



# Purity

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## Brahma Kumaris are establishing *Vasudhaiva Kutumbakam*

- Rajnath Singh

A grand Shivratri celebration was held by Brahma Kumaris at Red Fort Grounds, Delhi. The programme was a confluence of Brahma Kumars and Kumaris, esteemed guests and a large gathering of spiritual enthusiasts from Delhi and nearby areas.

Mr. Rajnath Singh, Hon'ble Defence Minister of India, who was the chief guest, unfurled the flag of God Shiva. Speaking on the occasion, he said that Shiva symbolised peace, harmony and coexistence. This message is given by India through the idea of *Vasudhaiva Kutumbakam* (World is one family). This vision is made possible by connecting to God Shiva through the medium of yoga, he said.

He appreciated the efforts of Brahma Kumaris in taking Rajyoga meditation to all corners of the world. Brahma Kumari sisters personify a yogic lifestyle and give the message of peace and harmony through their own example, he said.

"Service of humanity is service unto God," he said, while appreciating Brahma Kumaris for serving in remote *adivasi* areas. "I want to congratulate BK sisters for freeing a large number of people from bad habits, addictions and superstitions," he said.

BK Brij Mohan, Additional



Secretary General of Brahma Kumaris, explained the significance of Shivratri in today's context. He said that the Supreme Soul gives us power to destroy all bad tendencies. By doing so, we can bring back the Golden Age.

God Shiva's message is that now is the time for transformation of the world from old (*Kaliyug*) to new (*Satyug*). We have two options, either to purify ourselves before the world drama wraps up or to pay our karmic debt through acute suffering before heading back to our eternal home, *Paramdham*, he said.

A panel of senior sisters enlightened the audience about the spiritual significance of the symbols, rituals and customs related to worship of Shiva by devotees.

BK Sister Asha, Director of Om Shanti Retreat Centre, Gurugram, said, "God Shiva is the world benefactor who purifies the impure. He is bodiless, and yet He performs all actions — of creation and sustenance of the new world order and destruction of the old world order. He is not omnipresent, but anyone can remember Him anywhere. He is resident of the highest abode, *Paramdham*, and incarnates himself on Earth during the confluence age (*Sangamyug*) to bring benefit to the world".

BK Sister Gita, Director of the Siri Fort centre, said, "*Saligrams* are symbols of us souls and the *Shivalinga* is the symbol of God Shiva — the Creator". She said correct knowledge about God was necessary for connecting with Him.

BK Sister Shukla, Director of Hari Nagar and connected centres, differentiated between Shiva and Shankar. While God Shiva, the Supreme Light, is incorporeal, Shankar is a deity who has an

angelic, subtle body and is shown as meditating in front of Shiva.

BK Sister Chakradhari, Director of centres connected with Shakti Nagar, and of services in Russia, said, "The Supreme Soul asks us to wake up from the darkness of ignorance. This is the meaning of *jagran*." About the custom of fasting on Shivratri, she said: "*Upvaas* literally means 'to sit close'. A spiritually awakened soul experiences close proximity to the Supreme Soul."

BK Sister Shivani, motivational speaker, asked everyone to celebrate Shivratri by giving up one negative habit that was pushing them into darkness. She said we could bring the Golden Age closer by giving up the *sanskars* of lethargy and carelessness and selfish desires that come in the way of our goodness.

Earlier, BK Sister Pushpa, Director of Karol Bagh and connected centres, welcomed the audience. The audience was taken on a journey of meditation. They also took a pledge to give happiness and earn the blessings of all. The pledge was read out by BK Dr. Mohit Gupta under the flag of God Shiva. The grand celebrations also saw song and dance performances. ■

(Purity Report)



# News in Photos



**Shantivan, Abu:** Incorporeal God Shiva's flag being unfurled by BK Nirwair Bhai, Secretary General of Brahma Kumaris, in the presence of senior sisters and brothers from India and abroad, including Dadi Ratan Mohini, Jt. Chief of Brahma Kumaris, BK Amirchand Bhai, BK Sister Sudesh from Germany, BK Sister Sudha from Russia, and others.



**Lucknow, Uttar Pradesh:** Lighting lamps to inaugurate 'Call of Time' programme are Mr. Alok Ranjan, former UP Principal Secretary, Mr. Deepak Trivedi, Chairman, Board of Revenue, BK Sister Radha, BK Sister Shivani, and others.



**Houston, Texas, USA:** Mr. Aseem Mahajan, Consul General of India, BK Dr. Hansa Raval, BK Brother Mark and others gathered to celebrate India's 71st Republic Day.



**Aurangabad, Maharashtra:** Lighting lamps during inauguration of the first phase of 'Happy Village' are BK Sister Santosh, Zone Incharge, BK Sister Sheel, BK Sister Usha and BK Bharat from Mt. Abu, Aamdhar Haribhav Bhagde, and others.



Mr. Arvind Kejriwal, Hon'ble Chief Minister of Delhi, being given introduction of God Shiva on the occasion of Shivratri by BK Sister Asha.

A negative thought results in a reaction.  
A pure though creates a response.



**Shanti Sarovar, Hyderabad:** At a medical conference on 'Rejuvenating Medical Minds', Hon'ble Etela Rajendra, Telangana Health Minister, being presented a picture of Shiva by BK Sister Kuldeep along with BK Jenna from Washington and Dr. Banarsilal Shah from Mount Abu. Over 1,500 medicos participated.



**Birgunj, Nepal:** On the occasion of 84th Shivjayanti celebrations, Ms. Vibha Yadav, MLA, being presented a picture of God Shiva by BK Raj Didi, Director of Rajyoga Centres in Nepal, and BK Sister Ravina.



# Evolution of Good Human Beings

Humans are said to be the most evolved and intelligent species of the world who are capable of being good and doing good. We have the unique faculty to discriminate and judge what is good and what is not good. Goodness is the essence of ethics and morality on which depend peace, happiness and the well-being of a human being and, in fact, of the entire human race. What is benign, beneficent and benevolent or righteous is good. It nourishes the self, benefits others and sustains the environment. Goodness relates to sentient human beings and is, therefore, a spiritual issue.

How does goodness evolve or is it an innate quality that some of us carry? Every animate and inanimate object in the world has a unique characteristic or attribute by which it is known and recognised and which gives it a unique name and form. For instance, when we think of fire, ice, rose or fish, each one of these gives us cognizance of its own peculiar innate characteristic, or what may be called natural nature. A fish, for example, is comfortable in water but will suffer and die outside it.

The original, innate nature of every human being is peace. That is why if our peace is disturbed, threatened or lost, we feel uncomfortable. Had there been no earlier experience of peace then the urge to experience peace would never have risen in human beings. What is innate naturally attracts elements and attributes of its own type from the external environment. Hence, on being exposed to external influences, the innate would evolve and develop its properties. For instance, a chilli seed will utilise soil, water, air and sunshine to produce a chilli plant.

Likewise, external factors like

Man was never a beast but today he has become worse than a beast.

relationships, material objects and opportunities will enhance the peace and happiness of a human being with an unspoilt nucleus of peace in the inner being. This tendency can be observed in innocent children. This world has been called a *karmashetra* in which whatever you sow, that alone you will reap manifold, because external inputs multiply the properties of the nucleus of the seed.

However, if external influences are too powerful and constant, they can alter the nucleus itself and change the very nature and characteristic of the entity. This is what has happened to human beings. Somewhere during the journey through time, the innate human goodness got adulterated and altered radically to the extent that it would not be an exaggeration to say that man today has become worse than a beast. Humans have undergone backward evolution. They have lost their peace and, on the contrary, have become instruments for causing misery and disastrous damage not only to their own species but also to other living creatures and the environment.

Vices like lust, anger, greed, attachment and ego have become deeply entrenched in human beings today. They are not just skin-deep or heart-deep, but have penetrated the very core of our beings i.e. the soul itself, in the form of vicious sanskars.

When this happens, all

external inputs would help feed these vices, like the inputs that help grow a chilli plant. All effort will thereafter lead to the evolution of not good but bad human beings. And this is exactly what is happening today of which the world scenario is a clear proof. Once a person develops cancer, no amount of good diet and healthy environment is going to help him unless and until the cancer is first cured.

Efforts to cure the malady by changing certain external factors may only check the growth of the disease but not cure it permanently. The remedy lies in the purification of the nucleus i.e. the innate being. When the nucleus is restored to its original pure state cleansed of all vicious traits, the characteristics of the being will be naturally good.

Everything in the universe follows a cyclical course of birth, growth, decay and rejuvenation. The spiritual re-engineering for evolution of a good-natured human being requires a strong spiritual catalyst — an energy that

is higher than the depleted and polluted energies of this world. This catalyst is the Supreme Soul, the source of all spiritual powers and divine qualities, a being who remains constantly pure and who has the wisdom and power to bring humans to their original nature.

By uplifting human consciousness through Godly wisdom and by linking it with the Supreme Consciousness, the human soul begins to express its original nature of peace, love, happiness and bliss. The more we link ourselves with this pure source the faster will be the evolution of goodness in our innate nature.

This Godly intervention for restoration of true dharma or nature of human beings is mentioned in scriptures like the Gita which describe the incarnation of the Supreme in the human world to effect this most benevolent and significant transformation. So let us awaken to the need for such transformation of our inner being and evolve into better human beings. ■

(Purity Bureau)



BK Brij Mohan, Addl. Secretary General of Brahma Kumaris, welcoming Mr. Rajnath Singh, Hon'ble Defence Minister of India, at Red Fort Grounds, Delhi. (Below) A view of the large gathering of over 20,000 spiritual enthusiasts from Delhi and nearby areas who participated in the Shivratri celebrations organised by Brahma Kumaris.





# Overcoming Scourge of Anger

In any large public gathering, try asking for those who never lose their temper, and there is a slim chance of finding anyone. Even if many among them are more peaceful than others, the less visible forms of anger — pent up emotions, resentment, hatred, criticism, ridicule and irritation — will be found in everyone in varying degrees. Anger, in its multiple facets, is all-pervasive today. That is why it is considered a natural emotion, so much so that if you surf the Internet, you will come across terms like ‘positive and constructive anger’.

Anger is used commonly as a tool to assert one’s point of view, express disagreement or to set others right. In our target-centric culture, it is considered not just natural but necessary and almost indispensable. At homes and workplaces, people no longer waste their time in requesting something because they find anger an effective means to push others out of lethargy and of getting their work done. The feeling of being in control of people and situations

Consciously bring more compassion and forgiveness into your life.

traps an angry person in the habit.

Press the pause button here and recall a scene at work where you successfully accomplished a task by shouting at or intimidating a junior. Yes, your mission was successful, but what about the rest?

During the episode your breathing rate and heart palpitation shot up, your muscles became tense, and you expressed bitterness. All this left you exhausted, out of focus and dissatisfied. You changed your surroundings to squeeze in a break or carried your mood back home. The other side of the story — your junior completed the task under pressure and went back home with a headache. He probably distanced himself from you and became less willing to

come to work the next day. Yes, you gained timely success, but the collateral damage in the form of loss of peace, happiness, health and relationships is a cost worth considering.

This brings us back to the question: Is anger really our natural nature? Even an ill-tempered person can’t stay in that aggravated state for 24 hours and longs to return to normalcy. This tells us that anger is not our natural state but an acquired trait.

Spirituality throws new light on the subject and says that all of us, whatever our current disposition, have an original nature of purity and peace. Anger, it clearly states, is a most vicious intrusion into our sacred inner space.

The Gita calls anger our ‘mahashatru’ or great enemy because it corrupts our intellect and its ability to see and discern things clearly. What is wrong seems right, even compulsory, in a rush of rage. The distorted vision pushes an angry person into an illusory world where a chain of negative reactions takes control of him and blocks his inner goodness from manifesting itself. In that state of temporary madness he ends up doing things he regrets later.

In India a proverb says that even pots of water dry up in homes where anger dwells. An angry word can linger in the mind of the recipient for six months.

Anger is visible, contagious and highly inflammable. So if anyone draws you into a heated argument, make sure you exit it at the earliest, else there is every chance of you catching the fire. Minor disputes sometimes escalate into fist fights, mindless violence, even murder. Incidents of road rage are a proof of this. Sometimes unresolved issues drag on endlessly, trapping all parties involved in a vicious loop of hatred, revenge and suffering.

The dynamics of the perpetrator-victim relationship do come up where anger is used regularly. But spirituality states that anger is an acid that corrodes the vessel in which it is stored more than the surface on which it is poured. The mercury of your rage must shoot up to a hundred degrees before you transfer 90 degrees to another person. So the perpetrator becomes the first

receiver of the assault. Anger burns you first.

Science too has confirmed that negative thought patterns create an aggravated mental state that is behind cardiovascular disorders and other life-threatening diseases. Repetitive thoughts of hurry and worry sit inside a person as ready ammunition that can explode due to a mere spark. This means that it is not so much the spark of circumstances outside but the fuel within that leads to the explosion.

This is the knowledge that you can put to use if you are struggling with anger management issues. The realisation that you could reverse your condition by working on yourself is the key. When you choose to be calm, despite the provocative atmosphere outside, you protect yourself from wrong karma, preserve your health and strengthen your partnership with yourself and others.

To control anger, consciously bring more kindness, mercy, compassion and forgiveness into your life. Making room for silence and positive self-talk in your daily routine will enhance your tolerance level and prolong your personal experience of love and peace. Make meditation your priority. When you tune your mind to God — the Ocean of Love — and draw that spiritual moisture within, it will fill you enough. Then, circumstances will not be able to set you off. No one can set an ocean on fire! ■

(Purity Bureau)

## Between the hater and the hated, it is always the hater who gets hurt more

Every negative emotion produces acid in your body, and acid destroys the vessel which contains it. Anger, frustration and disappointment are visiting emotions.

Hatred is a progressive negative emotion.

The hurt you suffered from an event is insignificant compared to how much you keep intensifying the hurt by repeatedly reprocessing what had happened or what was done to you.

Hatred takes you away from your real you.

The ‘hated’ now becomes the hero of your mind and heart, literally remote controlling how you feel, think and act.

People do what they do because at that point of time it seems to them that it is right.

‘Wrong’ is seldom intentional. It is often out of ignorance. They don’t know that they don’t know.

If you intensify your hatred and decide on an eye-for-an-eye reaction, then it becomes revenge.

People need your love much more when they are wrong than when they are right. Think only good even for those who have not been good to you.

Every man will face the consequences of his actions. You don’t make yourself wrong to prove that the other one is wrong. Forgiveness is not liberating the other from you, but liberating yourself from the other.

Something happened to teach you something. Learn the lesson and move on... ■



*They don't know that they don't know.*

## Pearls of Wisdom

When I am anxious it is because I am living in the future.

When I am depressed it is because I am living in the past.

□□□

Spiritual resilience is the ability to maintain internal equilibrium in the face of trauma or stress.

□□□

If you are standing upright, don't worry if your shadow is crooked. It is much more important to be human than to be important.

□□□

Mercy on others is, in reality, mercy on the self.



# New Dawn after utter Darkness

We are passing through times of abrupt change and extreme uncertainty. Anything can happen to anyone, anytime, anywhere. The blind chase for power and dominance has brought humanity to this miserable state. All the institutions of a civilized society are in place, but, in reality, brute force is used to achieve selfish objectives after obtaining due sanction from the established agencies. Human society today is infested with the proverbial wolves in sheep's clothing and governed by iron hands in silken gloves.

For the vast majority of people life is defined by increasing stress, worry, frustration, emptiness and ennui. A significant number of people are living in misery and despair. At the same time, a small percentage of the world's people lives in unimaginable luxury and apparent insularity.

We easily assert our rights but fail to accept the corresponding responsibilities. Technology has enabled us to amplify the cries of the world's people, but has not helped us to listen to them. We strive to become materially prosperous and yet are sliding into spiritual poverty.

A lot of efforts have been made to improve the state of the world by modifying trade laws and treaties, and through armed interventions. These methods have proved

The wheel of change has already begun to usher in a new dawn.

to be inadequate and cannot promise better results if applied in greater measure. A vicious system has been created in which the benefits of development are cornered by a small minority to the exclusion of rest of humanity. The future of mankind is controlled by a handful of individuals.

The limits of controlling the external elements to serve human ends have been reached. We are at a critical juncture in human evolution now. In the backdrop of hundreds of wars and conflicts, poverty, marginalization, discrimination and racism, there has been amazing material progress whose benefit has reached only a handful of people on earth, leaving behind the vast majority to suffer growing economic disparity and social destabilization.

It is becoming increasingly difficult for the poor, powerless and voiceless to keep despairing and hoping for a better life while they see the manipulative and corrupt grabbing all opportunities to advance their selfish interests. It is not only an economic and social challenge,

but also a moral imperative.

This outer state of the world is a reflection of the inner state of the world — our moral, ethical and spiritual foundations have become weak. And yet, it is exactly at such a time of utter darkness and extreme degeneration that God Almighty, as per His promise in the Gita, transforms the old, vicious, iron-aged world into a new, viceless, golden-aged world which is described in the scriptures as heaven, *swarg*, *jannat* etc.

Now is the time when we must turn our attention to the moral, ethical and spiritual dimensions of our life and strengthen these elements, which form the foundations of a truly advanced and happy society. Solutions to all the problems of the world lie in elevated human consciousness, in eternal spiritual laws and values. The wheel of change has already begun to turn towards a better world.

The happiest news is that

this time it is going to be universal and lasting change because the one who is guiding it is none other than Almighty God. The crying need for change in the present chaotic world is being addressed by incorporeal God Shiva, who is imparting Godly wisdom and power to human beings to re-establish truth, purity and divine values in human character and to remove the corruption of vices from human souls. ■

(Purity Features)

We have been praying —

'Oh God! Lead us from darkness to light,  
From ignorance to knowledge,  
From untruth to truth  
From mortality to immortality.  
The prayer has been heard now.

(See above article)

## Stop this Cruelty

We all love animals. Why do we call some "pets" and others 'dinner?'

—K.D.Lang

Nothing will benefit human health and increase chances for survival of life on earth as much as the evolution to a vegetarian diet.

—Albert Einstein

If man eats meat, he participates in taking animal life merely for the sake of his appetite. And to act so is immoral.

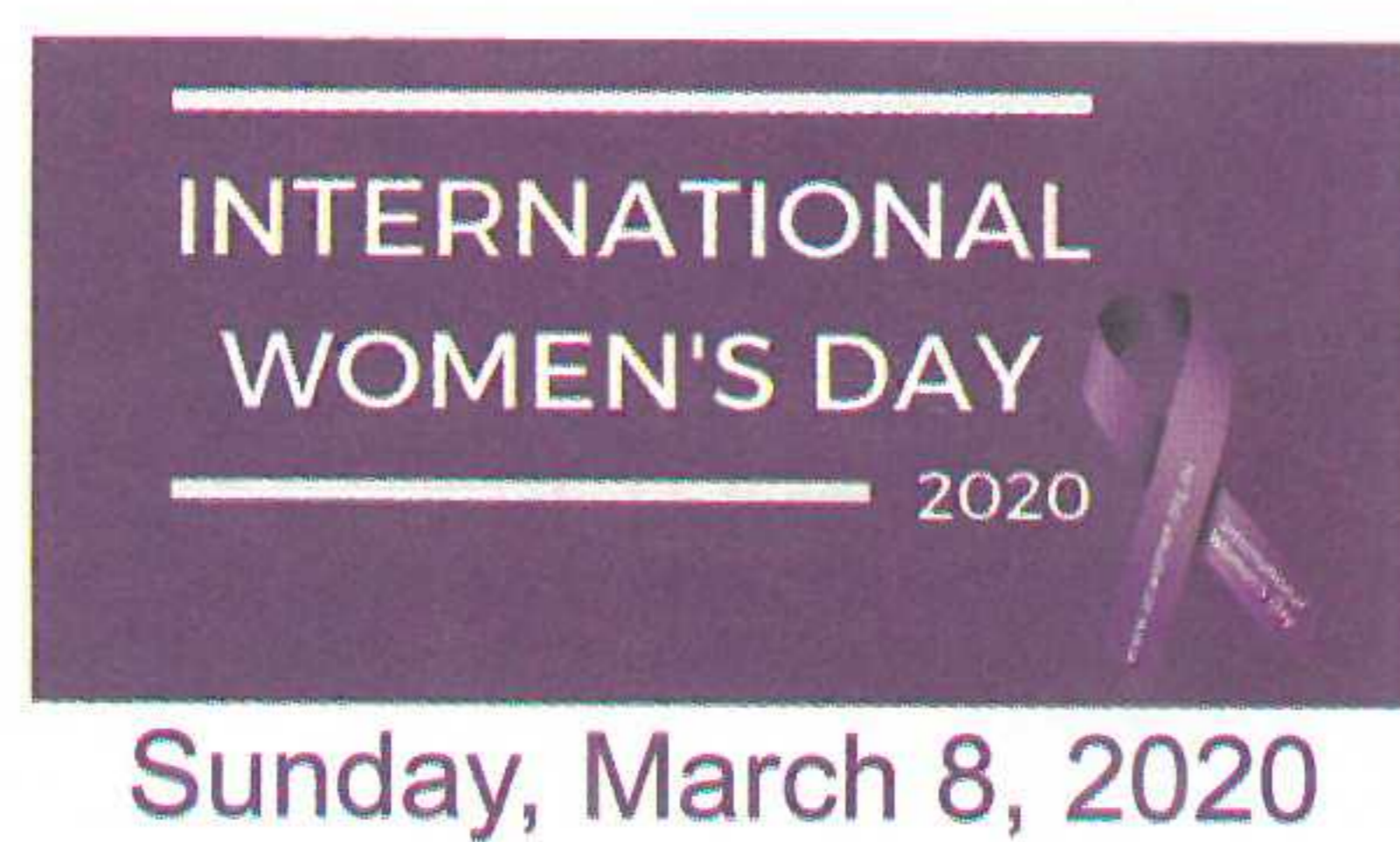
—Leo Tolstoy

I do feel that spiritual progress does demand, at some stage, that we should cease to kill our fellow creatures for the satisfaction of our bodily wants.

—Mahatma Gandhi

## UN International Observances Celebrated by Brahma Kumaris

An equal world is an enabled world. "I am Generation Equality: Realizing Women's Rights"



The IWD 2020 campaign theme, #EachforEqual is drawn from a notion of 'Collective Individualism.' Individually, we're all responsible for our own thoughts and actions — all day, every day. We can actively choose to challenge stereotypes, fight bias, broaden perceptions, improve situations and celebrate women's achievements. Our individual actions, conversations, behaviours and mindsets have an impact on the larger society. Collectively we can make change happen. Collectively we can each help to create a gender-equal world. We are all parts of a whole.

Visit us for more information at [bkwomenwing.com](http://bkwomenwing.com)



Mr. Martín Vizcarra, Hon'ble President of the Republic of Peru, meeting BK Sister Noni Reaño.



## EDITORIAL

# Lessons from the coronavirus outbreak

The coronavirus outbreak is causing alarm across the world as the virus spreads to more countries despite screening and quarantine measures and millions of people being placed under lockdown in China, which has reported 99 per cent of the confirmed cases of infection so far.

Since it emerged in December, the novel coronavirus has killed more at least 2,600 people in China and over 20 elsewhere in the world, and infected about 80,000 people. The over 1,000 cases outside China are scattered among more than 30 countries, mostly in Asia.

The death of thousands of people within three months and the apparent ease with which the virus is spreading have generated fear in ordinary people and caused worry among health authorities.

According to the World Health Organization (WHO), available data suggests that the disease remains mild in 80 per cent of the patients. The infection has caused death in just 2 per cent of the reported cases, with older patients more at risk. There have been relatively few cases among children.

But what is causing disquiet is the spread of infections outside China, particularly in patients with no clear link to known cases. Even individuals with no history of travel to China or contact with a confirmed case have been diagnosed with Coronavirus disease 2019 or COVID-19.

In addition, some of the cases suggest that currently available information about the virus may be wrong, which may complicate efforts to combat the outbreak. In China, an elderly man took 27 days to show symptoms after infection, almost twice the presumed 14-day incubation period. Chinese scientists have also reported that a woman infected five of her relatives without herself showing any sign of infection.

The WHO has warned that time is running out to check the spread of the deadly disease, urging nations to mobilise quickly against it. As governments scramble to protect their countries, the viral outbreak, and people's reaction to it, have highlighted some notable facts.

The coronavirus, which reportedly originated from a wildlife market in the central Chinese city of Wuhan, and possibly mutated from a virus carried by bats, has tested the resources of the mighty communist nation, which is the world's second-largest economy.

While the world watched in awe as Chinese engineers built a 1,000-bed hospital in 10 days to treat COVID-19 cases and the government imposed lockdowns on entire cities to check the spread of the virus, the number of confirmed cases and fatalities has continued to rise.

Chinese and other East Asian expatriates have reported virus-related racism and xenophobia, with people physically shunning them in public.

Sadly, the coronavirus crisis has illustrated that in times of difficulty, many of us would attack or discriminate against those who should be offered support.

In dealing with such crises, right information and an appropriate response are what are needed. Knowledge is the antidote to fear and discriminatory behaviour, which are fed by ignorance.

While governments and health professionals do their bit to help the patients, the least the rest of us can do is send them good wishes so that they have the comfort of knowing that they are cared for.

We can do that when we have the spiritual awareness that all human souls belong to one family, being the children of one God. This spiritual vision for others enables us to rise above fear, hostility and selfishness and live and serve as truly global citizens of a globalised world. ■



## Gleanings from the press

### Atlanta-sized iceberg breaks off a glacier in Antarctica

A huge iceberg has broken off Pine Island Glacier on the edge of Antarctica, according to satellite images shared by the European Space Agency last month. At more than 300 square kilometres, the iceberg was almost as big as Atlanta, although it very quickly fragmented. While icebergs calving from glaciers is a natural process, the rate of calving being seen in West Antarctica is greater than anything observed in the satellite record. (CNN)



### Yarn made from human skin to stitch up wounds

Researchers have come up with a unique form of yarn made up of human skin cells that could soon replace conventional sutures in surgical procedures. Surgeons can use this 'human textile' for knitting, sewing and crocheting damaged organs. Scientists from the University of Bordeaux, France, suggest that their invention could "truly integrate into the host's body". (ANI)

### Eating the Indian way makes food taste better

In people who regularly control their diet, direct touch of food triggers an enhanced sensory response which makes food more desirable and appealing, according to a new study. The study revealed that when high self-control individuals touch food directly with their hands, as opposed to using a utensil, they experienced it as tastier and more satisfying. According to the researchers, including those from Stevens Institute of Technology in the US, the findings offer a way to increase the appeal of food. (PTI)

### New system turns brain signals into text, voice

Stephen Hawking painstakingly formed words by twitches of a cheek muscle. Now, researchers at the Indian Institute of Technology Madras have developed an artificial intelligence technology that can read a human brain and give voice to people who are speech-impaired. (Times News Network)

### Cancer will kill 1 in 15 Indians: WHO

One in 10 Indians will develop cancer during their lifetime and one in 15 Indians will die of cancer, says the World Cancer Report released by the World Health Organization (WHO), which has pointed out "socio-economic inequalities" as a major cause for the rapidly increasing burden of the disease in the country.



(Times of India)

### Seat reserved for Lord Shiva in Mahakal Express

For the first time, the Indian Railways has reserved a seat for a deity in a train. The national transporter, which launched its third privately-operated train, named Kashi Mahakal Express, from Varanasi to Indore, has reserved a seat for Lord Mahakal (Lord Shiva) on board. (IANS)

### Bhoola Bhai

And our friend Bhoola Bhai on Temple Street believes that if you are beset with adversities, try and look back to see where you have gone wrong. You may feel that others are responsible, but they too appear in your life when you attract them by the subtle force of your karma. You are the nucleus which attracts good or bad.



# Being Engrossed in God's Silence

God's Silence is so deep, warm and welcoming that the self easily leaves the clutter, rush and push of a world caught in the grip of noise and sound. The rush and speed are conquered and with that, the superficial meanderings of the heart and mind stop. The artificiality of existence starts to melt away, effortlessly. A sense of completeness and genuineness fills the self when we enter God's silence.

It is so important these days to give time to being still and silent. It restores the experience of peace. I become serene in a second through a thought of connection with God. My heart concentrates in a feeling of openness to the Supreme Heart and an unconditional current of love flows gently into the soul. A love so pristine that it offers me back to myself. And only something so pure can facilitate such a feeling of closeness.

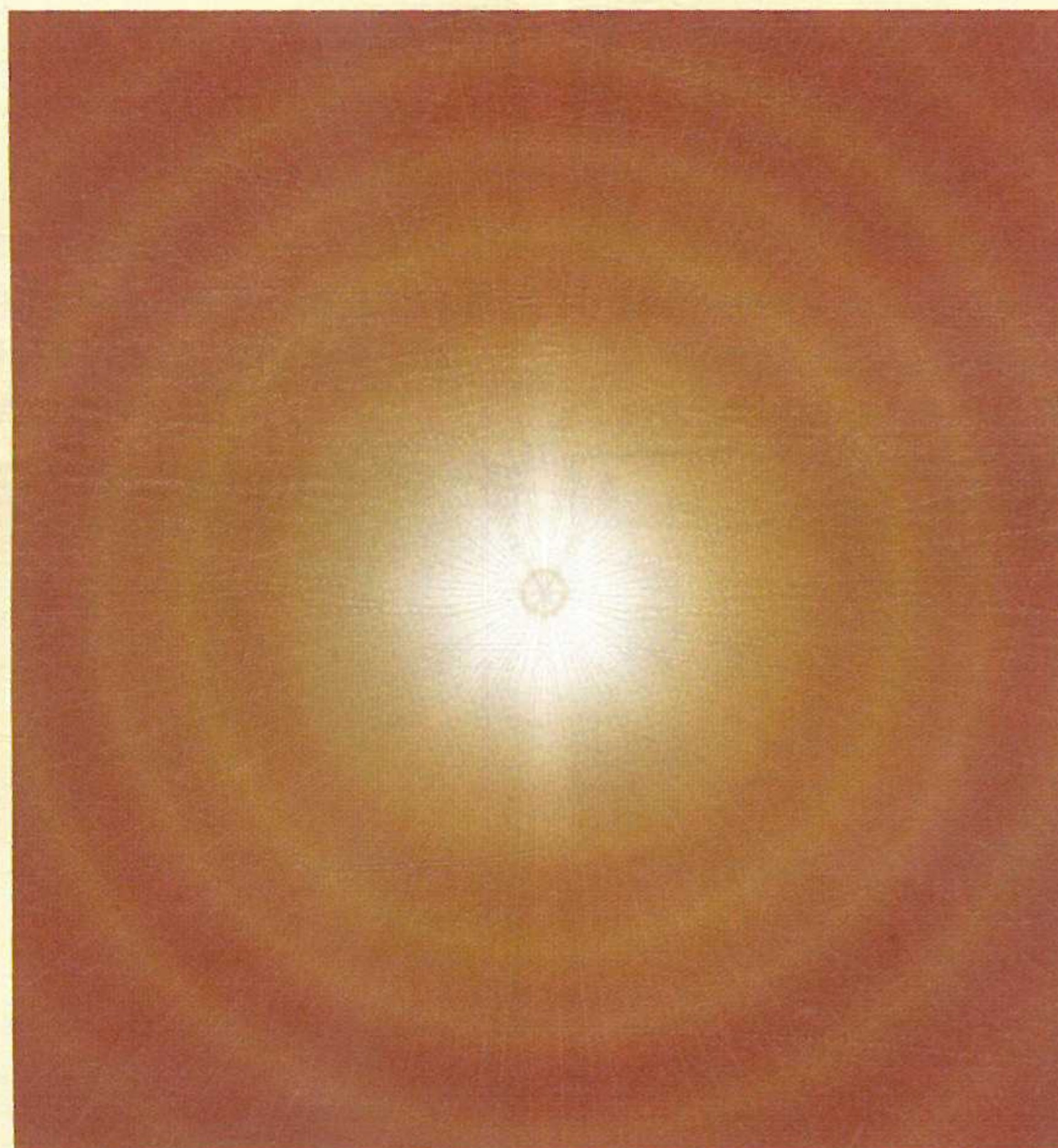
Absorbed in this sacred current the memory of eternity filters back and I remember. I remember my original relationship with God, the incorporeal Light. A friendship that was severely interrupted by compliance to obliged rituals, words and routines of show, and by a mass of misinformation about Him.

Returning to the still point of silence every day, every morning just before the dawn of the day, releases me from the stresses that often come unannounced into my agenda of daily existence. From the morning silence I am strengthened. My consciousness is on a higher level and I am more alert. I am then able to catch moments during that day, to pause, be still, remember the self and God, and then return to activity. This exercise brings quality into my work and my relationships but, above all, it brings clarity back into my everyday life.

Venturing on this pilgrimage every morning, I remember that God's Silence is my daily destiny. That space of absolute quietness renews my awareness and clears the dirt of accumulated bad feelings that I may have created. To daily touch base, to feel the pulse of peace and to be tuned into the spiritual reality of the self can only be done properly within God's Silence. It is in that silence, in that meeting with the Divine that I can find my power.

Such personal rejuvenation is necessary

In God's silence  
I remember to  
remember my original  
completeness.



*Incorporeal Supreme Soul God*

in a world which has become so old, tired and torn. In the heart of silence, I find renewal.

A silence that cleanses all the pollutants, dissolves them without me having to think so much nor be lost in unnecessary processes. Free of conceptualizations and analysis just remaining in the silence of God's Heart I am filled with so much trust that I dare, not only to jump, but to fly beyond all limits and focus on the real and best in the self. Often that is the only way... just trust in what one is and be it.

God's silence facilitates the miracle of return to the original me. My memory starts to function and one feels an inner source of infinite peace. The main thing is simply not to allow distractions... just to be online all the time and never switch off this connection. To remain strong and function effectively in the society, I need to be plugged into divine silence often.

And to remain stabilized in this silence amidst the external chaos of my mind, I realize I am more than my mind. I am a soul; my spiritual identity is there. So, from there, from this seat of soul, my spiritual identity

is there. So, from there, from this seat of soul consciousness, I hold the sceptre to rule and observe the other parts of me, especially my emotions, which sometimes rebel and do not listen to what I say.

In silence, in the Divine Heart, my intrinsic spiritual awareness of self is kept. There is an innate peace that makes the self feel the original state of completeness. God is always complete, I used to be but I forgot. In His Silence I remember my own original completeness.

The self feels blessed to be given this experience of soul identity in God's silence. The habit of consistently forgetting "who I am" is controlled and the silence facilitates a mindfulness, an awareness to always live from this sacred point of the self when coming into expression, in action, in relationship. To keep this flame of remembrance alive attentiveness is needed.

In God's silence I remember to remember. ■

(Purity Bureau)

## Receiving God's Love

Love is a great power. God's love is the greatest power. God's love is pure, unconditional and unlimited. It is outgoing, benevolent and beneficent. It heals, soothes, comforts, uplifts and elevates. In God's love, you 'rise' while in others' love you 'fall'. It puts an end to all violence.

God's love is the key to the lock of luck. Lucky are the ones who love God. Luckiest are the ones whom God loves. God's love is the gateway to peace, happiness and bliss. It is the best nourishment for your health and the best treasure trove of the wealth of happiness. Happiness brings sure success.

God's love is magical. It's instant, pulling and compelling. It melts the hardest. It's the mirror of truth and self-realization.

God's love is fulfilling. You need nothing else. God's love makes the world heaven or paradise, its absence makes it hell.

God's love flows in through mental connection, loving relation and silent communication. My relation with God as a soul is that of an eternal spiritual child, which entitles me to all His inheritance of love, peace, bliss and powers as God Fatherly birthright. Communication begins as soon as you become loveleen (immersed) in God's love like fish in water.

Make God your constant companion to become fearless and courageous. God is my father, mother, friend, everything. He never fails me. God's companionship keeps me protected, safe, secure, worrisome, carefree and invincible. It gives me complete freedom or liberation-in-life (jeevan-mukti). ■

### Who is the Incorporeal God of Gita?



**Mehsana, Gujarat** : BK Brij Mohan, Addl. Secretary General of Brahma Kumaris speaking at Shrimad Bhagavad Gita Conference on "Whether war described in Gita was a violent or non-violent war?" Rajyogini Dadi Ratan Mohini, Jt. Chief of Brahma Kumaris presided over the conference.





**Shantivan, Abu :** Lighting lamps to inaugurate 10th Convocation Ceremony and Value Education Festival are Mrs. Draupadi Murmu, Hon'ble Governor of Jharkhand, BK Sister Dr. Nirmla, BK Mruthyunjaya, BK Basavraj and others.



**Shantivan, Abu :** Inaugurating 'Cancer Awareness Programme' on World Cancer Day are Dadi Ratan Mohini, BK Nirwair Bhai, BK Brij Mohan, Dr. Ashok Mehta, Dr. Pratap Midha, BK Sister Chakaradhari and others.



**Panaji, Goa :** Mr. Pramod Sawant, Hon'ble Chief Minister being presented a memento by BK Sister Shobha after going around 108 Shivling Darshan Fair organized on the occasion of Shivratri.



**Noida, Delhi-NCR :** On dais at launch of IT Wing Campaign are BK Sister Asha, Prof. Kaushik Bhattacharya, Dean, IIM Lucknow, Ms. Monica Jasuja, Vice President Master Card, BK Sister Rama, BK Sister Sudesh and Dr. Mohit Gupta.

**Manipal, Karnataka :** Standing in silence after inaugurating Public Talk on "The Key to Happy Home" are (L-R) Mr. Ramesh Bangera, Chairman, Udaya Group of Companies, Mr. Raju, Asst. Commissioner, Udupi, BK Sister Shivani, Main Speaker, Ms. Sandhya Pai, Editor, Taranga Magazine and BK Sister Sowrabha.

**Borivali (West), Mumbai :** Inaugurating 'Shiv Darshan Jhanki' are Mr Gopal Shetty, Member of Parliament, BK Sister Divya Prabha, BK Sister Bindu and others.

**Peace of Mind**

TATA SKY 1065 AIRTEL 678

VIDEOCON 497

*I act morally because I like sleeping at night.*



**Barnala, Punjab :** BK Sister Brij speaking at Shiva Jayanti Mahotsav. Also in pic are Mr. Rakesh Bansal, Mr. Naveen Bansal, Dr Triloki and others.



**Bhadoli, Uttar Pradesh :** Mr. Jai Pratap Nishad, Hon'ble UP State Minister for Animal Husbandry and Dairy Development being presented a frame of 'God Shiva' by BK Sister Vijaylakshmi.



# Wisdom of Dadi Janki, Chief of Brahma Kumaris

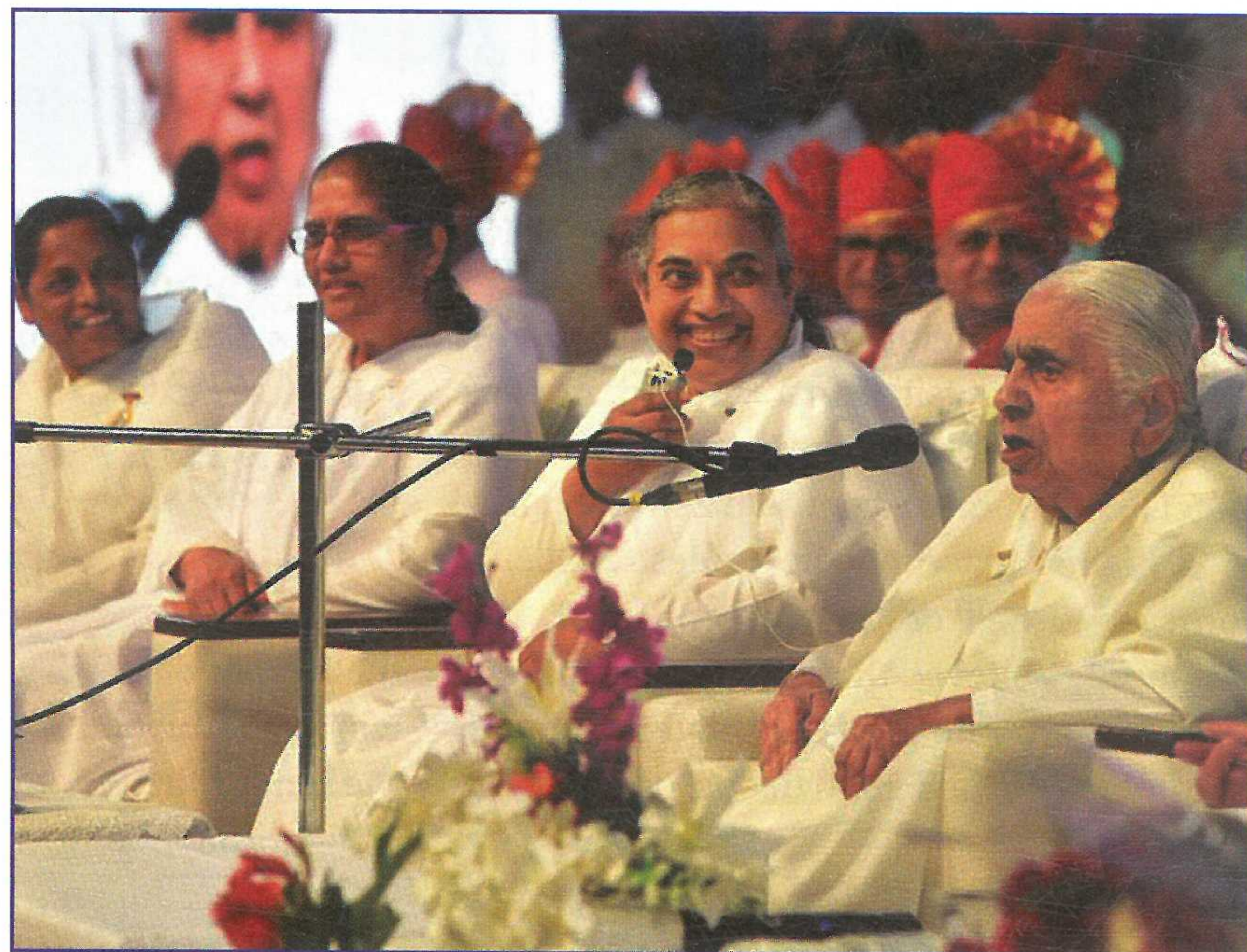
## Being happy and content

Never think that anything that comes in front of you is difficult to deal with. Instead, have the thought that everything is easy. Keep smiling. Don't allow yourself to get upset. Never say, "I don't like this". One who is content is happy. One who is happy is content. Nothing is difficult for God's children, and we are all God's children. Simply remain detached from people and situations and merged in God's love. When you are detached, you will feel good. So, remain detached from situations and loving to God.

Let me tell you the secret to living a long and happy life. Accept from your heart whatever comes in front of you. Remain content, and you will also remain happy. Remain happy, and you will also be content. Be happy constantly and share happiness. If I am happy with everyone, then everyone will be happy with me. God wants us to forget everything from the past or the future and to remember Him. Don't remember that which is better to forget. Don't forget that which is important to remember

Leave the awareness of "I and mine". "This is mine and this is yours" – leave this now. When I am close to God, I receive whatever I need. I simply have to be happy and truthful. Learn to be happy. Live in the present moment. Forget everything about the past.

We have to be very truthful with everyone including ourselves. Truthfulness, cleanliness and simplicity. These are essential in life. We shouldn't speak that which is even slightly untrue. When you speak, Don't mix truth and untruth. Train your mind very well. Don't have the habit of letting go of your



Pune, Maharashtra : Dadi Janki, Chief of Brahma Kumaris, speaking at Annual Day programme of Jagadamba Bhawan.

mind. Train it with care. Keep your mind linked with God.

God, in His mercy, pulls our minds towards Himself, saying 'connect your mind with Me'. This is a subtle method to keep the mind and body cool and calm. 'We need to have truth, cleanliness and simplicity. I need truth in my heart. Cleanliness should be everywhere, internally and externally. We need to live with economy. There is no cost to cleanliness. One simply needs sincerity. So truth, cleanliness, simplicity and economy. These choices quiet our minds and hearts and allow us to pick up subtle touchings from God. ■

## Rich or Poor?

One day a father of a very wealthy family took his son on a trip to the country with the firm purpose of showing his son how poor people live. They spent a couple of days and nights on the farm of what would be considered a very poor family.

On return from their trip, the father asked his son, "How was the trip?" "It was great, Dad," "Did you see how poor people live?" the father asked. "Oh Yeah" said the son. "So what did you learn from the trip?" asked the father. The son answered, "I saw that we have one dog and they had four. We have a pool that reaches to the middle of our garden and they have a creek that has no end.

We have imported lanterns in our garden and they have the stars at night. Our patio reaches to the front yard and they have the whole horizon. We have a small piece of land to live on and they have fields that go beyond our sight. We have servants who serve us, but they serve others. We buy our food, but they grow theirs. We have walls around our property to protect us — they have friends to protect them."

With this the boy's father was speechless. Then his son added, "Thanks, Dad, for showing me how poor we are." Too many times we forget what we have and concentrate on what we don't have. It is all based on one's attitude. It is our attitude and not aptitude that determines our altitude in life.

## True Wealth

We are poor because of our poor thinking and poor actions. When we are poor in values such as peace, love, joy and respect we become selfish and greedy. Consequently, instead of sharing we start taking or demanding from others. This in turn makes us poorer because the law of karma enunciates that as you sow so shall you reap. If instead of sowing seeds of good deeds we 'take' the fruits by wrong means and if we do not share what we have then we become poorer.

The root cause of poverty lies in the wastage of our resources and the most valuable resource we have is thoughts. If we can plug the wastage of thoughts it will create a wealth of character which in turn will inspire us to invest our time, energy, material and skills in right things. Cleansing the mind of vicious tendencies such as greed, selfishness, ego and attachment is the first step towards removing poverty. ■

## Bhoola Bhai in Blunder Land

In Blunder land everything is normal but...

### Personal Health

Eye Sight	:	Normal with glasses
Teeth	:	Normal with fillings and root canals
Hair	:	Normal with dye and patches
General health	:	Normal with daily intake of blood pressure and vitamin pills
Sleep	:	Normal with tranquilizers
Relationships	:	Normal with friendly and not-so-friendly quarrels.

### Societal Health

Public Health	:	Normal with hospitals private clinics and quacks
Law and Order	:	Normal with dadas, hafta collection, murders, kidnappings & rapes
Food Supplies	:	Normal with adulteration and roadside (read unhygienic) eateries
Housing	:	Normal with slums, shanty clusters and pavement dwellers
Transport	:	Normal with overloaded public transport and pickpockets
Family Life	:	Normal with violence and abuse of women and children

### World Health

Air and Water	:	Normal with growing pollution
Environment	:	Normal with global warming and drastic climate change
Peace	:	Normal with conflict hot beds and brewing trouble spots

<b>Nuclear stockpiles:</b>	Accepted as normal
<b>Character</b>	: Doesn't matter anymore.

Future of the world: God knows!



# Garden of Allah

The Islamic conception of heaven is referred to by many names, such as Jannat and garden of Allah – a place where the inhabitants have a life of eternal bliss. Where is this garden and how can one go there?

In many religious traditions, heaven is depicted as a physical or transcendent place inhabited by heavenly beings, including angels and God. Heaven is often described as a higher place or the holiest place, in contrast to hell or the nether world. It is commonly believed that humans can ascend to heaven after death if they have led a pious life and performed good deeds, or simply by the will of God.

Heaven, in fact, exists in this very world in the Golden Age. It is the period when humans are endowed with divine qualities and life is characterized by unalloyed joy, comfort, abundance and harmonious relationships. During that period the elements of nature are also in perfect balance.

In other words, the world is like a garden – a pleasant place of joy – and the inhabitants of that world are like flowers – full of virtues and free of vices, they never hurt anyone even in their thoughts, or experience sorrow. Everything there happens at the right time, in the right place and the right manner.

Such a garden is developed at the end of

God, the Gardener, appears in this world when the darkness is complete, and proceeds to turn the forest of thorns into a garden of flowers.

the Iron Age in every cycle of time when the world has turned into a forest of thorns, in the sense that it is enveloped in the darkness of ignorance and humans have become like thorns, hurting each other under the influence of vices such as lust, anger, greed, attachment and ego.

God, the Gardener, appears in this world when the darkness is complete, and proceeds to turn the forest into a garden. He does this by reminding souls of their true identity, their relationship with Him, and the cycle of time. His words of truth stir in the souls long-buried memories of a happy past. By recognizing their true self and connecting with it, the souls begin to experience the qualities latent in them.

As they continue this process of self-empowerment, the souls get enriched with peace, love, purity and power. The traits they had acquired due to their inner

impoverishment – selfishness, anger, greed, ego, giving and taking sorrow – begin to fall away. The souls now spread the fragrance of their virtues. From thorns that prick others and cause pain, they have become flowers.

This metamorphosis in human souls is accompanied by great changes in the external world, whereby the forest gets destroyed, clearing the ground for a garden to be laid out. The souls return to the soul world, their abode of light beyond the sun and stars of this universe, before they start coming back to this planet as a new cycle of time begins with the dawn of the Golden Age.

The world is now a pleasant garden where the beauty and fragrance of flowers is matched by the beauty of human nature. It is a world where humans have divine qualities and are completely free of vices. They follow the highest code of conduct and are non-violent even in their thoughts and emotions.

These humans are the ancestors of the whole of humanity, being the first inhabitants of this world in the beginning of the cycle of time. They are the ones worshipped in temples as deities, and the world they lived in is remembered as paradise, heaven, swarg, jannat, Golden Age and garden of Allah.

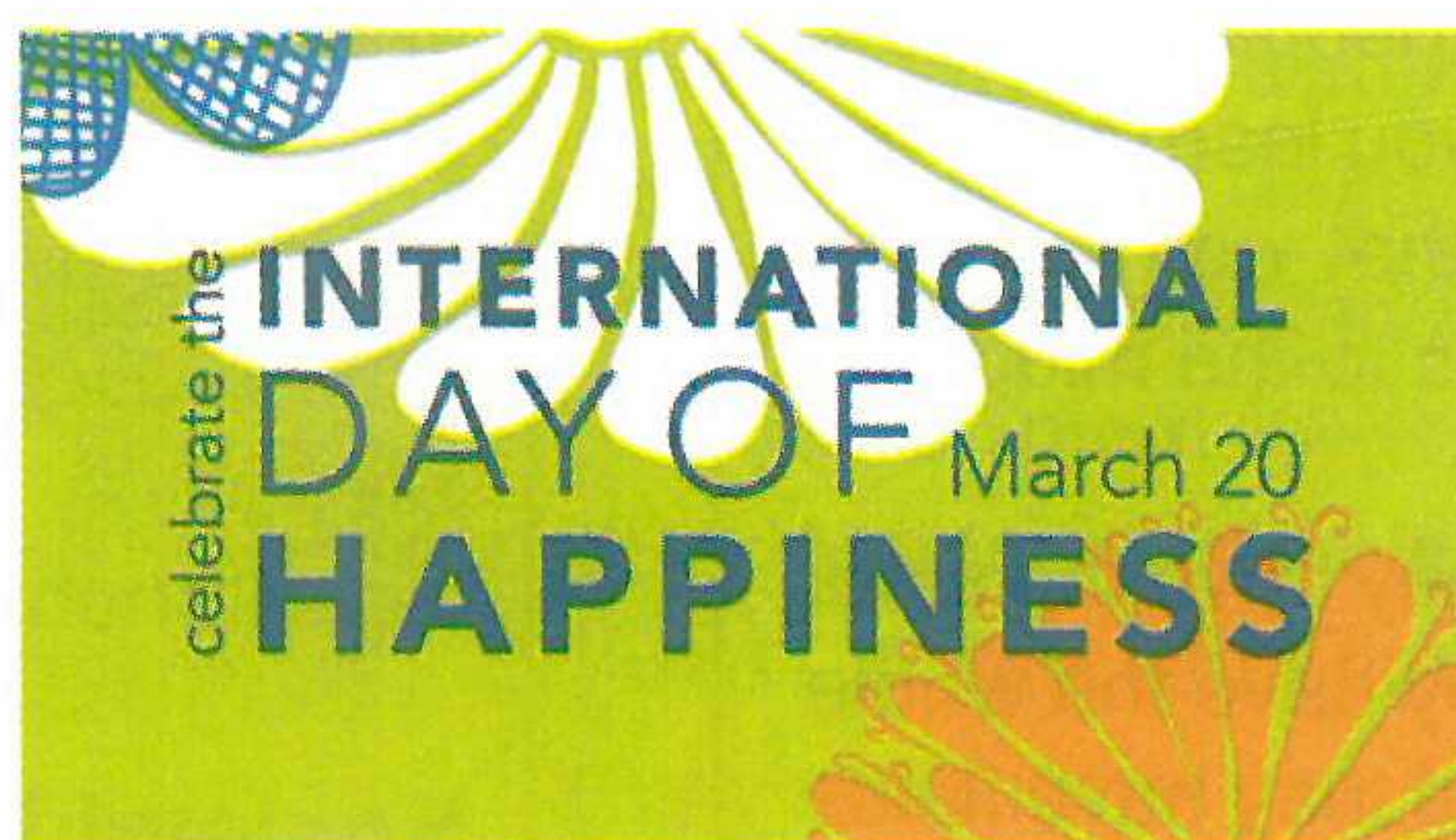
God is now laying this garden by teaching His children Rajyoga, by which they can get rid of impurities and regain their pristine state. It is a change everyone can aspire for, and one that is worth making, not only for oneself, but also for the entire human family. ■

(Purity Bureau)

## UN International Observances Celebrated by Brahma Kumaris

*Ten Billion Happy : Happiness Day. Every Day. For All of Humanity, by 2050.*

Sunday, March 8, 2020

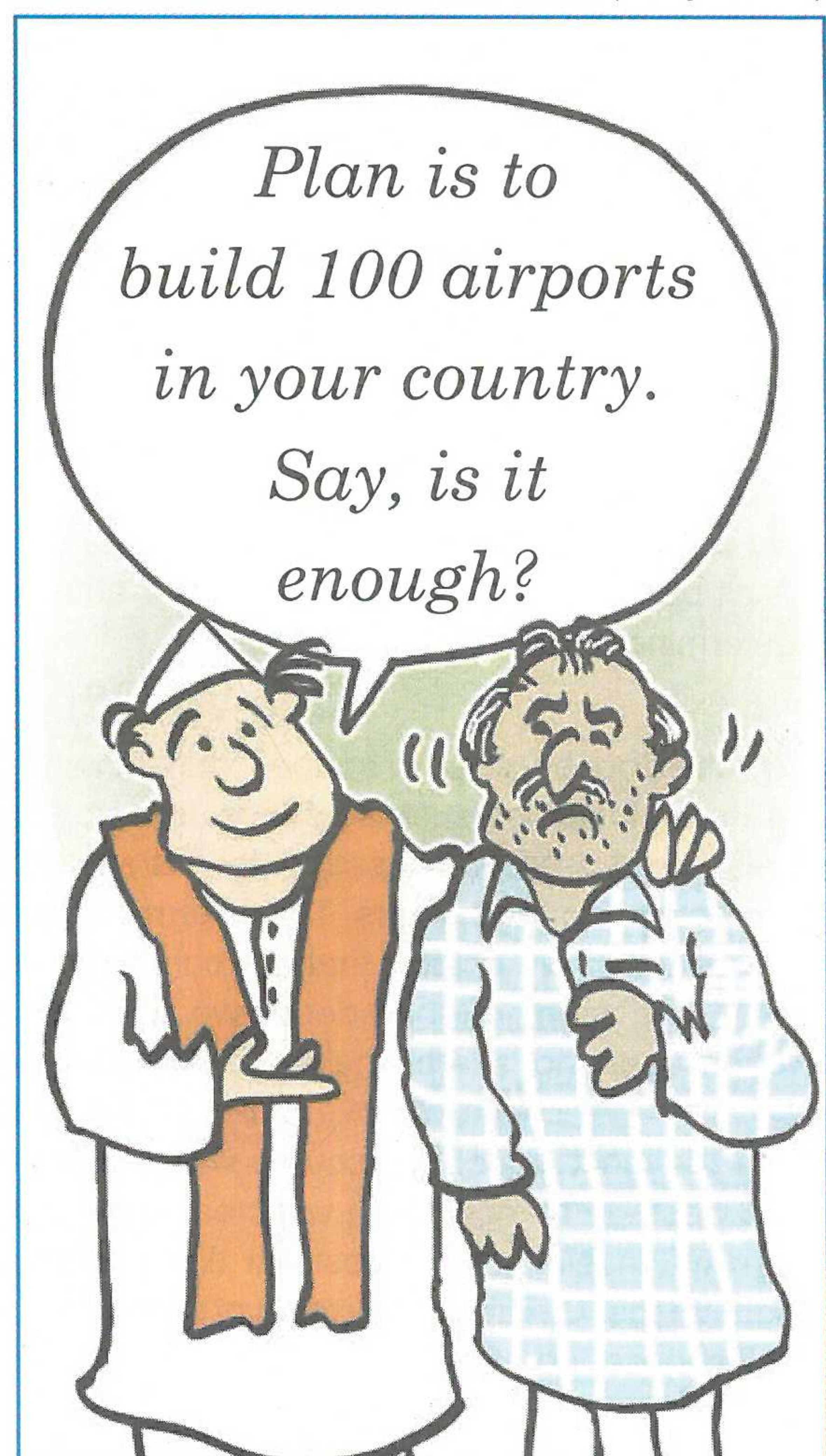


Everyone wants to be happy - and life is happier when we're together. So let's celebrate our common humanity rather than focus on what divides us. We do hope you feel inspired to join the community and be part of this special day by organising an event to celebrate Happiness.

You are invited to read more about this day here and join the campaign, #TenStepsToGlobalHappiness. Visit us for more information [un.brahmakumaris.org](http://un.brahmakumaris.org)



**Om Shanti Retreat Centre, Gurugram :** Inaugurating 16th Annual Asian Regional Space Settlement Design Competition organised by NASA are BK Sister Asha, Director, ORC, Jack Gafford, Hayley Spears, Anita Gale & David Chevront from USA, Mehmud Rezaei from Iran, Rohan Mehra from India, Laulon from China, Dr. Ravi Arora from UAE and Len Peters from Thailand.





# News in Photos

In service, there is no drain of energy. Only gain of energy.



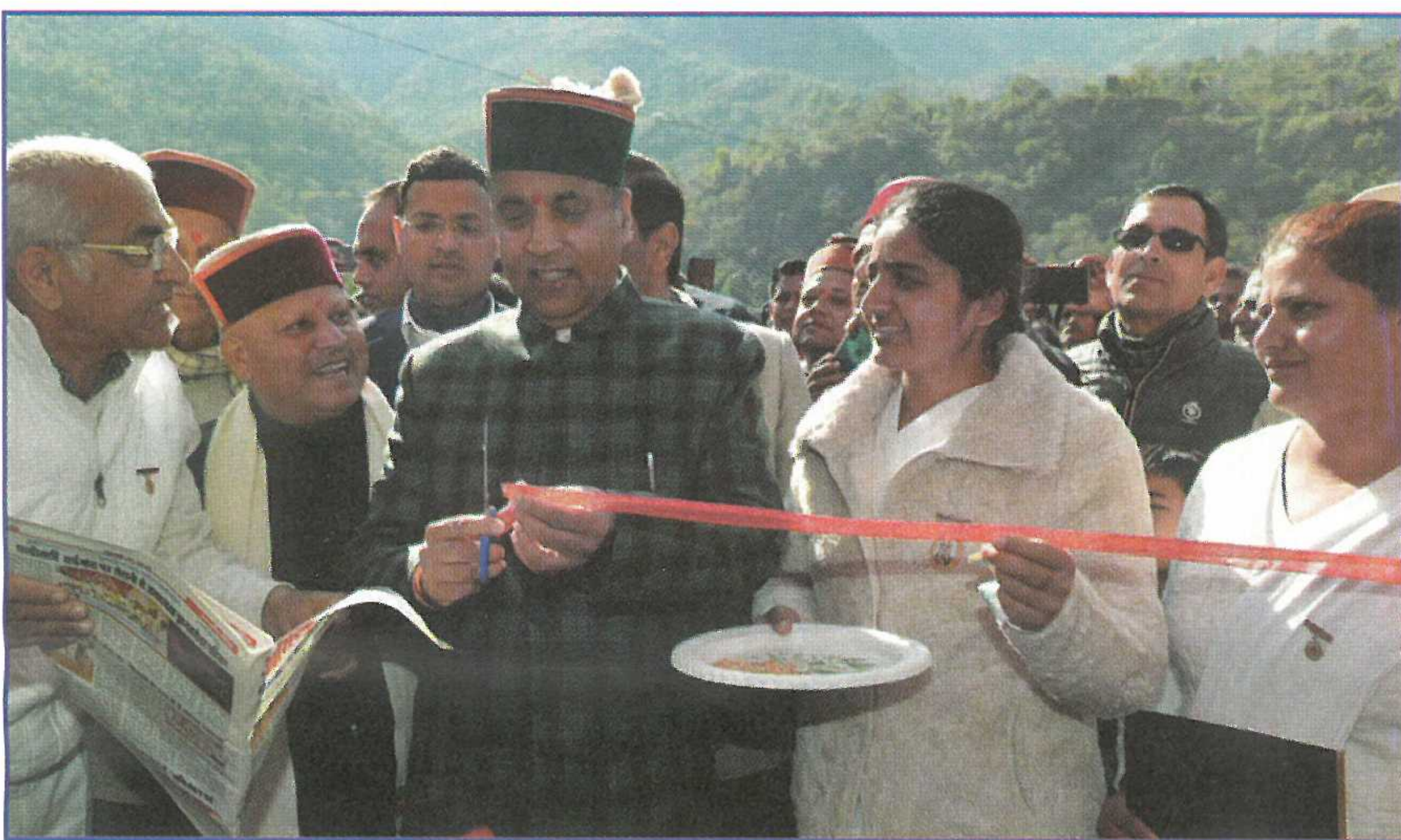
**Milpitas, California, USA :** Standing in silence after lighting candles to celebrate 'Shiva Jayanti' are Kansen Chu, California Assembly Member and spouse, Daisy Chu, Jeevan Zutshi, Founder, Indo American Community Federation and spouse, Manjula Gupta, TV show Host, BK Sister Kusum, BK Brother Atma Dayal and others.



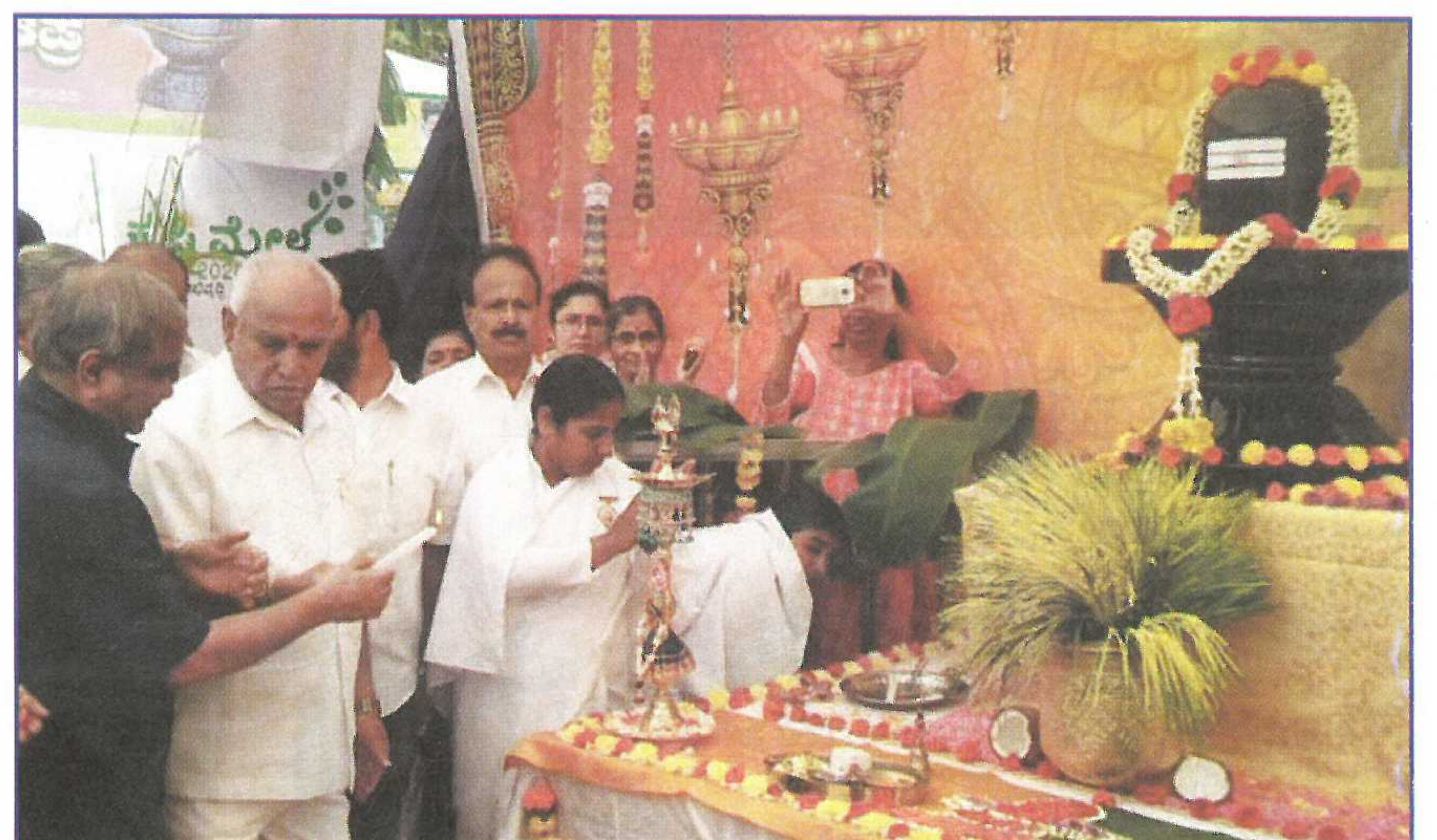
**Pokhara, Nepal :** Standing in silence after Foundation Stone laying ceremony of Divine Peace Realisation Centre are Mr. Prithvi Subba Gurung, Hon'ble Chief Minister of Gandaki province, BK Sister Shieli from Mount Abu, BK Sister Parinita, Mr. Hari Bahadur Chuman, Minister of Internal Affairs, Mr. Bindu Kumar Thapa, Provincial Assembly Member and others.



**Chandigarh :** Reading pledge (BK Sister Uttra) after unfurling 'Shiva' flag are Hon'ble Justice Mrs. Daya Chaudhary, Judge Punjab & Haryana High Court, Mrs. Neena Singh, BK Amirchand Bhai, Mrs. Sangita Vardhan, Mr. Raksah Rasila, Mr. Vivek Trivedi and Mr. Jagdish Singh Dewan.



**Tatapani, Sunni, Himachal Pradesh :** Mr. Jai Ram Thakur, Hon'ble Chief Minister inaugurating 'Spiritual Exhibition' along with BK Sister Shakuntala, BK Revadas and others.



**Mysore, Karnataka :** Mr. B. S. Yediyurappa, Hon'ble Chief Minister Inaugurating Shivalingam Tableau setup by Brahma Kumaris on the occasion of Shivaratri.



**Gurugram, Delhi-NCR :** BK Brother Ken O'Donnell and BK Sister Luciana from Brazil at a Dialogue on 'Reclaiming Your Inner Powers'.

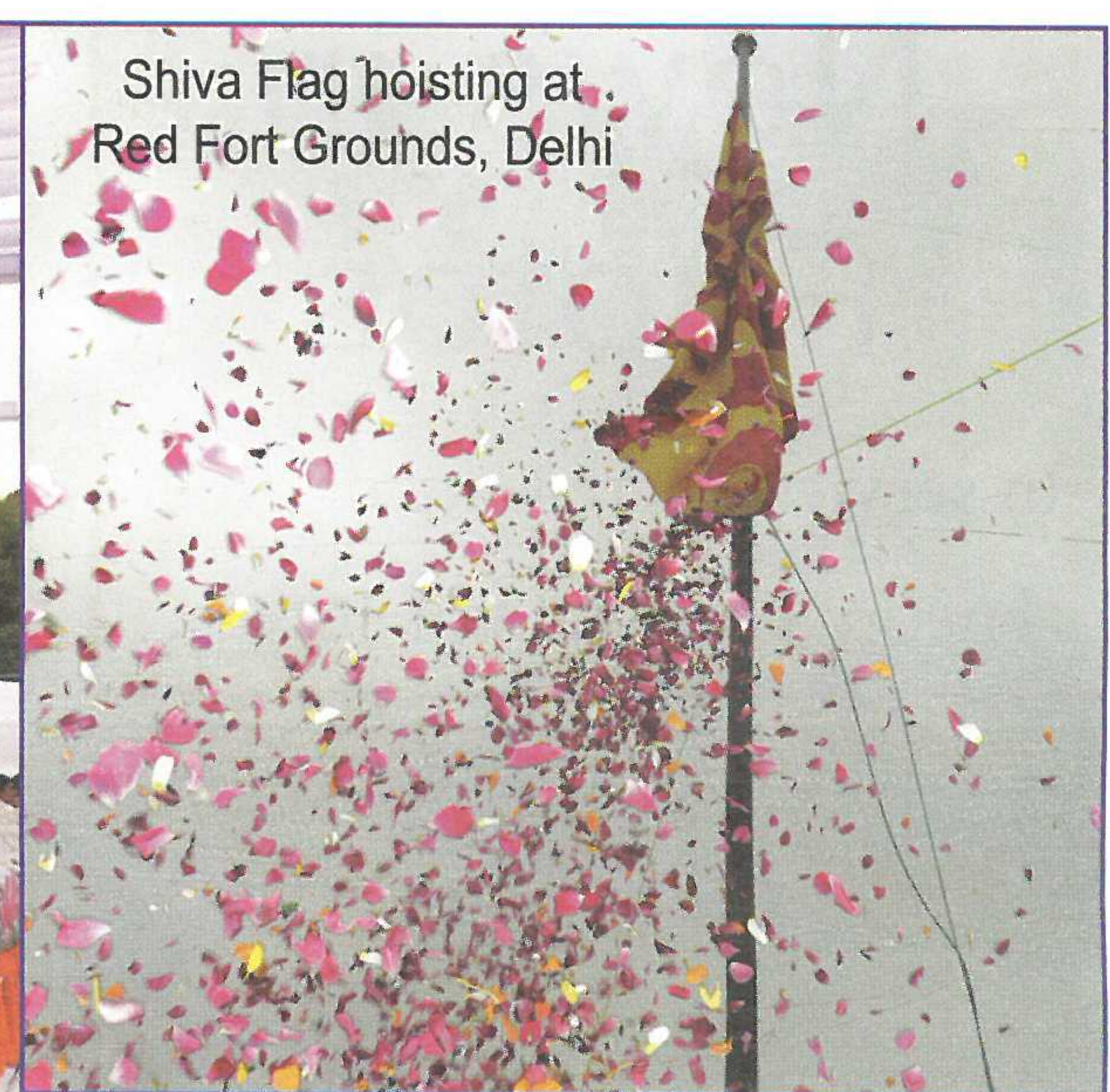


**Singapore :** Group photo of participants (Expats from Europe, USA and China) along with BK Sister Lakshmi and Sister Raveena Kriplani after a talk by BK Sister Sapna from India on 'Say No to Overthinking'.





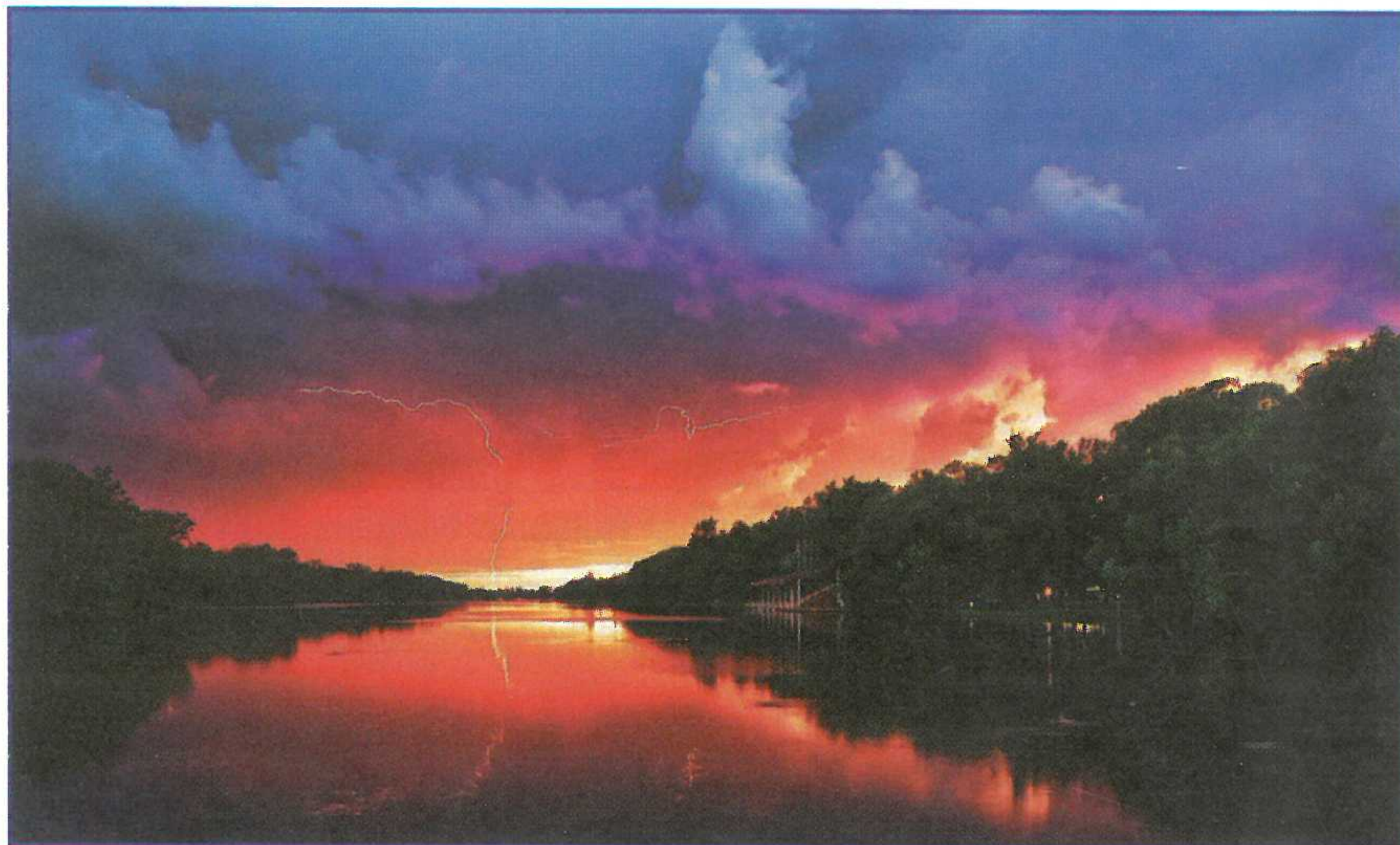
During Shivratri celebrations at Red Fort Ground, Delhi, 108 Brahma Kumari sisters conducted mass meditation for world peace from stage for a large gathering of over 20000. It was followed by a Panel Discussion of Senior Sisters on 'Spiritual significance of symbols, rituals & customs observed on Shivratri'.



Shiva Flag hoisting at Red Fort Grounds, Delhi



BK Alex Hankey from Brazil playing Sitar at Om Shanti Retreat Centre, Gurugram.



Amazing red sky at sunset.



Cultural performance by Nepalese girls at Birgunj Shivratri programme.

## Mr. Wise

Mr. Wise?

Yes.

Matter or physical energy can be neither created nor destroyed?

Right. It can only be transferred as per need.

Because insentient energy is useless until it is used?

I cannot say.

□□□

And Mr. Wise?

Yes.

With usage, energy flows from a high state to a low dissipated state?

Right, that's as per the law of thermodynamics.

Where will this entropy lead to, ultimately?

I cannot say.

□□□

Lastly...

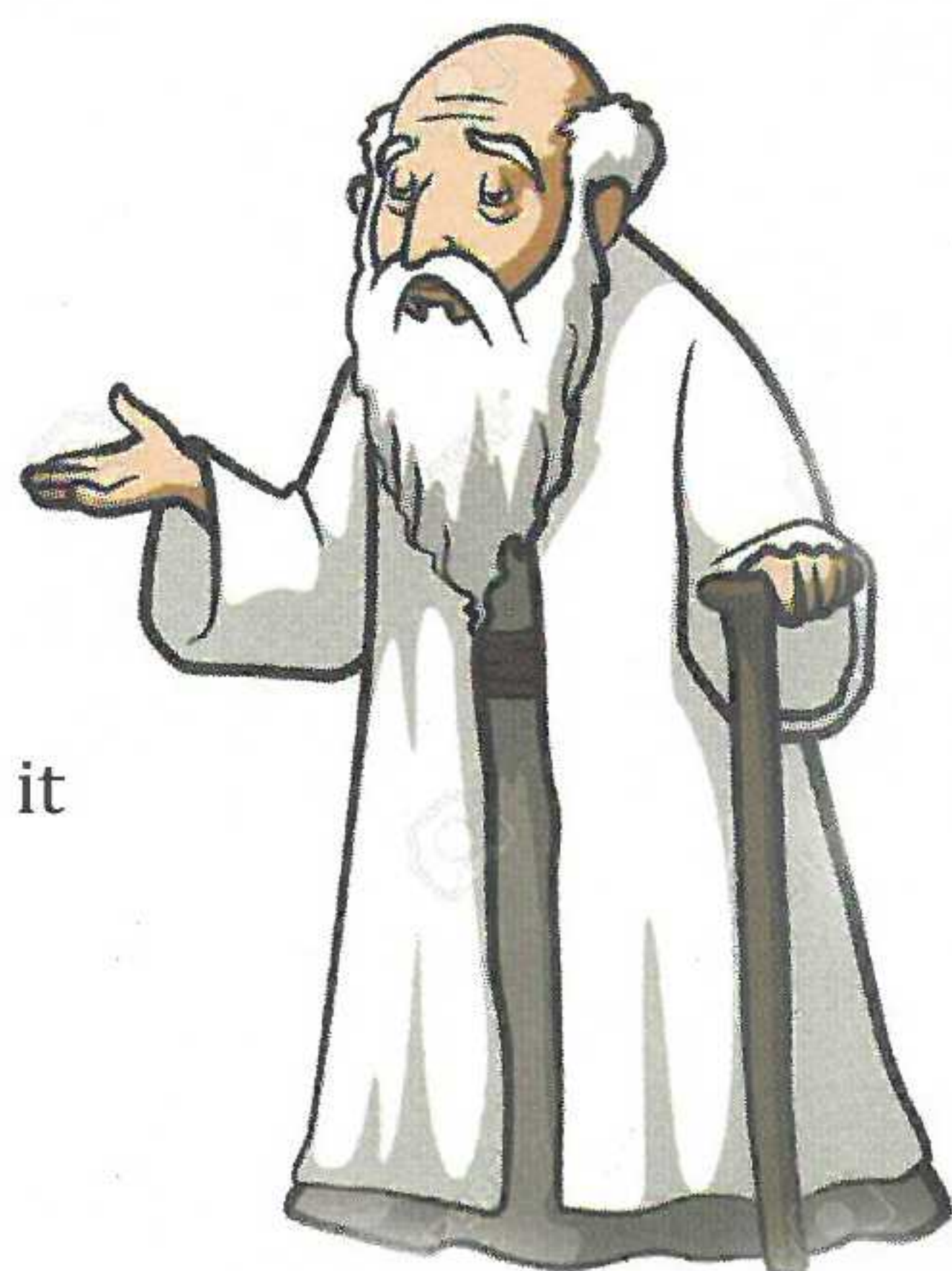
Come on.

How about the sentient thought energy of the soul?

Though not subject to physical laws, that too degrades when human beings become body-conscious.

Yes, you are right.

□□□



## Tailpiece

### Socrates' Logic

One day the great Greek philosopher Socrates (469-399 BC) came upon an acquaintance who ran up to him excitedly and said, "Socrates, do you know what I just heard about one of your students?"

"Wait a moment," Socrates replied. "Before you tell me I'd like you to pass a little test. It's called the Test of Three."

"Three?" exclaimed the acquaintance.

"That's right," Socrates continued, "before you talk to me about my student let's take a moment to test what

you're going to say. The first test is Truth. Have you made absolutely sure that what you are about to tell me is true?"

"Oh no," the man said, "actually I just heard about it."

"All right," said Socrates, "so you don't really know if it's true or not. Now let's try the second test, the test of Goodness. Is what you are about to tell me about my student something good?"

"No, on the contrary..."

"So," Socrates interrupted, "you want to tell me something bad about him even though you're not certain it's true?"

The man shrugged, a little embarrassed.

Socrates continued. "You may still pass though, because there is a third test - the filter of Usefulness. Is what you want to tell me about my student going to be useful to me?"

"Well it...no, not really..."

"Well," concluded Socrates, "if what you want to tell me is neither True nor Good nor even Useful, why tell it to me at all?"

The man was ruffled. This is the reason Socrates was a great philosopher and held in such high esteem. □

