal and others.



Mt. Abu, Gyan Sarovar : Lighting candles to inaugurate 3-Day University and College Educators conference are BK Mruthyunjaya, BK Sheilu along with eminent Educators Mr. Mohit Gambhir, Dr. B.R.Ganpati Bhaskaran, Mr. Himanshu Pandaya and others.



Om Shanti Retreat Centre, Gurugram : Group photo of participants in 2-day training of 40 General Managers of National Small Industries Corporation Ltd. from all over India. Seated in front row are Mr. Ram Mohan Mishra, Addl. Secretary, Ministry of Micro, Small & Medium Enterprises, Govt. of India, BK Brijmohan, BK Asha Didi and others.

Knowledgeful God as the Supreme Teacher

Wise is the one who on hearing knowledge has the honesty to put it into practice. Knowledge is transformed into personal wisdom only through commitment to learning. Learning means change, and through internal change people and the world becomes better. Knowledge can simply be retained without any usage or remain entertainment for the ears or can just work to support the clever acrobatics of the tongue. Such instance epitomises a great poverty of spirit, which instills a lack of direction and contentment in the self. For knowledge to be more than just stored information, the individual needs to understand that knowledge means personal change. Without change there is no benefit.

So, what is change? We can say that change can be seen at three levels: change, transformation, and metamorphosis. First, refinement can be affected by understanding the importance of having positive attitudes which helps us create positive thoughts. A change towards the positive helps us to live properly: we become better people.

Everyone, if they truly decide, can always change something in themselves for the better. Everyone has the inner strength to choose what is often not very deep because people tend not to go beyond a certain level of effort. What is comfortable and convenient tends to take precedence over what is necessary.

This brings us to the second level of transformation. Transformation is the root of change, where spiritual power is required for effective achievements. There are ingrown habits and patterns that cannot be changed just by being positive or having understanding; deeper transformative processes are required to attain this. Learning to use your own soul energy and, by taking the help of God's divine energy, ingrown negativity can be transformed and the original goodness of the self will emerge, a goodness that remains stable. The transformation that occurs is permanent. Then the person is empowered to face and change external circumstances and people for the better. Inwardly, there is stability and strength so the seeds of the negativity can never take root in such a person

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again. In fact, a transformed person is able to foresee the seeds of negativity before they delude him and cause damage.

The next stage is metamorphosis. Change makes one a better person, transformation makes one spiritual, metamorphosis makes one divine. Metamorphosis is the process of absolute and complete change where the human being is no longer recognised to be human. A total renaissance of the intellect occurs, through which there is complete restructuring of the spirit. Renaissance of the intellect is what people have called the opening of the third eye, the jump in consciousness. The deeper one moves into the self, the higher the jump. To understand the process of metamorphosis we can take the example of the caterpillar. The caterpillar is ugly, heavy, earth-bound; crawling with its many legs and constantly eating. Then, at a certain point in its life, it builds its home of thread and in that cocoon silently hides from the eyes of the world as nature does her work. In silence, the metamorphosis takes place. Then one day a totally new creature emerges from the cocoon, with all the short legs gone, and having only a few long ones, and wings brightly painted. It flies freely, stopping from time to time to sip nectar from the flowers. No one would ever think that the caterpillar and butterfly are the same creature.

To commit oneself to spiritual perfection is to simply return to the process of original consciousness of being a soul, an immortal spiritual being. But only God can teach and guide us to return to the spirit. Truth that enters the intellect puts a brake on the creation of wasteful, negative

thoughts, words and feelings. Truth is translated into personal wisdom when there is accurate understanding and honest, consistent practice. Without practice there can neither be change, transformation nor metamorphosis. Through reflective silence and with the Supreme Teacher as companion, the human soul is given the courage and patience for such a change to occur.

What eventually happens to the one who succeeds in remaining the loyal companion of the teacher is the most miraculous transformation of all. After some time, the human soul emerges from the cocoon of silence, steps into the lap of God and is no longer human but a being of light; a body of subtle energy—luminous and so light that through the power of thought it can fly anywhere as a messenger of God. This is the angel. This type of transformation requires a total focus on the eternally pure One because only a daily absorption of that divine purity can affect such a level of metamorphosis.

The Supreme Teacher gives an opportunity to all for change, at whatever level one chooses. The opportunity is the same but the choice determines the different levels of achievement.

Though the teacher fully cooperates with everyone, the result depends on how responsible the student is.

For the student to be successful there has to be

humility. Humility is the constant willingness to learn. The greatest obstacles to spiritual achievement are laziness and arrogance. Laziness is the mother of excuses through clever justifications and arrogance totally destroys the capacity to learn effectively. The arrogance of the intellect says: "I know, I know enough", "I do not need such a lesson", "I have heard this before", "You are the one who should learn this, I already know it". Such thoughts weave a heavy veil over perception.

Those who learn and transform their impurities come closer to the Supreme Teacher and He give them a special response. That response is of love and continued cooperation. These true students in time become the masters who have accumulated many experiences. Accumulated experiences of learning and living are called wisdom. Through such wisdom these souls serve others. ■

(Purity Bureau)

Wise Sayings

- Begin your day with a moment of solitude.
- Meditation is the best spiritual nourishment.
- Good wishes can mend any relationship.
- Go beyond your physical dimension.
- The soul is the king of the senses.

Circumstances are like objects You bring life into them

The positive is more powerful than the negative. The positive is innate. The negative indicates what is missing inside you. Light exists and its absence is darkness.

Never forget you are a human being who can decide the attitude you take in life.

You have an enormous positive inner potential still waiting to be discovered.

These thoughts will help you face any circumstance in life with a different perspective.

There is an immaculate, eternal and constant space within you hidden under different appearances. In that space there is only peace, love and wisdom. Let go and free yourself from the layers that cover that space and you will uncover the secret of a life of fullness.

Leave worries aside and you will be surprised by the beauty of the sky and the colour of flowers, of the freshness of the breeze and the generosity of the sun. You will feel you are part of creation, and life will to make sense. The greatest wealth is to appreciate what we have and what we are. ■

Understanding Death

Death is an enigma. Death has been a mystifying subject for humans to comprehend. Even though we have stretched the frontiers of science to cure diseases and prolong life, nothing has been invented that can conquer death.

Death has many shades to it. Dying for a noble cause such as for one's country or for a social cause brings glory to the dead. Then there are those who die a silent death without suffering much illness or pain. There are also violent deaths such as in accidents, murders, suicides, executions etc. Such deaths are preceded by suffering and bitterness and followed by more agony to the soul.

Death is inevitable, it keeps no calendar and it is a great leveller. It levels off everyone with one stroke. A king or a pauper, a sinner or a saint—all have to bow to death. What exactly is the phenomenon of death? Is it the end of life? Does death lead to another life or existence? What happens after death? Does one go to heaven or hell after death?

In the great epic *Mahabharata*, the *Yaksha* (a spirit) quizzes the five Pandava princes about the greatest wonder in the world when they attempt to drink water from an enchanted pool. And the answer is death. Very few humans know when death will come, how it will occur and where it will lead to.

Many people consider death to be equivalent to mukti or liberation. In fact, people actually desire liberation from suffering and pain, not from life. Death is a temporary liberation from immediate sufferings, but the soul has to take rebirth and finish its karmic debt in the next life.

Are there any happy deaths or can death be a rewarding experience? To understand death, we have to first understand life. What is it that lives when a human being is alive? When death occurs what is it that ceases to exist? On the one hand we say that a person has died and on the other we talk of the body as the 'mortal remains.' So, what is mortal—the person or the body?

There has been a lot of interest in the phenomenon of death at the scientific and spiritual levels.

Studies on various paranormal experiences such as near-death experiences or hypnotic regression have acknowledged the existence of the soul. Many people have experienced being detached from their body in an accident or during serious medical

What is it that lives when a human being is alive? What is it that ceases to exist when death occurs?

conditions. Most of them have similar experiences of seeing their body from above, going through a black tunnel and meeting a 'Light' that comforts them and loves them. Paradoxically, observations on death have brought us closer to the realization that we are eternal and immortal spirits.

Life is a phenomenon that unfolds when a soul enters a body, and death is simply a state when a soul leaves one body and enters a new one. The person that passes away is the soul that was living in the body.

A soul is a sentient energy that manifests itself at three levels—the mind, intellect and *sanskars* (latent tendencies). There is a common saying that when you die, the world is dead for you. What ends with death is the soul's connection or attachment to the limited world that it is related to whilst in the body, such as relationships, possessions, roles, etc. However, a soul carries over the *karmic* debts (those actions that have not been settled in a lifetime) and *sanskars* into the next life.

Soon after death a human soul enters a new body in a womb and takes birth again. Sometimes sudden and violent deaths cause souls to wander in restlessness and pain. Studies have also proved the human souls take rebirth in human bodies only. If humans were being reborn as various animal species there would be more animals and few humans left on earth. Moreover, souls leaving a body in Kaliyuga will take rebirth in the same world. People believe that souls go to heaven after death, if so, why do we pray for its peace? A soul in heaven is in peace anyway.

Do we have control over death? It depends on the purity and state of consciousness of the soul that lives and acts through a body.

It is an eternal spiritual law that everything created new becomes old, loses its original vitality and nature, and is renewed again. A spiritually mature person has an attitude of detachment and

enthusiasm for life at the same time, and so death does not upset such a person.

When the incarnated soul lives consciously, divinely and constructively within the physical vehicle — the body — the sorrow, loneliness and sense of loss at death will steadily fade. This needs conscious identification with the eternal spiritual self and detachment from the temporal forms of our body, personalities, roles, relationships and possessions.

Death is not the end of everything, but it marks a major turning point in the journey of the soul in the human world. It ushers in a big changeover or a major shift in a soul's eternal role-play in the world drama. It signals a shift to a new body, a new role, new relationships and experiences.

Much of our karmic debts are settled in death. They would otherwise drag on in the form of sufferings like illness, unhappy relationships and miserable events in life. The actions of a lifetime are accounted in terms of sin and goodness. This settlement gives some reprieve to the soul in its

long journey and it is able to move on in a new direction.

At the end of Kaliyuga all souls are freed from the vicious cycle of sin and suffering through a spiritual and physical transformation of the world. In this process inspired directly by Almighty God they are liberated from the burden of their sins and rewarded with a long period of liberation, peace and happiness.

It is the consciousness and attachment of the body that leads us to sin, suffering and fear of death. The awareness that we are eternal souls is the key to conquering the fear of death. Immortality is the awareness of our eternity and mastery over the body. Such souls would also perform actions like angels i.e. they will have no attachment to the fruits and beneficiaries of their actions. For sinful souls, life itself is a living death, for they die every day out of fear, remorse and suffering, but those who die alive i.e. those who live in the world with no attachment to their body and worldly matters, are indeed liberated even while being in life. ■

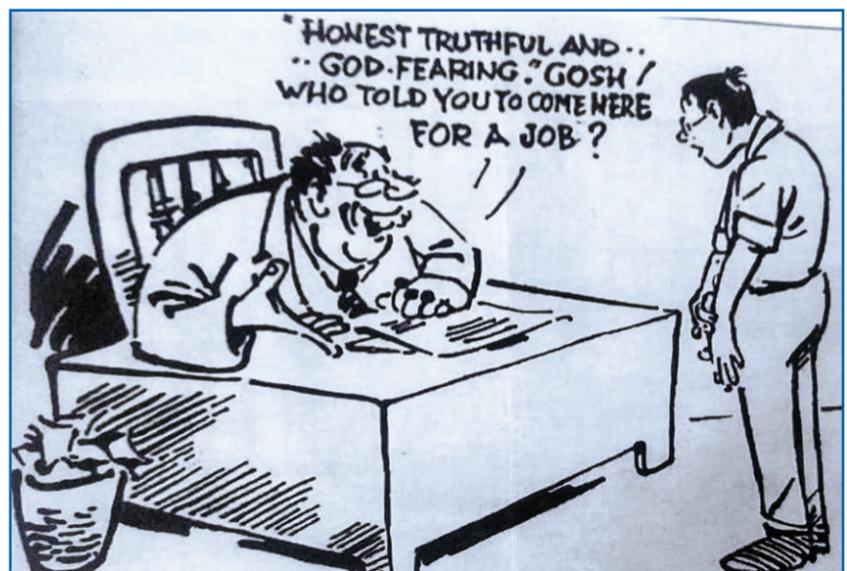
(Purity Bureau)

Adverse effects of meat consumption

An estimated 30 per cent of the earth's ice-free land is directly or indirectly involved in livestock production, according to the United Nations Food and Agriculture Organisation. Though some 800 million people now suffer from chronic undernourishment, the majority of corn and soy grown in the world feeds cattle, pigs and chicken. This is in spite of the fact that about two to five times more grain is required to produce the same amount of calories through livestock as through direct grain consumption. It is as much as 10 times more in the case of grain-fed beef.

Producing animal products also accounts for about one-third of the world's water consumption. Animal agriculture is responsible for 20 to 33 per cent of all fresh water consumption in the world.

According to estimates, to produce 1kg of meat one requires between 5,000 and 20,000 litres of water, whereas to produce 1kg of wheat one requires between 500 and 4,000 litres of water. One calorie of energy from beef requires twenty times more water than a calorie from cereals or starchy roots. When we look at the water requirements for protein, per gram of protein from beef needs six times more water than pulses. It is more efficient to obtain calories, protein and fat through crop products than animal products. ■



A World in Crisis - It's upto all of us

Sister B.K. Jayanti, London

I remember something that happened a couple of years ago in London. A very well-established science museum was honouring India for a year at that time, since India had been able to be the place that discovered 'zero'. There was a caption that caught my attention, that only in a place where there was an awareness of eternity could there have come the concept of zero. This reminded me that it's in Bharat that we actually believe in the concept of a cycle and that tells us the story of eternity. If you want to describe eternity, the best way to do it is to create a cycle, a circle—no beginning, no end. In other countries and cultures that don't have that tradition, and may be the base is a more materialistic one, there is a linear concept of time. If we look at time on a linear scale and we see darkness around us today, we wonder what does the future hold, and there are not many people who have answers to that question. But when we see things in a cyclic way, we start thinking about human life on the planet in the form of a cycle, we would then have some hope for the future. The whole of nature too supports the idea of cycles—whether it's the seasons, the day and night, the climate, the life cycle of a seed, a tree or any of those things. So a spiritual response to these very difficult times that we are experiencing today is to step back a little and view the whole concept of human evolution in the form of a cycle.

In all traditions we are told that there was a land of perfection, whether they call it Dreamtime, Utopia or Atlantis. There once lived a race of human beings who had divine qualities, who were able to meet with each other simply with the power of a pure mind—the state where human interaction was filled with love and light, divinity and peace. From that world of beauty and truth which in Bharat we call *Satyug*, the Age of Truth, we travelled, and the journey has brought us all the way through, to *Kaliyug*, the Age of Darkness. But the hope for the future is when I understand things in a cyclic manner—that from an era of falsehood we are moving towards an era of truth.

How can this happen? There are two energies that can make it happen. One is the energy of the divine, but as it so happens, God alone can't do it—He needs our cooperation. When human beings change, then the world also can change. The energy of God gives us the power to change, but it



also needs human involvement. The power of God combined with our pure intention to bring about a positive change that can lead to transformation.

The inner journey is the journey of transformation; the journey of the relationship of the self with the self, of the self with the divine, and with the environment. Change doesn't happen just by talking about it, and it certainly doesn't happen by telling others to change; it happens when I do something for myself. Total transformation is not so difficult as one would imagine, because spirituality says that within the human spirit are the fundamental values that make up the being that I am, the soul; and within the being are those qualities that we want to see in the world out there. We look for them outside, but we forget that they are within. This journey within reminds us that what we have inside of ourselves are the greatest treasures of all. The universal values of love, peace, truth, joy and purity are there in every single soul in the family of humanity. When God touches those qualities within us, then we begin to bring them out, express them, and we are able then to interact on the basis of those qualities. So it's an inner journey to discover what originally belongs to me but I've

simply forgotten.

When I change, I am able to see the world around me changes. There's one question I often get asked: that if one person changes at a time, the change is slow, so how would the whole world change? Here's a lovely example: think of a container that has water which you're trying to freeze. What will happen after a certain period of time? One after another a few crystals will begin to form, but after a certain number have formed, which we call critical mass, the whole container freezes. Similarly, once the minority begins to change and reaches that critical mass, then it has an impact on all and so it's possible to bring transformation within the community and the world.

I came across a very interesting experiment conducted by Harvard University on the subject of kindness. They had five groups, and one particular individual was planted in each group. The game was that you had to build a city from a given budget. There was also a pot for common good to which each one could contribute. They had to put double the amount that was already in the pot. The planted individuals around the tables moved from one table to the next carrying the idea of doubling the amount for the common good. These individuals impacted others to contribute and at the end of the game 125 people were impacted by one individual through that act of kindness. This gives us hope for the future, that whatever you do, it's not just for yourself, but it's an inspiration to many others.

There is another factor—the factor of time. Sometimes you can't force change to happen, but you know that change will happen as time passes on. The time is moving towards the age of truth and very soon we'll be able to come to that state where there is the period of

When human beings change, then the world also can change. The energy of God gives us the power to be able to change.

perfect harmony within the self, within beings and within nature too. Nature is giving us very big signals. Climate change too is the impact of human chaos inside our own hearts and minds which is creating the chaos in society and the upheaval in nature. Now turn that around—with God's power and love we create order and harmony within and we'll see harmony around us.

I see that not only is there hope for future but also an absolute guarantee that the future ahead is filled with God's light and love, and my contribution is that I carry away this inspiration for change and simplify my needs. I remember a saying from Mahatma Gandhi that there's absolutely enough for everyone's needs but there isn't enough for even one person's greed. So I need to come back to what is it that I truly need. When I am able to fill myself with the abundance of treasures that God's able to give me, then I can start giving instead of taking. In hindi, *devta* means the one who gives. Then we will be on our way to a very beautiful world filled with truth. ■



London, UK: Sister BK Jayanti, European Director of Brahma Kumaris was the Chief Guest at the launch of the Dynamic Women's Foundation at the House of Commons. Lade Olugbemi, Head and Convenor of NOUS Organisation (Mental Health), Charlotte Davies, Director of Fit 2 Learn, Sarah Jones, MP for Central Croydon, Mayura Patel, Chairperson of Croydon Hindu Council, Shubha Rao, Organisational Consultant, and Ragusudha, Bharatnatyam performer, were also present during the event.



Victory of Human Values

Editorial—

It is not really the form but the essence that matters. If Mahatma Gandhi were a dictator, there would still be benevolence at the heart of his authority. If Hitler were a democrat, he would still be ruthless to his people. The quality of governance depends on the quality of the individual that is at the helm, and his thinking process defines the shape of things to come.

A leader with a secular tag could be communal in practice, while one branded communal could prove to be secular in his deeds. It is the actions that count, and the values that a leader brings to play when he steps into the field of public service reveal what he truly stands for.

Through the results of recent general elections, the Indian public has acknowledged the incumbent government's efforts to uplift the lot of the poor, arrest corruption and bring transparency in the system. Many strong steps were taken for national security which would not have been possible unless the leadership exhibited immense courage and integrity.

The 2019 Lok Sabha poll results are thus a victory of certain human values and a mandate in support of a higher vision that Prime Minister Narendra Modi had shown for the country. In a heartfelt speech he made to thank the public soon after his victory, the Prime Minister promised that he would never act with a negative intention or with selfish interest. He pledged that his every breath would be spent in the service of the country. His assertion reflects some of the qualities that led to his victory.

We Brahma Kumars and Kumaris are aware that the world drama too is currently going through a transition period during which a new era is being established by the Almighty Authority Himself. The earth is presently changing from its oldest state to its newest, and the empire of sorrow and suffering is bound to make way for an era of joy and happiness. At this point, God has made us a promise (described in the *Bhagavad Gita*) that if we exhibit courage in the present difficult times and embody all divine qualities, i.e. become *sarvgun sampann*, He guarantees us an unbroken, trouble-free and non-violent divine kingdom for the coming 2,500 years. In other words, the victory of us souls over our physical kingdom of five senses and the subtle kingdom of mind, intellect and sanskars would translate into the kingdom of heaven on earth.

In the upcoming golden period of humanity, both the ruler and the ruled will be virtuous, health, wealthy and happy. There would be no opposition, differences or conflicts. The world will be one united divine family with one kingdom, one religion and one language.

The new world order thus established will be blessed with constant peace, prosperity and perfection. Just like there cannot be darkness where there is light, there would be no weaknesses or wrong in the era full of spiritual sunshine.

To attain that kingdom, no polls will take place and no lesser means will be used. It will be the certain, natural karmic reward for individuals who dedicate their breath, time and thought to the task of world transformation through self-purification and selfless service now.

The positive change in human nature will inspire a change in the natural world too. The environment, which has been recklessly plundered and is up in revolt today, will regain its original beauty and bounty there. Mother Nature will serve humanity and humanity will revere it. She will be at her best and there will be no corruption or adulteration of any form, only abundance and opulence.

It is time to gain victory over ourselves and embrace our original pure essence for the new kingdom is about to arrive. ■

Gleanings from the press

Flying cars mooted for Paris public transport

European aerospace giant Airbus and Paris underground operator RATP will study the viability of adding flying vehicles to the city's urban transport network, the companies have said. "This is not science fiction any more, it is fact. Today we have all the technical tools," said Airbus chief executive Guillaume Faury. (AFP)



LED lights can hurt retina: French report

France's government-run health watchdog ANSES said the blue light in LED lighting can damage the eye's retina. "Exposure to an intense and powerful (LED) light is 'photo-toxic' and can lead to irreversible loss of retinal cells and diminished sharpness of vision," its report said. Indian eye specialists say theoretically, LED lights do have potential to cause damage to retinal cells. However, they stress the need for a large-scale study to prove the intensity or duration of such exposure that can lead to such damage. (Times of India)



More cellphones in world than humans

The world has recorded more mobile phones than the people using it, according to data from the UN International Telecommunications Union, the World Bank and the UN. It estimated 107 mobile cellular telephone subscriptions per 100 inhabitants in 2018. Excess screen time raises stress hormone levels which can affect the heart rate, spike blood sugar, and cause high BP. (ANI)



Don't fall for misleading 'miracle' cures on social media

Indian oncologists are increasingly battling unscientific miracle treatments for cancer shared widely on social media. Mumbai's Tata Memorial Centre (TMC) issued a rebuttal attributed to them in a widely circulated WhatsApp message, which stated that hot coconut water can destroy cancer cells of all types. "Public are requested not to be misinformed by such false and harmful messages," read a statement issued by the TMC's director Dr. Rajendra Badwe. (The Hindu)

UN report calls for prudent use of antibiotics

Drug-resistant diseases could cause 10 million deaths each year by 2050, the UN Ad Hoc Inter-agency Coordinating Group on Antimicrobial Resistance has warned in a report. It noted that more and more common diseases, including respiratory tract infections and urinary tract infections, were becoming untreatable, lifesaving medical procedures were becoming riskier, and food systems were getting increasingly precarious. It has recommended prudent use of antimicrobials by health professionals.

(News Item)

Letter to the Editor

As a regular reader of Purity, I would like to point out that all the seven molecules mentioned are not antibiotics (Ref: Display information on 7 common antibiotics, published in May 2019 issue).

Tranexamic acid: a drug used to prevent or stop excessive bleeding
 Quetiapine: it is an anti-psychotic used to treat various psychoses
 Sulfasalazine: It is an antirheumatic agent

Sodium Valproate : it is an anti-epileptic also used as a mood stabilizer in psychiatry.

I thought readers of Purity should not be confused about antibiotics. Hence this mail.

Dr. Kangkan Pathak
 Tezpur, Assam, 784001

The referred gleaning was taken from 'The Hindu'. -Ed.

Almonds may cut heart disease risk in diabetics

Eating tree nuts, such as almonds, may help reduce the risk of cardiovascular disease for adults with type 2 diabetes, a Harvard study has found. The study shows that people with diabetes who ate at least five servings of nuts per week had a 17% lower risk of total cardiovascular disease incidence. They also had a 20% lower risk of coronary heart disease, a 34% lower risk of cardiovascular disease death and 31% reduced risk of death from all causes. A serving in the study was defined as one ounce or 28g of nuts.

(Times of India)

Love moves the universe.

Now is the time of God's descent

In the Bhagavad Gita, God says that whenever there is a decline of righteousness, and rise of unrighteousness, He manifests Himself for the protection of the good, the destruction of the wicked, and for the establishment of righteousness.

Many have wondered when God will come to this world to redeem suffering humans. How long must humans wait before God comes to salvage them, they ask. On the other hand, some who are relatively happy with their life don't see any need to remember God, let alone for Him to come to this world. There are still others who believe that it is foolish to put faith in God, and humans must work to bring about the change they want in the world.

The Gita is among the most inspiring books in the spiritual literature of the world. The teachings of the Gita are universal, and its message of solace, freedom, salvation, perfection and peace is for all. It is the only scripture in which God speaks in the first person. So the Gita's message of God's incarnation must carry deep significance.

The Gita does not mention a date for God's arrival in this world. Instead it hints at the conditions in this world that will necessitate divine intervention. What do decline of righteousness and rise of unrighteousness mean?

If we look at the world around us, we see

The world cannot continue in its present state for long. Both souls and nature are exhausted. Before the suffering becomes unbearable, God incarnates.

numerous signs of moral corruption. Honesty is now optional, and simplicity, modesty, and tolerance are not seen as virtues at all. Instead, success at any cost, by fair means or foul, is the mantra of the modern man. These signs are among those mentioned in the Quran as signifying that the time for change in the world is near.

At a larger level, the environmental crisis on the planet has convinced a lot of people that things are past the point of no return and that human efforts cannot stop or reverse climate change, which will have catastrophic consequences for life on Earth.

In the economic sphere, policies being followed in most of the world are increasing inequality, with a privileged few getting richer and richer while the vast majority of people find their dreams of living a comfortable life becoming increasingly difficult to realise.

Politically, the world has seen populist leaders coming to power in many nations, promising faster economic growth and

new opportunities for those left behind by globalisation. But the promises are often laced with undercurrents of nationalism that harp on race or religion and keeping out or expelling 'outsiders'. Their policies are sharpening divides in societies, increasing tensions between various communities.

It is into such a polluted, fractious world that God must come to restore it to its original pure and peaceful state and salvage His children, the human souls. The Gita makes it clear that God has to come in person to perform this task. Humans cannot attain salvation just by reading the Gita or any other scripture. In fact, the Gita states that one cannot even know God by performing religious rituals. If that were possible many souls would have got liberation by now.

God comes to this world in a human medium, through whom He gives spiritual knowledge to humans, who then use that knowledge to free themselves and others from the influence of vices. When human souls are thus purified, the quality of their thinking and actions changes. Their relations with the self, others and the elements of nature also become harmonious. When a critical number of humans change in this way, this world turns from hell to heaven.

All signs suggest that the time for this transformation has arrived. The world cannot continue in its present state for long. Both souls and nature are exhausted. Before the suffering of His children becomes unbearable, God incarnates Himself to remove their sorrows and make them once again into the divine beings they originally were. ■

(Purity Bureau)

Being an Angel



A fairy or angel is shown with wings. This symbolises the soul's flying stage. This means remaining light always. The soul in its original, natural state is a pure, sentient point of light and might.

To attain the angelic stage, stabilise the mind in soul-consciousness before you think, speak or act. This means using the body-organs as and when you require, just like you use your clothes.

Performing your role in a detached stage will keep you ever fresh and light and you will never feel tense or tired.

A mountain-like task will become simple like a molehill.

Just as scientists can send and receive messages in outer space through signals, a person established in the angelic stage can get most of the task accomplished through sign language and through power.

The power of silence works like magic and can do wonders.

Greetings



It is a matter of greatest joy for the entire humanity that God Himself is bestowing His blessings on us. We are living in the most fortunate of all times in the entire human history because God Shiva has come to liberate all human souls from suffering and establish a world of complete peace, prosperity and happiness for all. In order to live in the new Golden Aged world God Shiva says we have to purify the soul by remembering Him and by being noble in our thoughts and actions. Let us take a determined pledge to make this vision and experience the blessings of God Shiva.

-Dadi Hridaya Mohini



Rajyogini Dadi Hridaya Mohini, Addl. Chief of Brahma Kumaris has been awarded Honorary Doctor of Literature Degree for her outstanding services to the society during the Seventh Convocation of Vijayanagara Sri Krishnadevaraya University of Ballari, Karnataka. As Dadiji is under medical care in Mumbai, the Degree was received by Dr. BK Mruthyunjaya, on her behalf.



Mt. Abu, Gyan Sarovar : Inaugurating National Conference for Artistes are Cine Actresses Pratima Kanan, Aruna Sangal and Sanukt Verma, Kathak Dance Academy Director Jyoti Khandelwal, Mr. Rajiv Jain, Addl. DG, PIB, BK Kusum Behn, BK Karuna Bhai, BK Mruthyunjaya Bhai and others.



Jabalpur, Madhya Pradesh : Inaugurating Media Seminar are Prof. Kamal Dixit, Mr. P.D.Jual, Vice Chancellor, BK Vimla Didi and others.



Shantivan, Abu Road : BK Atam Prakash Bhai addressing domestic helpers on International Workers Day.

Happiness is the best diet.

Peace of Mind
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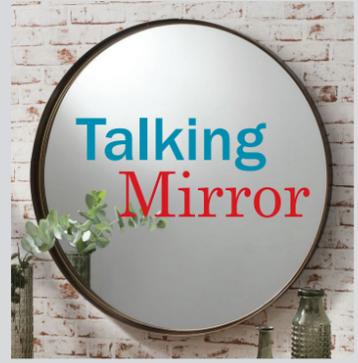


New Delhi : At the function to celebrate inauguration of new Brahma Kumaris Centre in Daryaganj held in Maulana Azad Medical College Auditorium are BK Brijmohan Bhai, BK Chakaradhari Didi, BK Shukla Didi, BK Vimla Behn, BK Indra Behn, BK Dr. M.D.Gupta, Dr Sanjay Tyagi, Dean, Maulana Azad Medical College and BK Dr. Mohit Gupta.



New Delhi : BK Sapna at Inter-Ministerial meeting for celebration of International Day of Yoga 2019 attended by senior officers from various ministries, Govt of India and Heads and representatives of leading Yoga Institutions.

Speak Carefully



Once upon a time, an old man spread rumours that his neighbour was a thief. As a result, the young man was arrested.

Days later the young man was proven innocent. After being released, the man felt humiliated as he walked to his home. He sued the old man for wrongly accusing him.

In court, the old man told the Judge, "They were just comments, didn't harm anyone." The judge, before passing sentence on the case, told the old man, "Write all the things you said about him on a piece of paper. Tear them up and on the way home, throw away the pieces of paper. Tomorrow, come back to hear the sentence".

The next day, the judge told the old man, "Before receiving the sentence, you will have to go out and gather all the pieces of paper that you threw out yesterday". The old man said, "I can't do that! The wind must have scattered them and I won't know where to find them".

The judge then replied, "The same way, simple comments may destroy the honour of a man to such an extent that one is not able to fix it." The old man realized his mistake and asked for forgiveness. ■

Memories of Mateshwari Jagadamba Saraswati

During her stay in Kolkata, I saw Mama diligently serve through her mind and speech. One day, I met a wholesale dealer in grains who had incurred great loss and was completely dejected with life; he was contemplating suicide. I told him, 'Your fortune has brought Jagadamba Saraswati who is worshipped in the form of Mother Kali in temples here, to your locality. Tell her about your miserable situation and resolve it.' When he went before Mama, she gave him powerful 'drishti' filled with spiritual love. She smiled and said, 'Child, life is a play of victory and defeat. No one can remain untouched by happiness-sorrow, win-loss, respect-insult, praise or defamation. Understand God Shiva's knowledge deeply. Practice meditation. Be a trustee and take care of your business and everything will automatically become fine.'

He listened to Mama's sweet lullaby and tears of love flowed from his eyes. Mama once again gave him sweet 'drishti' and dispelled the anguish in his heart.

"Years later when I was visiting Allahabad, I saw the same brother get out of his car to meet me. He reminded me of his past story. He had once again become healthy, wealthy and happy and constantly remembered sweet Mama's encouraging words of hope, which had breathed new life into him." ■

– Rajyogi BK Nirwair, Mt. Abu



The Art of Leadership & Sustaining Spiritual Progress Q & A with Dadi Janki

How can one be a good leader?

Good leadership is based on skills which are incognito, like pure feelings, faith and trust. These keep both your frame of mind and the task moving in the right direction. It is human to err, but your high hopes for someone can actually eliminate errors. Doubting people has exactly the opposite effect. Believing in someone, extending feelings of trust, never telling people what to do but stepping aside and watching with faith – this is what enables a task to get done in the right way.

Spiritual skills like these are cultivated by avoiding complacency, learning to be sensitive and staying alert. Keep an eye on your own spiritual health, don't look to others for whatever is lacking, look within, see what remains to be done and do it. Never allow those with strong personalities to tell you what to do, especially when you feel something else to be right. This creates depression and you can't afford to be disheartened. Take care of yourself with understanding and love, making sure that you never compromise with your own spiritual growth.

What about teaching others?

Teaching others is best done with subtlety – explaining in such a way that the mind opens because the heart has understood. Aim to inspire, rather than teach. My love for those I teach will do that.

Never force anyone to make spiritual effort. When the mind

opens, this happens naturally. Avoid making comparisons. It creates loss of hope. Harbour no ill-will and never try to score a point. Be like the parent whose love for the child is what makes him grow.



How can one sustain spiritual progress?

There is benefit for you in every situation. If, that is, you know how to look for it. The idea behind steady spiritual progress is to see every circumstance and situation (particularly those that challenge you) as a tailor-made lesson in your personal plan for self-development.

For example, in a situation where hurtful or angry words were exchanged, why not see it as the chance either to perceive things about your own character which need changing or to rehearse some virtue or quality that you need to put into practice more often? Actually, we should be grateful for the opportunity to evaluate ourselves.

In this way you can transform anything into a constructive lesson. Never think that you've learned enough and now can stop. You should love it when people try to correct you or give you advice. It keeps you alert and gives you plenty of opportunity to put your truth into practice. It's a sign of great danger to be unable to accept criticism and instead use your understanding to criticize others. Realize deeply the significance of every moment, and your spiritual progress will be assured. ■

Cheerfulness

Protecting my sense of optimism is the best way to remain cheerful. I can do this by starting the day with meditation to pour light and love into the scenes I am likely to find ahead of me that day. And then if I keep touching God's mind and His benevolent way of seeing things, the inner happiness I experience will help me pass through any situation without feeling weary.

Words of Wisdom

- No chains can fetter the mind. –C.C. Colton
- It is not because things are difficult that we do not dare; it is because we do not dare that they are difficult. –Seneca
- The future belongs to those who believe in the beauty of their dreams. –Eleanor Roosevelt

Change your Mind and Change your World

Mike George, London

What did Gandhi, Nelson Mandela and Mother Teresa have in common? They all knew that how you see the world is how you create the world!

You can change the world sounds like an impossible claim, but it's quite simple really. How you see the world is how you create the world. If you believe the world is a dark and dangerous place you will perceive (which means see and create) events and circumstances as a threat. Where? In your own mind. Your thoughts and feelings will be negative and you will radiate fear into your relationships and into the world. Your perception is your reality. It is also your choice.

On the other hand, if you believe the world is an adventure



How you see the world shapes what you bring to the world. Do you bring fear or love?

playground you will 'see' and 'create' (perceive) events and circumstances as an opportunity

to play and be creative. Your thoughts and feelings will be consistently positive, and you will radiate a natural joy into the world. And that's called love.

How you see the world shapes what you bring to the world. Do you bring fear or love? You can positively affect the world 'out there', but only when you change how you see the world 'in here', and that's entirely your choice. In a world where we are largely taught to believe the worst and see the negative, making that positive and creative choice will, for many, require power, practice and new perceptions at a personal level. Are you ready to change your mind? Are you prepared to change how you see the world?

When you make the

conscious shift from 'world as a dark and dangerous place' to 'world as playground with infinite creative possibilities' you are the first to 'feel' the positive effects. Those around you receive a positive energy, and you create what is known as the 'ripple effect'. In that moment you would be called 'a leader'.

Mahatma Gandhi knew this as he walked his talk of absolute non-violence and truth. Nelson Mandela knew this when he forgave his captors. Mother Teresa knew and expressed this through her compassion. They didn't ignore the reality of other's situations, they didn't deny the suffering around them. They changed how they saw their world and that changed our world forever. ■

The Feel-Good Factor

BK Aruna Ladva, Author and Meditation Teacher, Kuwait

It is only natural that we all want to feel good and be happy. However, if we want genuine and lasting happiness, we need to use our power of discrimination to know what's good for us. Forget recreational drugs, even the sugar and coffee that innocently sit on the shelves of your kitchen will give you a high. We become happy for a few minutes, until the power of that drug wears off.

Shopping, relationships, tobacco, travel, can all be addictive in their own way, and make us feel relaxed and happy for a short time. Like any

addiction, it makes us a slave, and slaves are not masters of their own destinies.

Here are some things that can make us feel good, but which come with a warning label attached!

Praise: Praise can make us feel good... in fact very good. But if we get egotistical today then we can become deflated tomorrow or the next day when the desired or expected praise doesn't come. Remember the old adage that 'Pride comes before a fall'! Instead of letting praise go to our heads use praise as a stepping stone to happiness by



If we want lasting happiness, we need to know what's good for us.

giving it to others.

Try praising someone today and see what you get in return. Of course, it needs to be genuine and from the heart. You will uplift the others and also trigger the Feel-Good factor within yourself. Moreover enthusiasm, positivity and kindness bubble up within you and this is a dynamite recipe for lasting happiness within your own self.

Being of service to others: No matter how sad or mad we may be feeling, being of service to others can bring the greatest joy. When we step away from our own selfishness and do something for others, it takes us away from our own negativity and brings feelings of satisfaction. However, if we are doing 'good deeds'

with smugness and a feeling of 'look at me, I'm so good!' then this is an indication that we are not really giving, instead we are taking. Then, if the receiver of my 'good efforts' is not grateful, our happiness may quickly turn to resentment!

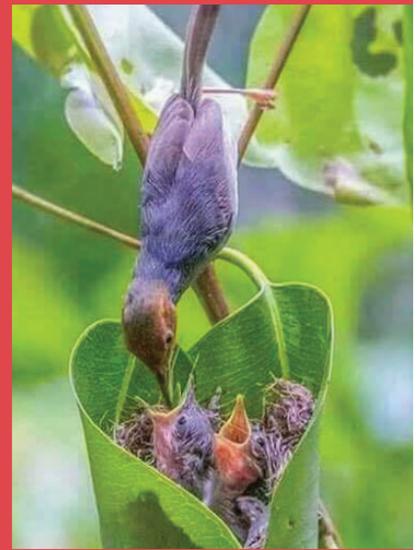
Improving the Self: When we take time to look after ourselves and develop our mind and spirit, when we have the aim always to better ourselves for our own satisfaction and for the benefit of others, then happiness naturally develops. But if we only develop our mind and not our spirit, we run the risk of becoming a know-it-all without heart. Likewise, if we only work hard to look after our physical appearance or develop our bodies to a state of near perfection, but do not work to uncover the beauty of the soul, we are 100% destined for sorrow.

Self-Management: I am sure we all feel happiest when we are in control of ourselves. But self-control needs to be natural. Forcing, suppressing or doing things out of compulsion are not a happy solution. So as much as possible, align your thoughts to your words and your speech. This creates integrity, self-respect and ultimately true happiness. ■



Hyderabad : At audio launching of film 'God of gods' Telugu version are Mr. Dil Raju, Chief Guest, Lion Sai Venkat, Guest of Honour, BK Kuldeep Didi, BK Venkatesh, Director, Mr. I.M.S.Reddy, Producer and Kum. Tejaswani Manogana, Actress of the film.

MOTHER'S LOVE



The Ancient Rajyoga of Bharat

The word *yoga* brings to our minds images of people stretching and holding their body in different postures, inhaling and exhaling consciously. This is because *yoga* today is almost synonymous with *hatha yoga* and is seen the world over as a means to enhancing our physical well-being.

But the original *yoga* of Bharat, one that is credited with giving the *yogis* a higher understanding of things and a sense of equanimity, one that is said to change the world by bringing harmony within and around us is about exercising our true self – the spiritual being of light that operates through the physical body and is separate from it. This ancient form of meditation is called *Rajyoga* as it empowers us to assert our natural state as rulers of our physical senses and our subtle faculties of mind and intellect.

Yoga literally means communion. It can be understood as a process of connecting with our pure inner self through our thoughts, forging a mental love link with our ever pure Supreme Spiritual Father, and eventually landing in a space where we are one with ourselves, the human family and nature. A *Rajyogi* taps into the essential

It empowers us to assert our natural state as rulers of our physical senses and our subtle faculties of mind and intellect.

qualities of his being and finds lasting fulfilment in expressing the goodness within.

Rajyoga enables us or pushes us to aspire for a life in which our inner voice has every say, and where there is no difference between what we do and what we truly believe in. However, the subtle and long-term benefits of *Rajyoga* can only be experienced if our lifestyle is supportive of them. If we follow a consumerist culture and are slaves to temporary highs, our efforts to meditate do not bear much fruit because *yoga* is the opposite of *bhoga*.

A *Rajyogi* does appreciate and enjoy the interconnectedness of the spiritual and material worlds but knows that the spirit can play its role well only when

it remains self-sovereign, above the influence of matter. He thus follows the mantra of simple living and high thinking.

A *Rajyogi* moves away from a self-centred, body-conscious lifestyle to one of self-awareness and soul-consciousness. He values his *karma* and treads judiciously, taking in view the larger picture. His actions at every step are simple, non-violent and liberating for the self and others. He also believes in giving back to the environment.

It implies that a *yogi* is strictly vegetarian and follows the path of truth. He uses his resources wisely and chooses his company with great care – company here includes people, thoughts or activities he spends time on. All these choices pave the way for a healthy mind, a happy heart and a healed body.

It is interesting to note that while the prime aim of *hatha yoga* is to have a fit and flexible body and to reach a state of inner calm through physical *kriyas*, *Rajyoga* works the other way round. It addresses our issues at the fundamental level by transforming our thought patterns and enhancing our emotional resilience. With regular practise of *Rajyoga*, our thoughts align with eternal truths

and become pure, positive and powerful. As a result, many life-changing benefits are received, and enhanced physical well-being, longevity of life and inner stability are a few of them.

While *hatha yoga* can be performed only by those who are in good shape, *Rajyoga* being an inner process can be practised by anyone, anywhere. That is why it is also called *sahej yog* or easy meditation.

If we look at the world today, the *bhogi* lifestyle – which is characterised by the race of competition, comparison and sensual gratification – is omnipresent. Our tendency to satiate desires at the cost of our spiritual quest is behind all our problems. For example, the growing gap between the rich and the poor can be attributed to greed, while the rise in diseases is a result of hurry, worry and curry.

Returning to the original *yoga* of Bharat is the clear call of the present time. Brahma Kumaris and Kumaris around the world are following this ancient form of meditation and *sattvic* lifestyle as taught in the Bhagavad Gita. They are doing the noble service of creating peace and harmony in the world by teaching everyone *Rajyoga*. ■

(Purity Bureau)

Cyclone 'Fani' causes havoc in Odisha



Roof of Om Shanti Auditorium, Godly Rajyoga Retreat Centre, Puri blown-off by cyclone 'Fani'.



Shimla : Acharya Dev Vrat, Hon'ble Governor of Himachal Pradesh and Lady Governor inaugurating Scientists and Engineers conference along with BK Mohan Singhal, Vice Chairperson, BK Bharat Bhushan, National Coordinator, BK Prakash, BK Lakshmi and BK Jyoti.

Mr. Wise



Mr. Wise?

Yes.

Can you harvest corns if you sow thorns?
Certainly not, 'As you sow: so shall you reaps
is the ineluctable law.

How come most people today seek a good harvest without sowing
good seeds?

I cannot say.

◆◆◆◆◆◆◆◆

And Mr. Wise?

I am listening.

How about those who appear to be reaping a bumper harvest by
using flattery and fraud?

Appearances are deceptive. Actually, they get farther away from true
peace and happiness.

You mean they are deceiving themselves?

I cannot say.

◆◆◆◆◆◆◆◆

Lastly...

Please continue.

Isn't it a sign of good fortune to possess more and more of material
things?

Real fortune lies in not just possessing things but having the ability to
use them properly.

You mean material acquisitions without the fortune to use them is no
better than misfortune?

Perhaps you are right.

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Tailpiece



A man entered a pet shop, wanting to buy a parrot. The shop owner pointed out three identical parrots on a perch and said, "The parrot to the left costs 200 dollars."

"Why does that parrot cost so much?" the man wondered.

The owner replied, "Well, it knows how to use a computer."

The man asked about the next parrot on the perch.

"That one costs 500 dollars because it can do everything the other parrot can do, plus it knows how to use the UNIX operating system."

Naturally, the startled customer asked about the third parrot.

"That one costs 1,000 dollars."

"And what does that one do?" the man asked.

The owner replied, "To be honest, I've never seen him do a thing, but the other two call him boss!"

◆◆◆◆◆◆◆◆

Trouble is he doesn't co-operate.

Actually, she doesn't co-operate.

Why, after all, you both can't co-operate with each other?

Because he is at fault, first he should change his attitude.

No, she is to blame and she should change her outlook first.

Co-operation begets co-operation and so one has to take the first step and not wait for the other to do so.

But how can we both take the first step?

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