Dear Safe Citizen,

Greetings of Hope and Happiness!

It's the 6th day of third UN Global Road Safety Week from 4th to 10th May 2015 on the theme 'Children and Road Safety'. Brahma Kumaris support the UN Initiative #SaveKidsLives and we invite you to join us in three simple steps:

Step 1: Read the Declaration Step 2: Sign up with your name and country Step 3: Submit Sign it here! (http://goo.gl/forms/k0ulvQbhb8)



Safety through Spiritual Life-Skills

A Road Safety Initiative of the Brahma Kumaris synchronized with the UN Decade of Action for Road Safety

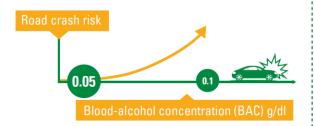


When there's an urge to booze, hit Snooze! Give your biological clock some more time for right decision and responsible action.

Drink-driving: the facts

Drinking alcohol and driving increases the risk of a road traffic crash

Above a blood-alcohol concentration (BAC) of 0.05 g/dl, the risk of road traffic crash increases dramatically.



Drink-driving laws should be based on a blood alcohol concentration (BAC) limit of no more than 0.05g/dl

Source: Global status report on road safety 2013 www.who.int/violence_injury_prevention/road_safety_status

Spiritual Skill to practice today.... Be Responsible: Drive with Dignity – as you pilot a vehicle, develop inner strength to be sober, maintain self-dignity and you'll earn respect from all. Drive with Delight – make the driving experience a comfortably memorable one for yourself and cotravelers; driving under the influence of alcohol may lead to repentance and irreplaceable losses. Drive with Responsibility – this is a golden opportunity to earn good wishes and blessings, an invaluable asset along life's journey.



Strictly enforcing a drink-driving law can reduce the number of road deaths by 20%.



Drinking slows down Rational Thinking in a faster moving world!

Positive Affirmations for today; read these thoughts slowly and *feel* the difference.

Nature has abundance to sustain every being ... she shines as she showers her grace ... equally ... over everyone On the road too, there is a space and time for every vehicle ... I share this space and time with all I flow in harmony I am tune with the values of safety and responsibility.... I enjoy being kind to someone in a rush I have the power to give... there is time and space for all

Click <u>here</u> to listen and experience these affirmations through an audio track.

their fun turned into fear... let's see who held them dear... Watch <u>here</u>...

m Video for today:

Jack and Jill.....

Once upon a time in a faraway land, where rules were friends, travel was fun and crashes were very rare. Two little friends went for a fun ride and in some time

As a part of the awareness drive, you may also actively participate in the following ways:

- ✓ Join the Action, take the *road safety pledge* <u>here</u>.....
- ✓ Forward this email to friends and contacts......
- Join us on FaceBook.....

If you have any feedback, feel free to write to us at bkroadsafety01@gmail.com

In Solidarity, BK Divyaprabha, National Co-ordinator, Transport & Travel Wing, RERF, Brahma Kumaris. +91-22-28704370 www.bkroadsafety.org