

# Purity

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## International Day of Yoga - 2016

### Yoga Run at India Gate

flagged off by Iconic Runner Milkha Singh, Rajyogini Dadi Hridaya Mohini and Hon'ble Union Minister Bandaru Dattatreya. 8000 runners from Brahma Kumaris and six youth organisations participated.  
18th June 2016



### Grand Yoga Assembly at Red Fort Grounds

Over 40,000 Rajyogis and interfaith Leaders participated in Collective Meditation for Universal Peace.  
(More on page 2)  
19th June 2016



NGO OF UNITED NATIONS IN CONSULTATIVE STATUS WITH ECOSOC & UNICEF. OVER 8700 ASSOCIATE CENTRES IN 137 COUNTRIES.



# International Day of Yoga-2016



Yoga Guru Dr. H.R.Nagendra, President, Swami Vivekananda Yoga Anusandhan Samsthan, Rajyogini Dadi Hirdaya Mohini, Addl. Chief of Brahma Kumaris and interfaith Leaders at Collective Rajyoga Meditation for Universal Peace programme held at Red Fort Grounds, Delhi.



'Yoga for Universal Peace' programme at Siri Fort Auditorium, New Delhi was held on 20 June 2016. Pic. above (L-R) BK Sapna, Sr. Rajyoga Teacher, Motivational Speaker BK Shivani, Prof. P.J. Kurien, Dy. Chairman, Rajya Sabha, BK Asha, Director, Om Shanti Retreat Centre, Mr. Rajiv Chandran, National Information Officer, UNIC for India & Bhutan and BK Brij Mohan, Addl. Secretary General of Brahma Kumaris.



Hon'ble Union Minister M. Venkaiah Naidu and Hon'ble Lt. Governor Najeeb Jung.

Two thousand Brahma Kumaris and Kumaris were invited to participate in Common Yoga Protocol programme organised on 21 June 2016 by Ministry of AYUSH at Central Park, Connaught Place, New Delhi.



**Chandigarh :** Hon 'ble Prime Minister Narendra Modi speaking on Benefits of Yoga at National celebration of Second International Day of Yoga, organized by Ministry of AYUSH. Brahma Kumari Shivani shared the dais with Hon 'ble Dignitaries.



**Lucknow :** Hon 'ble Home Minister Rajnath Singh presenting a memento to Brahma Kumari Radha at International Day of Yoga celebrations. Hundreds of BKs participated in the event.



**Jaipur :** Hon 'ble Union Minister Sadhvi Uma Bharti, Hon 'ble Chief Minister Vasundhara Raje Scindia and BK Sushma proceeding for yoga at SMS Stadium to celebrate IDY. 30,000 people joined them.



**Raipur, Chattisgarh :** Chattisgarh; Hon 'ble Governor Balramji Das Tandon speaking at Yoga Festival, organized by Brahma Kumaris, at Shanti Sarovar. To his R & L are BK Kamla didi and BK Hemlata.



**Napeansea Road, Mumbai :** Hon 'ble Governor of Maharashtra S. Vidhyasagar Rao, and BK Rukmani lighting a lamp to inaugurate IDY celebrations.

**Mount Abu, Rajasthan:** Brahma Kumaris and Kumaris of BK HQ performing yoga at Polo Grounds Mr. D.M.Patel, Member of Lok Sabha and BK Shashi lighting a lamp on the occasion.



# IDY-2016 in BK Centres abroad



**New York, USA :** Sponsored by the International Day of Yoga Committee at the UN (of which the Brahma Kumaris are Vice-Chair), this event 'Yoga : Connecting Discernment to Decision-making, was held at UNFPA. (Pic. above) BK Sister Mohini, President, Brahma Kumaris in the Americas, speaking on the occasion..



**Auckland, New Zealand :** International Day of Yoga celebrations at Vodafone Event Centre. BK Jim gave a talk followed by 15 mins video on introduction of soul, Supreme Soul and meditation.



**Nairobi, Kenya :** 7,000 people participated in International Day of Yoga celebrations on the Nairobi University Convocation Grounds. Meditation was conducted by BK Sister Pratibha. Brother Kiuri was part of the yoga instructors team.



**Frankfurt, Germany :** International Day of Yoga was celebrated in the middle of Frankfurt city by the Indian Consulate in partnership with the Brahma Kumaris and other organisations. More than 300 people participated. The Brahma Kumaris (inset) had an exhibition stall, distributed virtue cards and gave meditation experience.



**Madrid, Spain :** Cine Actor Shilpa Shetty, Indian Ambassador Hon'ble Vikram Misri, and BK group (inset) participated in IDY celebrations organized by the Indian embassy.



**Sri Lanka :** BK sisters and others conducting yoga at IDY celebrations. 800 participants from 10 organisations took part. (Pic. Inset) Hon'ble Ms. Radha Venkataraman, Assistant High Commissioner of India, exchanging flowers with BK Ganesh in Kandy.



**Vienna, Austria:** Senior BKs with representatives of other yoga institutions at IDY 2016 celebrations organized by the Indian Embassy at Stadtpark.



**Philippines :** Hon'ble Lalduthlana Ratle, Indian Ambassador, seen with BK Sister Rajni and others during IDY celebrations held by Brahma Kumaris.

**China :** Consulate General of India co-organised with the Brahma Kumaris IDY celebrations in Guangzhou. The spiritual aspect of yoga was explained and its practice conducted by BK Sapna for 400 participants.



**Puducherry :** Hon'ble Lt. Governor Dr. Kiran Bedi receiving floral welcome from BK Kavita and BK Shankaran on IDY.



**Ranchi, Jharkhand :** Hon'ble Governor Draupadi Murmu being presented a memento by BK Nirmala on the occasion of IDY.



**Guwahati, Asom :** Lighting candles for IDY celebrations are BK Sheela didi, BK Geeta and other dignitaries.

**Ahmedabad :** Performing yoga to celebrate IDY are residents and students of Lotus House. BK Bharti gave a commentary to conduct meditation.

**Kolkata Museum :** Lighting candles to celebrate International Day of Yoga are BK Kanan, Mr. Uttam Mishra, DSP, Bishnupur, Mrs. Supriya Majhi, Gram Panchayat Pradhan, Mr. Chandan Paul, Gram Panchayat Member, Mr. Debashish Chattaraj, OC, Thana and others.



**Shanti Sarovar, Hyderabad :** Grand Mass Meditation was organized at Public Gardens, near State Assembly. Over 4,000 BKs assembled for Yoga for Global Peace. (Inset) BK Santosh didi, BK Kuldeep, BK Manju and BK Saroj conducted mass yoga.

# Begin by cultivating yogic consciousness

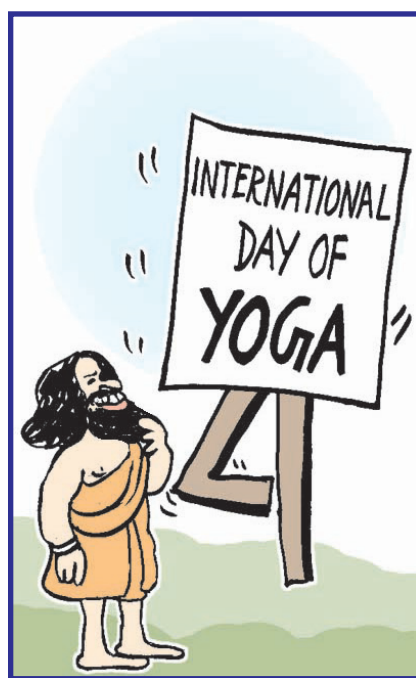
B.K. Brijmohan

As yoga enthusiasts across the globe prepare for the International Day of Yoga on June 21, let's take a look at what this essentially spiritual discipline represents, and how everyone can derive the most from its practice.

Celebrations of the day last year were largely about 'hatha yoga', which is the most popular aspect of yoga across the world, practised by millions for its health benefits. Yoga, however, is not just a form of physical exercise.

## Matter and spirit

Yoga means union of soul and Supreme Soul, spirit and matter,



The Times of India, New Delhi, Friday, 17 June 2016

thought and action, man and nature. A true yogi develops harmonious relationships with self, others and the environment that form the foundation for a healthy life, society and world.

Yogic scriptures speak of the practice of yoga leading to the merging of individual consciousness and universal consciousness. One who experiences this oneness is said to attain freedom from bondage created by limited awareness. The ultimate aim of yoga practice is to overcome suffering and achieve holistic health and happiness.

The globalisation of yoga and a designated day to celebrate it offers the opportunity to introduce to people the science of yoga, which everyone can use, not just to achieve physical well being, but also to learn a better way of living, by developing the ability to make more enlightened choices in life. Cultivating a yogic perspective enables us to see the wider implications of our actions, and become aware of our roles and responsibilities as an inseparable part of the universal scheme of things.

## Many forms of yoga

The Bhagwad Gita, a treatise on yoga, mentions various forms of yoga suitable for people from different walks of life. It prescribes the path of devotion for householders, path of knowledge for intellectuals, and the path of action for the active types.

The Gita's 18 chapters guide one to a progressive path from the yoga of action to that of devotion and, finally of wisdom. On the face of it, all this may seem to be of interest only to the spiritually inclined, but a deeper study reveals that knowledge of yoga contained in the Gita is relevant to every individual, and it offers solutions to problems being faced by people today. Take, for instance, knowledge of soul, which forms an essential part of yoga. Millions who have read the Gita know that they are immortal souls, not bodies. But are we really aware of this fact in our daily lives?

## Superficial labels

The implications of being a soul are huge. We realise that the labels by which we are accustomed to identifying the self — of gender, race,

## Comments

Rd Gohil

Practice is to be preferred to celebration. Yoga is perseverance for a removal of the notion of individuality/limited. Attainment of yoga is celebration unshaken.

Ved Guliani

The true form of yoga - meditation - is one thing that every human being should be practicing. If we are not conscious of the self and its purpose nothing can help us in our meditation.

A Kumar

One must practice yoga for better life.

class, caste and other such labels— are superficial and do not represent who we really are.

We need to realise that everyone else is also a soul, and that the entire human family is linked together. All conflicts in the world stem from identifying Self with body and the labels attached to it. If we develop a yogic consciousness of brotherhood, all conflicts would disappear.

The International Day of Yoga thus should not just be a day of exercise but an occasion to introduce people to a better way of life that has a positive and lasting impact on society. Combined with meditation, the practice of yoga can lead to benefits that enhance mind, body and soul. ★

(The writer is chief spokesperson of the Brahma Kumaris.) Follow the Brahma Kumaris at [Speakingtree.in](http://Speakingtree.in) and post your comments there.

## International Day of Yoga in London Ancient Art of Raja Yoga

Dadi Janki, Spiritual Head of the Brahma Kumaris shared her vision, via video, for International Yoga Day, that everyone in this world experiences the connection with the Divine through yoga.

Mr. Rajan, representative of the Indian High Commission, London said, "To create a happy and peaceful world, there is a strong need for Raja Yoga meditation to increase all over the world."

Matthew Earl interviewed two master yogis, Dr. Nirmala, Director for Asia Pacific and Sister Jayanti, Director of the Brahma Kumaris in Europe.

"Worrying and holding onto negative emotions can adversely affect the body, while meditation helps in the healing process of the body."

"We have freedom to think anything we want and since the mind is in our control, we can train our minds to go in any direction we choose. Positive qualities can be developed through meditation, such as happiness, which is the best nourishment, while worry is like fire, burning away our energy."

"When we experience inner peace, our minds open and we are able to experience the quiet joy of discovering all the many other treasures that we carry inside."



## Editorial

# Spiritual Resilience – need of the time

Of our greatest challenges today is the ability to feel enthusiastic about life despite our personal struggles. We have to constantly adapt to change, manage our mind amid diverse people, build honest bonds, and pull ourselves together.

Life does surprise us with new turns, but we are also blessed with the wisdom to safely make our way through. Our inherent spiritual powers give us the understanding to accept things as they are; the choice to withdraw from unnecessary clutter; and the stamina to tolerate differences and face difficulties. To be aware of this natural wealth is fundamental to our success. But our victory is guaranteed only when we have the discretion to use the right tool at the right time.

Our inner qualities exist in polarity – like love and law, restraint and expression, humility and authority, power to face and power to tolerate. The art of living is all about striking a good balance between these. However, we often misunderstand the situation. When it's time to lend a patient hearing we burden others with unsolicited advice, and when someone is frantically looking for help we justify our unavailability. We retort to insignificant differences but behave liberally when it's time to stand by our principles; we become brutally honest when we can bypass issues but stay tight lipped when truth can be life saving. An inaccurate response complicates the situation or renders us useless at a time when we could have contributed significantly.

It's thus important to draw from practical situations and evolve internally. The key is to always consider the spiritual dimension before we act. Spirituality connects us to our core values of purity, peace, love and happiness. It also introduces us to powerful universal truths such as the knowledge that we are not a perishable body but sentient indestructible energy that operates through it, and that every individual is governed by the impartial law of action and reaction.

Rooted in truth, we are able to view life from a vantage point and perceive things in totality. This helps us to make sense of life, even apparently heartbreaking situations, deal with them with stability and finally move on. For instance, instead of looking at it as a tragedy, the hard fact of passing away of a loved one can be better understood as the necessary transition of that soul from one life to another.

Universal truths not just act as shock absorbers in emergencies but also fight inner demons that we struggle with on a daily basis. Ego, lust and attachment are dominating and damaging our relationships today because we are caught up in a false image of ourselves and others. Spiritual intervention in relationships begins by self empowerment. When we found our self respect on our original qualities, it reflects in our interactions. We are able to easily switch positions and understand the other side. We become polite, forgiving and adjusting, and at the same time respectfully stand firm on choices that differ. We do not get stuck in roles because we are ready to bend and move forward towards our goals.

Just like we need to exercise daily for developing physical flexibility, we must take out time to flex our inner self. We can develop elasticity of mind by programming it with our inner strengths. We can take charge of our subtle and physical faculties and direct them towards wellbeing. This is called meditation – the way to heal ourselves, to rebuild that which is broken inside, to bring to use our latent powers and emerge as strong, resilient individuals. It is also through meditation that we develop the ability to sense the right from the wrong.

At a time when our spiritual battery is critical, it could be hard to take this journey alone. To make the process rewarding and easy, we must recharge ourselves by mentally tuning in to the Supreme. When our thoughts are perennially plugged into the Spiritual Powerhouse, hope and courage become natural to us. We then begin to enjoy the turns on our path as a happy adventure and bounce back to life without realising that we did.★

## Gleanings from the press

### Veggies raised on Mars-like soil safe to eat

Four vegetables grown on soil similar to that on Mars have been found safe for human consumption, Dutch scientists say. In greenhouses at Wageningen University in the Netherlands, scientists have been working on growing crops on Mars and Moon soil simulants since 2013. The researchers have tested four of the 10 crops — radishes, peas, rye and tomatoes — for heavy metals, and found them safe to eat. (PTI)

### Ultra-thin, flexible solar cells to power e-wearables

Scientists at Gwangju Institute of Science and Technology, South Korea, have developed new solar cells thinner than human hair and flexible enough to wrap around a pencil, that could power wearable electronics like fitness trackers and smart glasses. The thin cells can be integrated onto frames of glasses or fabric and might power the next wave of wearable electronics, researchers said. (PTI)

### NASA finds 39 unreported sources of pollution

'Using a new satellite-based method, NASA scientists have located 39 unreported and major human-made sources of toxic sulphur dioxide emissions. The unreported emission sources, found in the analysis of satellite data from 2005 to 2014, are clusters of coal-burning power plants, smelters, oil and gas operations. The findings were detailed in the journal Nature Geoscience. (IANS)

### Diabetes increases heart attacks death by 50%

Having diabetes increases the risk of dying from the effects of a heart attack by around 50%, a new study by Researchers from University of Leeds of the UK has warned. (Times of India)

### Very hot drinks can cause cancer

Drinking very hot coffee and other drinks probably causes cancer of the oesophagus, an agency (IARC) of the UN's World Health Organisation said but lifted suspicion from a cup of joy at "normal serving temperatures." There were hints that coffee may even lower the risk of liver, breast and uterine cancer, but not if consumed hotter than 65 degrees Celsius. (PTI)

### Vitamin D deficiency linked to kidney disease

Researchers from the University of Heidenberg in Germany who studied 500 children with chronic kidney disease found that two thirds of them were deficient in Vitamin D. (News Report)

### Bhoola Bhai

And our friend Bhoola Bhai on Temple Street says the motorist-second is the smallest unit of time known to man. It is defined as the interval between a traffic light becoming green and the driver behind you pressing the horn.





# What determines our deeds & destiny?

The destiny of human beings is linked to their *karma* (deeds). A great destiny implies that a person has done great deeds to earn that. The basis of good or elevated karma is *dharma* (religion). What is true dharma? *Dharma* is connected to the word *dharna* which means to imbibe spiritual wisdom in one's own behaviour and character.

Our actions result from our self-identity. Whatever consciousness we carry about the self automatically triggers desires, thoughts and actions that reinforce that self identity. A person who sees himself as someone who is worthy because of his wealth will perform actions that reinforce his wealthy image. Hence with the *dharna* of knowing "Who am I?" our intellect very clearly understands what we have to do.

Our dharma, that is, our *dharna*, can be accurate or inaccurate. To perform weak *karma* is also inaccurate *dharna*. All humans have forgotten their true identity. To have the belief: "I am a human being and my *dharma* is the dharma of human beings" is called body consciousness. The actions we have been performing were wrong because of this *dharna*. Similarly, the accurate *dharna* in a spiritually aware person is: I am a pure spiritual being performing a role through a human body. I, the soul, am an embodiment of peace, happiness and bliss. It is on the basis of this awareness that our actions will change. The reason why our actions have become ordinary or bad from pure and elevated is the lack of true dharma, which is the awareness of, "I am an elevated soul, an embodiment of elevated virtues".

So the foundation of elevated

Whatever one's sanskar or nature is, it is automatically reflected in thoughts and actions.

karma is true *dharma* - the awareness of the true self as a spiritual being, a soul, in a human body, not the self as a human being - man or woman. The word "*Dharmatma*" (religious and righteous soul) is used for souls who live a virtuous life, those who reflect divinity and purity in their actions. In fact, every human soul has the potential to become a *dharmatma*. For *dharmatmas*, wasteful and ordinary actions automatically finish. In order to become a *dharmatma*, first of all, we have to check whether we are constantly stable in our dharma i.e. soul consciousness. If we are stable, then our actions would automatically be powerful.

The first lesson is "Who am I?" I am a soul, a spiritual being playing a role in this world drama. I am a child of God - the Supreme Soul - who is an infinite source of peace, happiness, love and bliss, of all virtues and powers. God is the Father of all souls. Hence, His qualities are inherent in all human souls. To live in the awareness of true *dharma* means to become aware of our original pure nature; to live as God's child who is blessed with all the virtues and powers that we praise God for. Every day, we can choose one original quality or praise

of God, our eternal Father, and then reflect upon that radiating through the self. We can choose to become an embodiment of peace, love and bliss and then act.

Most of the time we keep hold of karma and let go of the *dharna*. When *karma* and *dharna* are combined, it becomes *karma yoga*. If we let go of one, it becomes like a swing with only one rope. If one rope is broken or unequal, of what use would that swing then be? In the same way, when our *dharna* and *karma* are combined, we will constantly be able to swing in the swing of fullness and contentment.

When we forget our true *dharma* we feel lack of worth and attainments and we become confused and upset. Just as we wrongly consider ourselves to be physical beings and we never forget that, the awareness of being a soul blessed with divine qualities should become a natural and constant identity of the self.

Self-realisation is the basis of elevated *dharma* and *karma*. Even

to look at one's own body is like looking at others. We are souls, our body is external. Our body is matter; it is external. To be matter conscious is the same as looking at others which then give birth to wasteful thoughts and old *sanskars*. The original *sanskars* of souls are the *sanskars* of God, our Father.

Whatever one's *sanskar* or nature is, it is automatically reflected in thoughts and actions. Let our nature be like that of our Father: a constant bestower of blessings, one who constantly uplifts others and one who is constantly merciful. To be in true *dharma* is to become the natural embodiment of these *sanskars*. We have to constantly keep this awareness: this is my *dharma*. No matter what happens through people, nature or situations, we must be constantly benevolent and bestower of blessings. It is said: "*dharaat padiye dharam na chodiye*" - No matter what happens, I will not relinquish my religion. \*

(Purity Features)

## Politics & Politicians

- In order to become the master, the politician poses as the servant. —*Charles de Gaulle*
- The world is weary of statesmen whom democracy has degraded into politicians. —*B. Disraeli*
- When all that is average becomes excellent, excellence becomes average. —*Anonymous*
- A politician will do anything to keep his job - even become a patriot. —*W.R. Hearst*
- A politician can easily become a true Karma Yogi by becoming a true Raja Yogi. —*BK Laxmi*

## HUMOUR

Policeman to Boy who parked his bicycle in courtyard of Parliament House: "Don't you know this is VIP area, from where MPs, Ministers and big Leaders pass."

Boy replies innocently: "No worry, I have already locked my bicycle."

\*\*\*

A friend asks his friend, "Will you lend me two hundred rupees and only give me a hundred out of that? Then you'll owe me hundred and I'll owe you hundred and we'll be straight."

\*\*\*

Sign in a Store: Complaints department on the forty-fifth floor; Lift out of order, please use the stairs.

\*\*\*

Minister to aides, discussing Seventh Five Year Plan: "Why again food, employment, etc.? We gave them all that in the first plan itself, didn't we?"

\*\*\*

After the election result was announced, a successful candidate phoned his wife and said, "Good news, I have been elected."

"Honestly?" she asked.

"Now why go into that?" he retorted.

\*\*\*

The signboard on the door of a lawyer's chamber reads: 'Where there is a will, there is a way; where there is a way, there is law; where there is law, there is a rule; where there is a rule, there is a loophole; where there is a loophole, there is a lawyer, and here I am, your advocate.'

If you give true answers to all questions, you won't get a clean chit.



# Wisdom of Dadi Janki

*Chief of Brahma Kumaris*



## The theatre of life has its own script

Each instant is unique. Live each moment as if it were the most important of all. Discover your spirit and the treasure within. You will enjoy and feel peace. Your spirit is full of peace. Your spirit is peace.

## Your thoughts guide you to your destiny

If you always think the same you will always get to the same place. Think in a new way and you will be a new person. Give happiness to all and you will live in peace. Create peace in your mind and you will create a world of peace around you.

## Ask yourself... What is most important in my life?

Keep that in front of you and you will discover that most other things get solved by themselves. Do not leave the important things until last, for then they will become urgent and you will lose the valuable treasure of peace.

## Be free from expectations

Take the initiative and be generous. Lead the way and do something. This is the secret to being content in all circumstances..

## Your peace will awaken natural peace in others

You only believe in peace when you see it, that is, when you experience it. Concentrate on the centre of your forehead, sit behind your eyes and watch. That is where you create your thoughts. Teach your mind to reflect on peace.

## See everything you do with new insights

To keep that sense of newness that creates enthusiasm is more difficult. The secret of newness in life is not to do new things constantly, but to see everything you do with new eyes, new insights and a new perspective.

# GOOD OLD FRIENDS



*When birds made music to break the dawn  
Butterflies whispered to flowers in lush lawns  
Rains sprinkled the earth with heavenly scent  
When stars lit the sky as bright as the crescent  
Those were lovely days, life was different  
When we and nature were good old friends*

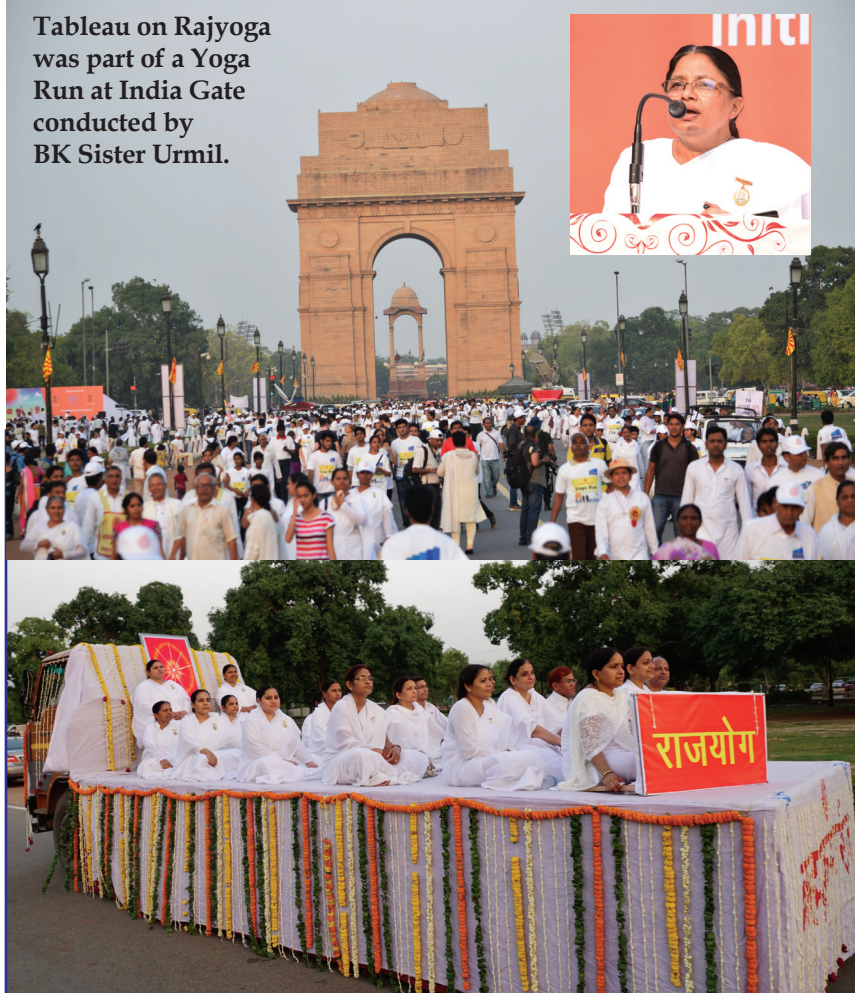
*When we stopped by the stream just to dip our feet  
Ate wild fruits while singing songs sweet  
Talked to the lambs grazing greens nearby  
Then waited for the sun to kiss us dry  
Life those days was made of simple joys  
Love was in the air, silence had more voice*

*When the sand was golden and waters blue  
We paused to admire the pearls of dew  
Climbed tall trees and tread for long  
Nothing tired us, our spirit was strong  
Those days happiness fuelled our health  
Fields and forests were our treasured wealth*

*Sparrows twittered all noon, fireflies brightened nights  
When we hand wrote letters and baked delights  
Gone are the times when the clock moved slow  
When we took our time to talk and grow  
Now it's only the web that tweets,  
Machines make music, halogens light the streets  
Miss those days when technology wasn't such a trend  
When we and nature were good old friends*

-Muskaan Kapoor

Tableau on Rajyoga was part of a Yoga Run at India Gate conducted by BK Sister Urmil.



BK Rama, Sr. Rajyoga Teacher, being presented a memento after her speech on 'Yoga for Body and Beyond' at International Conference held at Vigyan Bhawan, New Delhi by Ministry of AYUSH.



BK David Kilowsky from Australia performing instrumental reflective meditation music and BK Sisters Vidhatri and Varnica performing Yoga Fusion Dance at Siri Fort Auditorium, New Delhi.



**Moscow, Russia :** Physical exercises conducted by BK Olga Streltsova, master of sports to celebrate International Day of Yoga.



**Toronto, Canada :** IDY celebrations in Mississauga was attended by Hon'ble Mr. Dinesh Bhatia, Indian Consul General of Toronto, BK Shobna, Mr. Ajit Khanna, Dr. Bhalla and BK Jayesh.



**Malaysia :** Lighting candles to celebrate International Day of Yoga are Hon'ble Mr. T.S. Tirumurti, High Commissioner of India, BK Sister Sudesh, Germany, BK Meera, Malaysia Director and S. Harbinder Singh of INSaF.

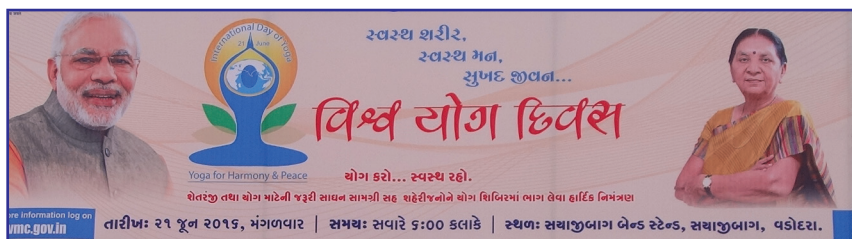


**Kolkata, Roy Bagan :** Hon'ble Sadhan Pande, West Bengal Minister of Consumer Affairs, BK Bindu and others at IDY celebrations at Girish Ghosh Mukta Natya Mancha.



**Palakkad, Kerala:** BK Meena and others conducting meditation on International Day of Yoga.

**Pali, Rajasthan:** Lighting candles to celebrate IDY 2016 are Mr. Mahendra Bohra and Mr. Moolsingh Bhati, Chairman and Vice Chairman of City Council and others.



**Vadodara, Gujarat :** At the invitation of Gujarat Govt. Brahma Kumaris Vadodara organised International Day of Yoga celebrations in the city. BK Dr. Niranjana and BK Sister Raj conducted the programme from stage.



**Bengaluru :** International Day of Yoga was celebrated at Udaybanu Kala Sangha grounds. Standing in silence on stage are BK Padma didi, BK Saroja, Smt. Tejaswini Anantha Kumari, Mr. D.N.Ramesh, Mr. Sadashiva, Dr. W.P. Krishna, BK Srinivas, Mount Abu and others.



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**Gulbarga, Karnataka :** International Day of Yoga celebrations at SB College Grounds, Kalburagi. On stage are Dr. Sharanabasppa Appa, Shranabasweshwar Sansthan, BK Vijaya, Mr. B.Shivkumar, IGP, Mr. B.G.Patil, MLC, Mrs. Suvarna Malaji, ZP President and others.



**Bali, Indonesia :** International Day of Yoga celebrations in Denpasar. (Pic Inset) BK Sister Janki presenting the book 'Companion of God' to Hon'ble Mrs. N.L. Mukhopadhaya, Ambassador of India.

## Mr. Wise



Mr. Wise?  
 Yes.  
 Work is worship?  
 It can be if done with a sense of service and love for humanity.  
 And what is worship without work?  
 I cannot say.  
 ♦♦♦♦♦♦♦♦

And Mr. Wise?  
 Come on.  
 'Punya Karma' (Philanthropic action) is ennobling?  
 Yes, and all work can be converted into 'Punya Karma' with the right type of consciousness.  
 Then there would be no need to perform any rituals as 'Punya Karma'?  
 I cannot say.  
 ♦♦♦♦♦♦♦♦

Lastly...  
 Yes.  
 What is the highest form of 'Punya Karma'?  
 Becoming a good practical example of elevated actions for others.  
 Like Prajapita Brahma and his spiritual salvation army of the Brahma Kumaris?  
 You are right.  
 ♦♦♦♦♦♦♦♦

## Tailpiece



Walking down the street, a dog saw a sign in an office window, "Help wanted. Must type seventy words a minute. Must be computer literate. Must be bilingual. An equal-opportunity employer."  
 The dog applied for the position, but he was quickly rebuffed, 'I can't hire a dog for this job,' the office manager said. But when the dog pointed to the line that read 'An equal-opportunity employer,' the office manager sighed and asked, 'Can you type?' Silently, the dog walked over to a typewriter and flawlessly banged out a letter, 'Can you operate a computer?' the manager enquired. The dog then sat down at a terminal, wrote a programme and ran it perfectly.  
 'Look, I still can't hire a dog for this position,' said the exasperated office manager. 'You have fine skills, but I need someone who's bilingual. It says so right in the ad.'  
 The dog looked up at the manager and said 'Meow.'

♦♦♦♦♦♦♦♦

A young boy, undergoing an examination for a job, came across the question "What is the distance between the earth and the sun?" He wrote the answer as follows, "I am unable to state accurately, but I don't believe the sun is near enough to interfere with the proper performance of my duties if I get this clerkship."  
 He got the job.

♦♦♦♦♦♦♦♦

The young lawyer was pleading his first case vehemently. He had been retained by a farmer for prosecuting a railway company for killing 24 hogs and, in an effort to impress the jury with the magnitude of the farmer's loss, he said: "Twenty-four hogs, gentlemen! Twenty-four! Twice the number there are in the jury box, gentlemen, twice the number!"