

## Point of View

Love is the juice of life. Pure love is elixir. Today, a man may love his property more than his brother. Love cannot be bought like property.

Monthly Journal of the Brahma Kumaris Hqs. Mount Abu, Rajasthan, India

## Changing Negative into Positive

We live in a world where we are surrounded by constantly streaming images and voices of negative, and rarely positive, incidents. The constantly changing reality around us – the political scenario, the economic reforms, the communal tension, the climate change, apart from personal setbacks and tragedies – creates a very depressing and negative atmosphere around us.

Many of us may be in a better position in our lives wherein we are not going through bad situations, but we still live with negativity because of what is happening around us. To sustain a positive attitude and outlook in such an environment requires wisdom and courage. Positive thinking has been a popular subject in self-development courses and material over the past few decades. To know how to be positive is one thing, but to experience positivity or live positively in day-to-day life needs constant dedicated effort.

Is it possible to remain positive all the time? Do positive people come with a natural gift of being positive, or can it be cultivated by all? In the last two decades, courses on mind management, positive thinking and self-development have become a hard-selling industry that has spawned a mind-boggling array of literature, audiovisual tools, programmes, retreats, clubs etc.

But, in spite of all the available advice and guidance, a lot of people who want to give up negative thinking find that they are unable to do so. Negative thoughts seem to flow endlessly and automatically, while positive thinking seems difficult or even impossible. Very often, one negativity is replaced by another. Greed may be replaced by anger, hatred or ego.

The remedy is to fill the mind with positivity. Take a decision to always think good about oneself as well as others in all situations, favourable or adverse, and have good wishes for all. Negativity will vanish on its own.

Thoughts are energy, or better call it

All the water of the sea can't sink a ship unless it gets inside the ship. Similarly, negativity in the world can't put you down unless you allow it to get inside you.

metaphysical energy. The energy coming from thoughts is vibrations. Positive energy has higher vibrations, and negative energy lower vibrations. Positive vibrations are always stronger than negative vibrations.

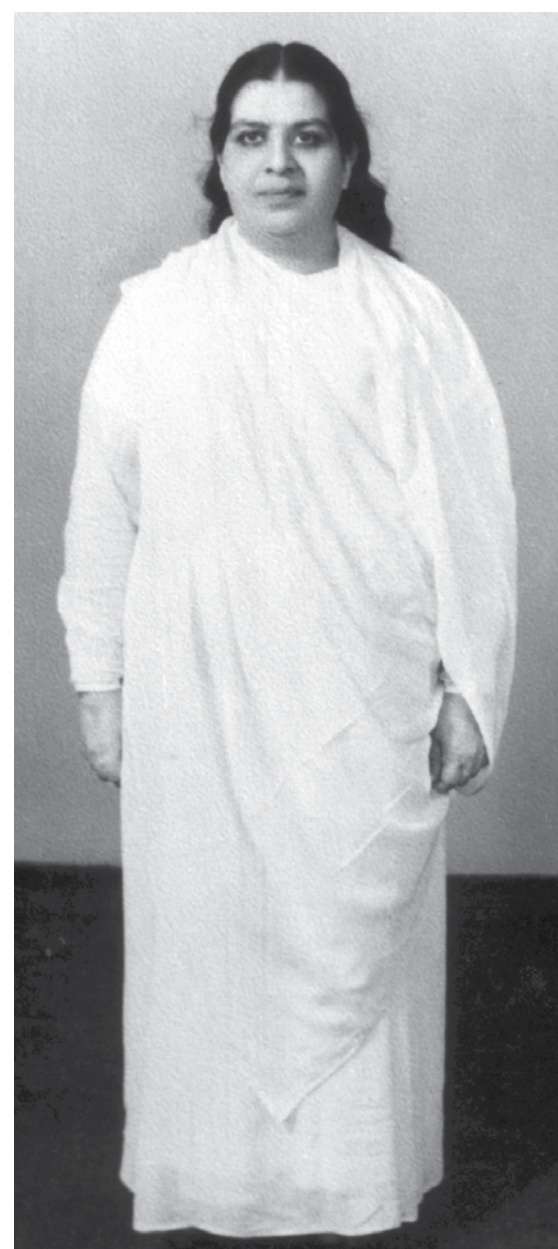
So, higher consciousness is a constantly positive consciousness with positive thought patterns. In that state, our thoughts will be calm, there will be less thoughts, with more power, and the thoughts will be capable of being easily put into action. Above all, one will have various powers, such as the power to withdraw, to face, to tolerate, to judge, to discriminate, to cooperate, to be flexible, and to let go.

To lift consciousness from a low level to a higher one, we need to work through the intellect. We can learn and practise making new choices, setting new patterns. Whenever we choose new positive thoughts, we create new patterns, make new programmes. And the more we use positive thoughts, the cleaner the intellect becomes. For that, constant attention is needed.

Good reading, spiritual wisdom, meditation, and serving others help us remain positive. We have to develop the attitude of seeing good in everyone and everything. When we count our blessings and consider problems as opportunities in disguise, we remain light and contented. Gratitude and generosity also help us live a positive life. God has given us so much to enjoy and share that we should be always thankful for what we have and share it with others.

Introspection, reflection on spiritual wisdom, meditation and silence are also very empowering tools to develop positivity. Introspection means looking at my motives, my treatment of other people, my reactions to them and theirs to me, and why they have these reactions and what is the cause of the negative things. With such self-examination, we learn how to choose correctly. The one who is able to learn from experience is the one who is called wise.

Real examination of the self can be done best in a place of silence. Silence means telling the mind to reflect, to stop the traffic of thoughts. From time to time, in silence we turn our thoughts within and find our original identity. We see how to deal with a person, how to understand values like peace and tolerance, our own divinity, and add quality to our thinking. With a few thoughts rather than many, we find a solution. Then it is easy to live in harmony with others because we have realised the true self, the eternal



**Mateshwari Jagadamba Saraswati**

*The Late Divine Mother of Brahma Kumaris - Anniversary falls on 24 June.*

oasis of peace and joy within. This requires practice.

How are we able to put wisdom into practice? When we start to understand and master the energy of our mind. We can begin with reflecting: "I am peace", and peace is a resource within. Peace means balance, harmony and contentment. Therefore, by creating positive thoughts and by focusing on our positive energy, we are able to put these thoughts into action.

A regular diet of positive thoughts can keep us happy and contented all our life. Just as a balanced, healthy diet for the body equips it with the ability to ward off and fight diseases, positive thoughts empower the mind to deal with any situation, however adverse, and ensure that we never lose our happiness, even when things are not going our way. ★

(Purity Features)



**Mumbai, Vile Parle:** Inaugurating a spiritual talk by Sister Shivani on 'Inner Peace & Inner Power' are BK Yogini didi, cine stars Dharmendra, Suresh Oberoi and Vivek Oberoi, Dr. Ashok Mehta, and others.



**Mount Abu, Gyan Sarovar:** Inaugurating a conference on 'Value Education & Spirituality' are Rajyogini Dadi Janki, BK Hansa, BK Nirwair, BK Mruthyunjaya, BK Shukla, Prof. M. Jagadesh Kumar, Vice Chancellor, JNU, Delhi, Dr. M.S. Mann, Director, AICTE, Delhi, Prof. Ved Prakash, former Chairman, UGC, and others.



**Sao Paulo, Brazil :** BK Asha, Director, Om Shanti Retreat Centre giving talk at a public programme on "Meditation : Quiet Mind and Contented Hearts".

**Photo Gallery**



**Gyan Sarovar, Mount Abu:** Standing in silence before inaugurating a National Sportspersons Conference are BK Shashi didi, BK Kuldeep didi, Dronacharya awardee Mahavir Singh, Olympic medal winner Sakshi Malik's coach Ishwar Singh, President's Police Medal awardee Dinesh Kumar, BK Jagbir and others.



**Iceland:** BK Sr. Sigrun Olsen receiving the first 'Community Service Award' for Brahma Kumaris from the President of Iceland, Mr. Gudni Th. Johannesson.



**Ahmednagar, Maharashtra:** Mr. Ravi Shankar Prasad, Hon'ble Union Minister for Law & Justice, being presented a book by BK Deepak.



**Bengaluru, V V Puram:** BK Ambika didi being felicitated on Mother's Day by Mr. Kupendra Reddy, Member of Parliament.



**Mumbai, Gamdevi:** Inaugurating a symposium to celebrate 'Global Safety Week' are Mr. Divakar Raote, Hon'ble Minister for Transport, Maharashtra, Mr. Atul Patel, Addl. COP (Transport), BK Divya Prabha didi, BK Neha, Ms. Amita Nangia, TV actress, and others.



**Raipur, Chattisgarh:** Inaugurating 'Wah Zindagi Wah' programme are BK Kamla didi, Mr. K.G. Ghumariya, Chief Income Tax Commissioner, and BK Swaminathan, speaker.

# Wisdom, not intellect, is the right compass

The intellect, defined as the faculty of reasoning and understanding objectively, especially with regard to abstract matters, enables one to learn and perform tasks effectively. Without a properly developed intellect, one cannot live harmoniously with others, or work efficiently.

A bright mind certainly helps one learn many things quickly and apply that knowledge, perhaps in new or innovative ways. Our understanding of the material world and natural phenomena has expanded greatly,



Wisdom comes from having the right values. Values collectively act as a compass for the intellect, guiding it to the right track, which leads to lasting happiness.

particularly over the past century, thanks to men and women who had an extraordinary ability to grasp complex facts and studiously assimilate information by observation and experimentation. They thought in new ways to devise solutions to various problems, and to create products that have made human life better in many ways.

However, while a sharp intellect can let one do remarkable things, it alone cannot guide one to lead a good and worthy life.

The intellect can take you far in your profession, but when it comes to taking key decisions, it may fail you. There are enough examples of intelligent people doing the wrong things. Hackers, tax dodgers and scamsters

often succeed in their efforts and even get away with it, but their actions cannot be condoned by society. Many notorious criminals are known to have had an above-average IQ. All their intelligence did not stop them from becoming lawbreakers; rather, they used their brain for nefarious activities. At the other end of the scale of respectability, we have scientists employing their considerable mental faculties to create and refine weapons of war.

Indian mythology contains a well-known figure who is said to have been a great scholar, but who is known more as a personification of evil, with his effigies being burnt every year during the festival of Dussehra.

Legend has it that the demon-king Ravan had mastered 64 types of knowledge, including the holy books of the Brahmins. He was a master astrologer and an accomplished musician. With his devotion, he had acquired boons from God. Nevertheless, he abducted Sita, the consort of Lord Ram, and was later killed in a battle with Ram's army. Even as Ravan lay dying, Ram asked his younger brother Lakshman to sit beside the scholarly demon, who shared with him lessons in statecraft and diplomacy.

What all this shows is that the intellect by itself does not help one make the right choices. For that, one needs other qualities, including values such as honesty, humility and compassion. These and other qualities together constitute what we call wisdom. Wisdom enables one to determine not only what is good for the self but also what is socially and ethically right. When one is able to see things in this context, one's decisions bring benefit to the self and others.

Experts who have studied people with a high IQ have found that greater intelligence does not necessarily lead to wiser decisions or a better life. In fact, they discovered that there is little connection between IQ and a person's ability to make fair, unbiased decisions. Nor do smart people enjoy personal happiness more than others. Levels of divorce, alcoholism and suicide among high-IQ individuals have been found to be similar to those among the rest of the population.

Signs of greater wisdom, on the other hand,



have been found to correlate with more life satisfaction, better relationships, and reduced anxiety.

Wisdom comes from having the right values, as a mind that is under the influence of any weakness, be it anger, fear, greed or jealousy, cannot take the right decisions. Values collectively act as a compass for the intellect, guiding it to the right track, which leads to lasting happiness.

A keen intellect can think and reason fast, but without the guidance offered by a strong value system, it can quickly go astray without realising it. A more virtuous mind will, however, be able to perceive what is good for the self in the long run, and proceed on the journey of life with fewer stumbles and falls.\*

(Purity Features)

## The world suffers when...

- Science is without a touch of spirituality
- Religion is without scientific temper
- Politics is without principles
- Education does not build character
- Business is without ethics
- Media gives mainly bad news
- Administration lacks a sense of human dignity
- Art and culture are without a message

## Love is the key to the lock of luck

Spiritual Love is the love we receive from God to give to the world. God is the clearest example of what it means to truly love. The love we receive from the Father is the only source of real emotional fulfilment. Not only does it fill us, but it also imbues us with the will to serve others. Attraction to worldly things and relationships stems from a lack of fulfilment in our relationship with God.

Since love is the main thing in any relationship, we can gauge the spirituality of our love by the way we relate to others. Our relationship with God is the conduit through which we also relate to others. To give the return of the Father's love is to become like Him in virtues.

In worldly relations, true love is that in which the soul has love for other souls. Real love between people is spiritual. We must see the spiritual reality of each other. To be always conscious of our reality is spiritual love. It is constant and natural. The soul never dies and so, spiritual love is eternal. Love for that which is perishable is, in fact, not love but attachment. It brings sorrow.

The value of love has become distorted today. There is love for physical bodies and material objects. The support and strength such love gives is temporary and soon results in sorrow and pain. It cannot bring mutual trust. Relationships based on temporary love can neither be lasting nor harmonious.

Spiritual love is firstly a love for truth. The experience of truth within the self leads to bliss.



# Questions frequently asked about Brahma Kumaris

The Brahma Kumaris Organisation has come a long way since a handful of men, women and children in colonial India came together 80 years ago on a spiritual journey that transformed their lives and that of countless others who came in contact with them over the years.

Today, about a million individuals of all ages and backgrounds regularly attend classes at more than 8,500 centres of the institution in 139 countries. The institution is well-known in India, with millions watching its television programmes on self-development and spiritual knowledge. Its work in promoting human and social values in all sections of society is now widely appreciated and admired, with innumerable people benefiting from the Brahma Kumaris' teachings about applying spiritual principles in one's daily life.

Outside India, the institution's profile has risen steadily over time, and it now regularly works with non-governmental organisations, specialized agencies and government missions worldwide to support the UN Millennium Development Goals through a wide range of programmes promoting education, gender equality and empowerment of women, mental, physical and spiritual health and well-being, and environmental sustainability.

All the growth and activities over the past few decades notwithstanding, many myths about the Brahma Kumaris persist, with people having doubts or questions about the institution's teachings and the lifestyle it promotes. Presented below are answers to some of the commonly asked questions which, we hope, will clear many misconceptions.

**Is the Brahma Kumaris an organization for women only?**  
Brahma Kumaris literally means 'daughters of Brahma.' The



Despite phenomenal growth over the past 80 years, many people have questions about the teachings of the Brahma Kumaris.

founder of the institution, fondly called Brahma Baba, foresaw that core values based on traditionally feminine qualities – patience, tolerance, sacrifice, kindness and love – would increasingly become the foundation of progress in personal growth, human relations, and the development of caring communities. For this reason, he put women at the forefront of the institution, with men playing a supportive role through their special abilities. This makes many people assume that this is an institution for women only. While the institution is administered mainly by women, a majority of them fully dedicated to this service, all are welcome to take benefit from its teachings and programmes.

**Why do the Brahma Kumaris wear white?**

The colour white is associated with purity, peace, simplicity and truth – all qualities that the practice of Rajyoga meditation taught by the Brahma Kumaris fosters. This is one reason the full-time members of the Brahma Kumaris community who run the centres wear white. White

cloth also serves to remind those on a spiritual journey of how they should be – spotless.

However, there is no specific dress code for the other members of the community. Casual, modest dress is generally appropriate when attending Brahma Kumaris courses or activities. Still, some members within the community wear white by choice.

**From where does the institution get money?**

The organization is run with voluntary contribution, both financial and in kind, from individuals who have been served personally through its courses and activities. As an aspect of their life of service, students of the Brahma Kumaris contribute regularly in support of the work, in accordance with their means. This is done without overview by the organization. The organization neither solicits nor accepts funds from others for activities that relate to the internal running of the organization, and there is no membership fee.

Funds from well-wishers and national and international agencies are sometimes received for humanitarian and environmental initiatives, such as solar energy projects and health and education projects that are designed to benefit the community as a whole.

**Why is celibacy necessary for spiritual growth?**

Aspiring to complete self-realisation does involve observing certain lifestyle disciplines. These are recommended and not imposed (although centres ask students to observe the disciplines on their premises).

In a world increasingly pervaded with external stimuli in the form of sights and sounds that appeal to humans' baser instincts, creating a loving relationship with God and oneself in a whole-hearted way is the only way to safeguard and develop one's nobler qualities. This is helped through abstinence from sexual relations, which generally pull our consciousness firmly into the material domain. Celibacy helps to cleanse our subtle faculties of thoughts, feelings, intentions, motives, desires, words, perceptions and relationships – enabling us to give and receive lasting, spiritual love.

**Why are Brahma Kumaris so particular about what they eat?**

As the food, so the mind, goes the saying. As well as being good for physical health, a vegetarian diet as well as avoidance of alcohol, drugs

(non-prescribed) and tobacco helps develop the clarity, concentration and subtle focus which spiritual development requires.

Apart from its physical content, the subtle content of food, in terms of the quality of subtle energy it contains, affects the one who eats it. The state of mind of the person who does the cooking subtly influences the food. This then affects whoever eats that food. Keeping this in mind, the Brahma Kumaris pay attention to maintaining silence and an elevated state of mind while cooking and eating so that such food contributes to their spiritual well-being. Food cooked by those who do not follow the same spiritual principles as the Brahma Kumaris is, therefore, not accepted.

**It is true that Brahma Kumaris make husband and wife into brother and sister?**

There is no way to turn a husband and wife into brother and sister, either legally or biologically. One aspect of attaining spiritual perfection is developing a harmonious relationship of love, respect and understanding with everyone. The awareness that we are all souls, and children of one Father, fosters in us a vision of equality for all other souls. As one's spiritual consciousness becomes stronger, one's old attitudes towards people based on race, religion, gender, nationality, social status etc. change. As a result, the quality of one's interaction with others changes, and is marked by peace and harmony. This happens not only between husband and wife, but in all one's relationships in the family, at work, in society etc.

**Do the Brahma Kumaris try to mesmerize people?**

This old misgiving perhaps stemmed from the fact that many people were so deeply influenced by their very first interaction with the Brahma Kumaris that they became regular students of the institution. To develop soul-consciousness and learn to communicate without resorting to speech, students of the institution are encouraged to convey their thoughts and feelings subtly through the eyes by looking into the eyes of the other person, which is also sometimes described as peering into the other person's soul. Through the eyes one can also convey peace, love and spiritual powers to another soul. It is a means of communication people often use in their relationships unconsciously, and the Brahma Kumaris use it to develop the art of communicating silently, which is how angels are shown to communicate.\*

(Purity Bureau)



**Delhi, Hari Nagar:** BK Shukla didi, Dr. Ishwar Acharya, Director, Central Council for Research on Yoga & Naturopathy, Ministry of AYUSH, and others unveiling the plaque of 'Brahma Kumaris Marg'.

# The Joy of Simple Living

When we think of the word simplicity, we imagine something plain, ordinary and understated. Probably many picture it as an old monk in a crumpled robe, while others are reminded of the government's austerity measures. It could seem to be something dull, devoid of fun and fashion – not too hot an offer in a buzzing world. But irrespective of what may be the taste of our times, simplicity is a virtue that is hard to live without, a breathing space we all long for. Here, let us explore what it stands for and the joys that it brings along.

A simple life is all about sticking to the basics and discarding the unnecessary. It values essence over form. Many today are experimenting with the idea of minimalistic living so that they could devote their precious resources of time, energy and money to pursuits they most value. Cutting down on extravagance can thus make room for greater meaning and momentum in our lives.

A simple person connects to what is natural – within and outside. He is able to tap into his pure core, where all the virtues lie, and draws others in the same direction. He is closer to Mother Nature and in tune with universal laws. There is no heaviness or artificiality, so the lightness of his being makes him a sought for company. A child, with his unadulterated purity and innocence, is an example that best demonstrates that simplicity needs no accessories to be attractive.

Simple people have little 'protocol' around them, and are humble and approachable. They are able to take the seamless road which bypasses man-made barriers. They easily mould themselves to circumstances and move on when the need arises. So they are a precious gift to our times, when relationships are becoming complicated due to ego issues.

If one is simple, not simplistic, one can remain available without becoming vulnerable. A person who keeps things clear, to the point, and

minds his own business, receives the protection that is in-built in this approach. It becomes obvious to others that he can be depended on in times of need, but can't be treated lightly because of his no-nonsense approach. Simplicity is close to truth, so it brings security by default.

If we notice, dishonesty is always born out of greed of either material or emotional supplies. When the desire to accumulate more power, wealth or appreciation takes over an individual, he manipulates others to achieve his interests. His personality becomes too opaque and complicated to understand. Thus simplicity is not just about giving up the surplus. It is the mark of a strong character which has its roots in emotional self-reliance.

If our emotions do not clutter our thinking often, our mind is not burdened with many questions, and we are accepting, adjusting and forgiving, it means we conduct ourselves in a simple way. This in turn means that the joys that come with it – happiness, satisfaction and bliss – will be visible in our life. However, if this is not our reality, it suggests that some hidden desire is blocking our way.

By limiting our needs, we



**Simplicity is royalty anchored in contentment. It is a mantra with joys galore and freedom unlimited.**

automatically shift to the side of giving. While a consumerist lifestyle struggles with never-ending desires, simple living finds pleasure in serving others. Thus simplicity is not poverty. In fact, it is the mark of royalty that is anchored in contentment.

Many wonder if simple living will be dry and boring. Does it mean absence of beauty? No, it does not. But beauty born out of simplicity is definitely a departure from its clichéd version that is popular today, one that is self-indulgent, too hard to get right,

and too exhausting to enjoy. A well-maintained natural form has its own grace and elegance. Remember, simplicity never gets outdated, it's a classic charm.

Simplicity is not restricted to our attire or lifestyle, but must reflect in our demeanour. We can be simply-clad and yet be a complicated wreck if we have little control over our thinking. If our mind is stuck in the past, or is too apprehensive of the future, then the mess of waste thoughts will entangle our being.

To regain our flight, we need to think simple – this means to have fewer thoughts, which are positive and slow, to dwell on solutions rather than problems, and to think only of what matters. Living in the present is an easy way to live simple. It means that we make choices now using the wisdom learnt from the past and keeping an eye on the future so that our onward journey is smooth.

Simplicity is an inside-out process. It is a mantra with joys galore and freedom unlimited. If you haven't tried it yet because you are short of company, do it now. Don't bother where the lights are, shine with your natural radiance, and you will be noticed.★

(Purity Bureau)

## Being An Angel

A fairy or angel is shown with wings. This symbolizes 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, stabilize the mind in soul-consciousness before you think, speak or act. This means using the body as and when you require, just like you use your clothes.

Performing your role in the detached state will keep you ever fresh and light, and you will never feel tense or tired.

Even a mountain-like task will become easy, and 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 tasks accomplished through sign language and thought power.

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

## Humour

A man saw an epitaph in a cemetery that read: 'Here lies an honest man and politician.' 'Shame,' he said, 'two people in the same grave.'

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A woman came home one day and asked her new maid: 'Did you clean out the refrigerator as I told you to?'

'Yes, madam,' the maid said, 'And everything was so delicious.'

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The judge addresses the man in the courtroom: 'Don't you feel ashamed, coming here for the third time?'

The man replies: 'I'm here for the third time, but you come here every day!'

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A hammer sometimes misses its mark, a bouquet never.

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While visiting relatives, Ram noticed that they had replaced their usual TV with a smaller model. Thinking that perhaps the larger set had broken down, he asked why the small one was there. 'Oh,' his brother-in-law replied, 'we have decided to watch less TV.'



**Aruba, the Caribbean:** Mr. Mike Eman, Prime Minister of Aruba, with BK Moira from Argentina and BK Rota after being apprised of the services of the Brahma Kumaris.



**Hong Kong:** Opening of new Rajyoga sub-centre in Tung Chung, New Territories, in the benign presence of BK Dr. Nirjala didi from Mount Abu.

## Editorial

# A State of Moral Emergency

A welcome verdict in the Nirbhaya gang rape case was finally reached last month. The victim's family and the entire country breathed a sigh of relief as the Supreme Court upheld the death penalty for the offenders. Though the judgment came after a long wait of nearly five years, it reignited hope for the victory of good over evil.

However, even as people's shattered faith was somewhat restored, another gruesome incident, with details even more chilling than in the earlier case, came to light in Rohtak, a city neighbouring Delhi, the capital of India. A 23-year-old girl's mutilated body was found in an empty plot. Her lower body had been devoured by animals and her head had been bludgeoned. It is reported that she was gang-raped and brutalised by at least seven men. It was later found that she was punished in an act of revenge by a man whose marriage proposal she had recently rejected.

Several other heinous crimes against women and young girls have been reported from various regions. It is baffling that gender violence has reached such extreme proportions in our country. What's worse is that despite all of this, the nation is going about its business as usual.

After the Rohtak incident and other occurrences, none of the government officials have spoken about taking any concrete remedial measures to alter the situation. Women's organisations and religious leaders, too, have not raised their voices on this issue.

These crimes are not isolated incidents arising from a bad law and order situation. They are the symptoms of a depraved society, of a culture gone morally bankrupt. They tell us that the human mind, driven by lust and power, has gone out of control. This is not a women's issue but a human issue which cannot be left to die down.

Drastic situations require drastic steps. The current scenario demands that the government declare a state of moral emergency. It should involve leaders from all fields to make a workable plan to prevent such incidents. Tackling issues of violence against women with a befitting response should be the government's top priority right now.

For a rape victim and her family, nothing can really count as justice or compensation. The least that can be done is that a prompt and friendly justice delivery system is put in place to save them more suffering. The guilty must be given the harshest punishment possible so that anti-social elements and stalkers live in fear.

But this is only one part of the solution. We need to go to the depth of the issue. For that, value-education must be made compulsory in all schools. Thereby a culture can be created where women's honour and dignity are respected, and where men take pride in being participants in this change.

But such campaigns cannot succeed unless families join in against gender inequality and the media lends its full support. For that, there needs to be strong regulation governing the content dished out on TV, the internet and in movies. A society that is a long-suffering victim of male chauvinism cannot allow obscene images to float around freely, as they add fuel to the fire.

Let's not step backwards this time in the name of freedom of expression. The media is undoubtedly the strongest factor shaping the public mindset today, and by practising restraint it can become instrumental in promoting a far greater cause, which affects women media persons as well. Creativity is a vast field, so why not discuss and depict subjects that can drive positive change? We must no longer be guided by greed, but by a vision to bring back sanity to society, because when character is lost, everything is lost.

What good will material progress yield if families live in constant fear? What meaning will economic independence have for women when the dread of losing their dignity always holds them back subconsciously?

The government and NGOs need to work together on a war footing to bring about change. The Brahma Kumaris is tirelessly promoting spiritual values. Rajyoga meditation taught by them is a means of purifying the mind. Through its regular practice, the unhealthy and corrupt tendencies that individuals acquire can be transformed. The organisation also conducts courses in self-esteem and emotional intelligence that can help victims of assault regain their confidence. ★

## Gleanings from the press

### We must leave earth in 100 years to survive: Hawking

Humans will need to colonise another planet within the next 100 years to survive climate change, asteroid strikes and overpopulation, renowned British physicist Stephen Hawking says in a new documentary, 'Expedition New Earth'. Hawking claims that time is running out for Earth, and humanity will need to leave the planet for its survival.



(Times of India)

### Painkillers linked to immediate heart risk

The pain relievers known as nonsteroidal anti-inflammatory drugs, or Nsaids, are known to carry heart risks. A new analysis has found that those risks can arise within a week of starting the drugs. Researchers did a systematic review of studies involving over 446,000 people aged 40 to 79, of whom more than 61,000 had heart attacks. In those who used Nsaids for one to seven days, the risk of heart attack increased by 24 to 53 per cent, depending on the kind of Nsaid used.

(NYT)

### New diabetes drug may replace insulin jabs

Scientists are developing a new diabetes drug that could spell the end for painful insulin jabs. The potential drug has a different action than the commonly prescribed anti-diabetic, Metformin, which acts on the liver to reduce glucose production. It targets a protein receptor known as PPARgamma found in fat tissue, fully or partially activating it in order to lower blood sugar by increasing sensitivity to insulin.

(Times of India)

### Higher salt intake may play a role in weight loss

New studies of Russian cosmonauts held in isolation to simulate space travel show that eating more salt made them less thirsty but more hungry. Subsequent experiments found mice burned more calories when they got more salt, eating 25 per cent more just to maintain their weight. The Research suggests that high levels of salt may play a role in weight loss.

(News Report)

### Light can trick immune system to attack cancer

Scientists have discovered a simple and practical way to kill cancer cells by using light to steer immune calls to attack the tumours. Researchers at University of Rochester Medical Center in the US described their method as similar to "sending light on a spy mission to track down cancer cells." In immunotherapy, instead of directly killing cancer cells, the immune system is made to act in certain ways by stimulating T cells to attack the disease. Minsoo Kim, professor at University of Rochester, conducted the study.

(PTI)



# From fate to fortune

The pursuit of a rich fortune has guided humans since the beginning of history, and the pull of a prosperous destiny has propelled the curious to uncertain destinations. But who can tell why someone strikes gold somewhere while others return empty-handed. What is destiny, after all? Is it already written somewhere up there, or can we create it on Earth? Who writes it – God or man?

Let us untangle these mysteries by understanding the universal law of justice – the Law of Karma. The inviolable law says that every human being reaps what he sows. Anything we send out into the world – a thought, word or an action – comes back to us.

A person is said to be fortunate if he experiences internal happiness, possesses physical comforts, enriching relationships and is experiencing a positive momentum in life. Going by the law of cause and effect, fortune is nothing but the return of a long-time investment in good karma. But, if the law is so simple, what is the fuss in the world all about? Why don't all of us simply do good deeds?

Let us first understand who is the one who acts and then receives the fruit. The sentient being performing an action is not the body but the soul. The soul is eternal and leaves one bodily costume to take another – it transmigrates. However, its karma is stored within it, and often the rewards or debts of one life may be transferred to another. This explains why some people are born with a silver spoon in the mouth while others could be born with a physical deformity, even when they are yet to perform any action in the present life. In the absence of this



What is destiny? Is it already written somewhere up there, or can we create it on Earth?

knowledge about the past, present and future of the soul and the drama of life, the scene around us may appear to be irrational and chaotic.

Secondly, humans have become short-sighted and are obsessed with reaping the harvest, but are absolutely ignorant about what they plant. Hence there is growing frustration in them, the anxiety to hoard, a tendency to snatch and steal, and to be jealous of others and fearful about the future.

Since most of us think that means of comfort bring us happiness, we spend our lives chasing them, little realizing that if this were true, people living in extravagance should have been necessarily happy and all those with limited means sad. But the truth is that the same means can bring unhappiness too, the same relations can go sour, and the same wealth can trap a person.

An intelligent man will not fool

himself with illusions, for he knows that the road to fortune is simple – plant a good seed and nurture it.

We need to clearly understand that our power to intervene lies at the time of acting or sowing the seed, not at the time of reaping the harvest.

The third reason for people not benefiting from knowledge of the Law of Karma is that with the passage of time, they lose the ability to listen to, and the strength to obey, their inner voice. It is here that God intervenes. He first tells us what is right, and then gives us the strength to walk the road. So, the truth is that God mentors man, but ultimately it is man who chooses to act.

But many of us would ask – is it not possible to avert the result of a bad action. Is there no scope for forgiveness or mercy in life? Is it not enough if a person realizes his fault? As said before, the Law of Karma is immutable, and it is impossible that

a person does not get his due. Just as a person's reward can't be stolen by another, his punishment can't be borne by any other person or be done away with.

Realization gives a person the power to stop erring in future, which is a reward in itself. However, it does not undo his previous actions.

Ultimately, God comes to us as a rescuer and reveals that if we connect to Him in a soul-conscious state, we can burn our past sins and unburden ourselves. Also, if we draw strength from Him during periods of distress, we can cross over with greater power and ease.

So, in this new light, it is time to dispel old myths and take charge of the self. Bestow an abundant fortune on yourself by walking the righteous path, and the future will unfold as a spool or present.

Remember, you are the writer of your destiny, so write it well.★

(Purity Features)

## In Lighter Vein

Information provided on the labels of Organic India brand desi ghee bottles: "from TENSION FREE cows."

\*\*\*

Doctor: What's the condition of the boy who swallowed the ten-rupee coin?

Nurse: No change yet.

\*\*\*

Senior citizens have taken to Internet chat with gusto. They even have their own vocabulary:

TTYL: Talk to You Louder

BFF: Best Friend Fainted

BYOT: Bring Your Own Teeth

CBM: Covered by Medclaim

LMDO: Laughing My Dentures Out

GGPBL: Gotta Go, Pacemaker Battery Low!

\*\*\*

Did you hear about the identical twins who robbed a bank? After they were caught, they finished each other's sentences.



**Gyan Sarovar, Mount Abu:** Inaugurating National Seminar on 'Youth@meditation.com' are Swami Advareshanand, Ayodhya, BK Dr. Nirmala didi, Director, Gyan Sarovar, BK Chandrika didi, National Coordinator, Youth Wing, Mr. Chhogaram Dewasi, motivational speaker, BK Atam Prakash, Hqs. Coordinator, Youth Wing, and others.

## Food for Thought

- If you want to be a pathfinder, you must be willing to be a path-breaker.
- Contentment doesn't mean you should not be ambitious.
- Our thoughts create our reality. In any situation, we see what we expect to see.
- Beware of him that telleth tales.
- Character is the man. Reputation is the shadow, so, take care of your character, and your reputation takes care of itself.
- Charity keeps a poor man poor. Let there be no undeserving charity.

# Don't Worry, Be Happy!

**W**orrying has become second nature to humans today. Whenever things do not go the way we want or expect, we start worrying about the consequences.

Worry is preceded by fear of untoward happenings. Take a simple case: Suppose one has to go to another town by train for important work. While on the way to the railway station, the taxi gets stuck in a traffic jam. As the clock ticks away, one starts fearing that one will miss the train. Then one starts worrying about the financial loss and problems that will result if one misses the train and that important work is not done. One may even get irritated, angry or frustrated, and start cursing the taxi driver for getting one into the jam, or the traffic police for not clearing it up. All this while, one's heart beats faster and one starts sweating in anxiety.

But what does all this achieve? Does worrying get us any faster out

of a traffic jam, or help us catch a train? If one is in a difficult situation and one can do something about it, it is better to act than worry. But there are situations in life where one cannot do anything. If one learns to calmly accept such situations, one would be saved lot of mental agony and waste of time and energy.

Accepting situations in life calmly is not resignation. It requires knowledge of the real nature of this world and all that is happening in it. This world is like a vast stage upon which all of us are actors playing our various parts. Each actor has a distinct role, which is fixed. If we learn to look at this world and our and others' actions as a spectator watches a drama, we would not be affected so much by events in the world and in our lives.

Being detached helps us enjoy all that is happening around us

without getting involved emotionally. It also saves us from fear, worry and sorrow if we keep in mind the law of karma. All that is happening with every soul in this world is the result of its past actions, whether of this birth or previous births.

The law of karma is accurate and inviolable. If we remember this, we will be spared brooding over or getting agitated about what we consider misfortune or injustice — both of which, we will realize, are the results of our own actions.

The biggest cause of worry is the fear of untimely death. We are afraid to die and fear the consequences of our death on our near and dear ones.

The fear of death is the product of our ignorance about our true self. We are all souls who are playing our part in the drama of this world in our present body. The body is like a

costume that the soul discards upon death to don a new costume, i.e. take birth in a new body. It is the soul that brings life into a body and takes it away upon death. The soul never dies, it only plays different roles in different costumes, or bodies, in this world.

As for worrying about what will happen to one's spouse or children in the event of one's death, one again need only remember the law of karma. We are deluding ourselves if we think that we are doing something for others or that others cannot do without us. Every soul brings with it its own fortune based on the actions it has performed in its previous births. Whether we live or die is not going to make any difference to the fortune of any other soul because fortune is the product of each soul's past actions, and it cannot be made or unmade by others. ★ (Purity Bureau)

## Smile a While

Patients' notes written by doctors and nurses, and posted on the notice board of a city hospital:

"Hourly observations should be taken every half-hour."

"After a while, the patient was reduced to walking with two crutches, two walking sticks and a stick."

"Encourage the patient to eat; if he does not, supplement the diet with smacks."

"I calmed the patient down by calling her names quietly."

\*\*\*

A taxi passenger tapped the driver on the shoulder to ask him a question. The driver screamed, lost control of the car, nearly hit a bus, went upon the footpath, and stopped centimetres from a shop window.

For a second everything went quiet in the cab, then the driver said, "Look mate, don't ever do that again. You scared the daylights out of me!"

The passenger apologized and said, "I didn't realize that a little tap would scare you so much."

The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver — I've been driving a van carrying dead bodies for the last 25 years."



**Om Shanti Retreat Centre, Gurugram:** During 'Man Ki Baat Apnon Ke Saath', Hon'ble Jual Oram, Union Minister for Tribal Affairs, BK Brij Mohan (speaking), BK Asha didi and Ms. Abha Mahato, former parliamentarian from Jharkhand.

## Generosity Pays

Once upon a time, a greedy, rich man hired a great mathematician. The rich man wanted the mathematician to find the best way for him to make the greatest profit in everything he did. The rich man was building a huge safe, and his greatest dream was to fill it with gold and jewels.

The mathematician was shut away for months in his study, before finally believing he had found the solution. But he soon found there were some errors in his calculations, and he started all over again.

One night he appeared at the rich man's house, with a big smile on his face: "I found it!" he said, "My calculations are perfect." The rich man was going on a long journey the next day, and didn't have time to listen. He promised the mathematician he would pay him double his wages if he would take charge of the business while he was away, and put the new formulas into practice. Excited by his new discovery, the mathematician was delighted to accept.

When the rich man returned, months later, he found that all of his possessions had gone. Furious, he went to ask for an explanation from the mathematician. The mathematician calmly told him what he had done. He had given everything away to people. The rich man couldn't believe it, but the mathematician explained it.

"For months, I analysed how a rich man could gain the maximum benefit, but what I could do was always limited. There's a limit to how much one man can do by himself. Then I understood that the key was that many people could help us to achieve the aim. So the conclusion was that helping others was the best way to get more and more people to benefit us."

Disappointed and furious, the greedy man stormed off, desperate at having lost everything to the hare-brained schemes of a madman. However, while he was walking away disconsolately, several neighbours ran over, worried about him. All of them had been helped when the mathematician shared out the rich man's fortune. They felt so grateful to him that they offered him the hospitality of their houses, and anything such a special man might need.

Over the next few days, he saw the full results of what the mathematician had calculated. Wherever he went, he was received with great honour, and everyone was willing to help him in whatever way they could. He realised that his not having anything had given him much, much more.

In this way, he managed to quickly set up flourishing businesses, but this time he followed the brilliant mathematician's advice. No longer did he keep his riches in a safe, or anything like it. Instead, he shared out his fortune among a hundred friends, whose hearts he had converted into the safest, most grateful and fruitful of safes.★





# Where is your favourite pilgrimage place?

In the spiritual-religious context, the pilgrims' journey is to a place that is historically perceived as holy or scared. It is there that they may repent for their sins, relieve the burden of their conscience, and thereby restore contentment to their heart and happiness to their life. Some travel to worship their idols so that they may have bestowed upon them the blessings of their God or deity, thus invoking success and prosperity to their endeavours, with the promise of restoring contentment to their heart and happiness in their life. The more solitary pilgrims will travel to more isolated places, to sit in silence, perhaps live in ultra-simple ways, in order to attain some form of enlightenment... why? So that they may 'see through' and dispel the 'stress-making' illusions, delusions and confusions that they have absorbed since childhood from other people and the world around them, thereby restoring contentment to their heart and happiness to their life.

The most popular annual pilgrimage would 'seem' to be a little less spiritual in its purpose. What we call our annual 'vacation' has its roots in the pilgrimage to some benevolent location – a far-off beach or snow-covered mountain, and once there, to spend some 'holy days' in relaxation, with the aim of... restoring contentment to the heart and happiness to one's life! Annual holidays are the mass pilgrimages of this industrial era.

The weekly 'religious pilgrimage' of millions is of course to stand before the altar or the lectern of the church or temple or mosque. Once there, both songs and prayers are offered with the desire to be forgiven and/or raised up in spirit, or to request that the desires of the heart be fulfilled. All moved by the hope for a renewed contentment of the heart and happiness in life... for another week at least!

And if it's not to the church/temple/mosque, then it's off to the modern-day equivalent, namely the stadium, the shopping mall or the concert. It is there that the 'team' or the 'music' or the 'new shoes' are given responsibility to restore contentment to the heart and happiness to our life... for a few hours at least.

Whether the motive appears to be spiritual or material, whether the pilgrim's (our) journey is long or short, daily or annual, the underlying movement is to go 'somewhere' in search of 'something' that will restore our contentment and happiness. Until, that is, we notice that the achievement of any contentment and the feeling



Contentment and happiness are always there in the only place where we seldom look!

of such happiness is always a temporary one, an ever-fleeting gift, a transient stimulation that cannot be sustained and always passes.

If the seeker seeks earnestly and consistently for this inner restoration, eventually a moment comes, out of the sheer frustration, when there is the realisation that the contentment and the happiness that we seek through almost everything that we do and everywhere we go cannot come from outside one's self. The 'belief' that it is possible to find our peace and contentment 'in the world itself' collapses in the light of a simple truth. The human spirit cannot be 'made' truly content and authentically happy by anything physical or mental. All pilgrimages and their rituals, all pilgrimage places and their apparent sources of deep and wise insight, only become another stimulation and, therefore, another dependency. And all forms of dependency, regardless of their physical or mental form, are by definition saboteurs of contentment and happiness.

Sooner or later, even the modern-day pilgrims that we know as the shopping traveller on their way to the mall, the sports fan to the big game and the music fan on their way to the concert, realizes deep down that their pilgrimage is being made to satisfy an addiction that signals the presence of a dependency that will render a true and lasting contentment and happiness impossible.

And so it is with some inevitability that all seekers eventually awaken to realize all seeking is futile, for contentment and happiness are always there in the only place where they always were!

Mike George, London

Always there in the only place where we seldom look, in the heart of the seeker. A moment of enlightenment occurs with the realization that to seek is to avoid. To go, travel, look 'out there' towards anywhere, anyone or anything in the hope of finding one's inner peace, one's true contentment, one's authentic happiness, is to attempt to avoid what is already present.

Perhaps that is why an ancient sage once said: "Seek not for the contentment of your heart but know that you are that contentment. Seek not for any 'thing' other than your self and you will come to know that the self cannot be sought. And when you realize that the seeker cannot be found separately from the sought, you will know the seeker and the sought are one. And then, in the ending of your seeking, is the contentment of your heart because there YOU are."

At the very least, perhaps such wisdom has the power to save us our travel expenses!\*

## International Yoga Day Celebration by Brahma Kumaris in New York City, USA

The Brahma Kumaris at the United Nations, and the International Day of Yoga Committee at the UN are hosting a programme on June 22 titled Yoga: The Ultimate Connection. The highlight of this event is a conversation between Sister Shivani from India and a high-level person in New York City who does daily practice of meditation. The handout is reproduced below:

### YOGA: THE ULTIMATE CONNECTION

- True connection matters
- Take time and truly connect with others
- Be aware of the life-giving opportunities for connection
- Love reverberates in the space between true connection
- Sharpening the skills for connection

People all over the world have discovered that the ancient practice of yoga is one of today's most important tools to living a life with meaning.

- Yoga connects a person to the source of life and opens the heart and clears the mind.
- Yoga connects a person to their authentic self, awakening the conscience and harmonizing one's spiritual trajectory of awareness, attitude, and action.
- Yoga provides one with the ability to tap into a space of greater creativity to receive inspiration and a sense of purpose.
- Yoga connects the hearts of people from all walks of life to each other through its unifying force and through the web of life.

There are many ways to experience how yoga joins people, communities, organizations, and institutions. When we come together, through these practices, we feel belonging, act collectively and transform our lives, our societies and our planet.

This alchemy, whether within the self or among people, is the essence of our sacred humanity and is the cause for celebration.\*



Mohali, Punjab: BK Sisters Prem Lata and Rama presenting a picture of Shri Laxmi and Narayan to Dwarka Peethadhishwar Jagatguru Shankaracharya Swami Swarupanand Maharaj.

# Wisdom of Dadi Janki

Chief of Brahma Kumaris

## Friendship

One of the things which makes us feel great is friendship. Friendship is the basis of every genuine relationship. But it has to begin with me. Until I take responsibility for and start listening to myself, I cannot be my own friend. Am I kind and loving to myself? Are my thoughts, feelings, attitudes, words and actions friends with each other, or are they often in contradiction and out of control? Inner harmony and honesty begins the flow of friendship between me and the outside world – not only the world of the other actors in my life but the worlds of time, nature and matter.

Creating this kind of friendship, in which I feel positively connected to all other aspects of life, creates a great feeling – for this is the feeling of fulfillment.

## The Key of Contentment

Contentment lays the foundation for happiness. Happiness not only makes us feel great, but in the East is thought to be the best medicine, because this state of being contains within it so much optimism and enthusiasm.

Contentment should not be confused with complacency. To be complacent is to achieve a state of subtle arrogance, thinking, "I have reached my goal. No need for anything further. I am fine," followed by the shutting down of both creativity and the willingness to bring about personal change.

To be content, appreciate where you have reached, value your efforts, yet realize that there is more to learn and keep yourself open to that new learning.

Being content leads to a sense of progress, a feeling that, "I have found something very good, but let us make it better and ultimately the best."

Contentment comes from appreciation – from a deep gratitude for all the things life gives us, and heartfelt thanks that God has given us the capacity to learn and exist meaningfully.

The father of contentment is humility, the openness to receiving new signals from life as well as the courage to act on them. The mother of contentment

is simplicity, because it is the simple things in life that create its wonder, such as breath, thought, choice, the sunlight, flowers and a smile.

Nothing is taken for granted when we know true contentment.

We cherish and value everything. Because of this inner awareness, we do not compare

ourselves with others, or feel inferior or superior, but simply have the great feeling that everyone is good and everything is good.



## Knowledge and Power

We leave our original home (the soul world), come into this drama of life and eventually forget the plot. God never comes into the drama, and therefore does not ever forget the plot. So, He is the only One who can give us the understanding of the whole play. It is only God who possesses such knowledge; only He can come and give it. This is why He is the Supreme Soul. He is beyond, He is different; He is unique. He is Father, and He gives us a new life.

God is wonderful, you know. Even though He is not in the drama, He has complete knowledge of the drama. He does not have to experience it to know it. He does not have eyes, but He sees our experiences. And He gives us recognition so that we can 'see' and know Him. Just as a generator sits in one place, continuously sending out an electric current, so the Almighty Father keeps sending us spiritual power. And we receive it – if, that is, we are linked properly and have taken care that no part has blown its fuse. ★

## You Ask... We Reply

Send your questions to [purity@bkivv.org](mailto:purity@bkivv.org)

Vikram Singh, Gurdaspur

### ■ How does food influence the mind?

■ Food is a basic necessity of life. Its intake is influenced by and also influences one's state of mind. Eating food in a state of relaxation soothes the body and allows the digestive system to function naturally, which aids proper assimilation and distribution of nutrients to every part of the body. Researches say that food that is infused with pure thoughts helps in generation of positive energy in the body. What does it mean when we say food with positive thoughts? Does food have any vibrations or energy that can affect negativity or positivity? Yes, foods have a subtle form of energy or vibrations. Its function is not limited to filling the stomach, but it influences the entire body's cells, including the mind. Pure food or what we call sattvic food, which is usually prepared at home and is usually filled with vibrations such as love, peace, purity, and joy, will affect our thoughts positively. Such food purifies our mind and body's cells as the thoughts induced while preparing it are positive. For instance, if a mother cooks for her child with love, then love and happiness is infused in that food, which then influences the mind of the child, and it will be filled with love and happiness. The second category is impure or tamasic food, which increases restlessness. For instance, if a person drinks alcohol, evidently his mind will not remain stable. In addition to toxifying the body, it will make the mind nervous and agitated. This shows that what we intake definitely influences our mind. Also, our thoughts influence food. That which is prepared by the mother with

positive emotions and vibrations of love will gratify us. On the contrary, if a chef or cook is preparing it, he is preparing it for money, so he prepares it even when he does not want to. This kind of food does not gratify us and impacts the mind with thoughts of laziness, anger, etc. Hence, while eating your food, think with each bite that you are filling that food with pure, healing light. As you swallow, visualize that light pouring into every cell of the body and bringing harmony and balance. Remembering God while taking your food will enhance your willpower.

Monisha Verma, Kanpur

### ■ Can spirituality help my career?

■ People rush through the days, weeks, and months, going through the motions but certainly not truly sensing complete contentment with their careers. The major issue being confusion about what we should be doing with our lives. Spirituality helps in getting you on the right track. It is the ability to be aware of the dimension of you being a soul. It is a practice that enables you to discover your actual or true nature and self. It helps in turning out all the negative background noises that keep popping up within you, including anger, fear, resentment and jealousy. The forces are very limiting and always try to drown out your inner voice. Once you get past such negative forces, you are able to open up to perceive the opportunities in life rather than concentrating on obstacles. Moreover, embracing spiritual practices like meditation increases concentration and focus, which helps you become more efficient and productive in your routine and career.

It enhances your insight and awareness. Focusing on the mind and soul will help you burst with creativity and innovative ideas, which is again helpful in resolving issues. Last but not the least, spiritual practices help you realize true peace of mind, which makes you calmer and less worried, by helping you overcome anxiety, stress and depression. ★





**Solapur, Maharashtra:** BK Somaprabha didi being presented 'Basavratna' award by Mahaswami Saminathji and City Mayor Shobhatai.



**Gurugram, Palam Vihar:** Lighting candles to inaugurate an event on 'Work-Life Balance' are Mr. Rajeev Mehrotra, CMD, RITES, Dr. Aadesh Sharma, Psychiatrist, Dr. G. Prasanna Kumar, DG, HIPA, Mr. J.M. Joshi, MD, JMJ Group, BK Urmil, Sister Shivani, Prof. Prem Vrat, Pro Chancellor, NCU, and Mr. Virender Gupta, Chartered Accountant.



**Delhi, Majlis Park:** Mrs. Gareema Gupta, newly elected Municipal Councillor, being given Godly gift by BK Rajkumari didi.



**New Delhi, Lodhi Road:** BK Brij Mohan, Chief Editor of 'Purity', speaking during a public programme on 'Meditation for Peace & Happiness'. Also on dais are Mr. Girish Shankar, IAS, Secretary, Govt. of India, Mr. Madan Lal, MLA, BK Girija and BK Pius.



**Brazil, Belo Horizonte :** Group photo of Brahma Kumaris Spiritual Family after a 'Silence Retreat' conducted by BK Asha from New Delhi (seated in centre of second row from top).



**Ranchi, Jharkhand:** A view of children at Summer Camp 2017, organised by the local Brahma Kumaris centre.

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Thailand: Group photo of BK Dr. Nirjala didi from Mount Abu with Sister La and the Brahma Kumaris family.



Abu Road, Shantivan: Cultural performance on the occasion of All India Children's Personality Development Camp 2017.



Where to go?

## Mr. Wise

Mr. Wise?

Yes.

Disharmony in relationships is growing?

Yes. Even the sweetest ones have become sour.

Lack of sincerity or fidelity?

I cannot say.

♦♦♦♦♦♦♦♦

And Mr. Wise?

Yes.

Is it because 'sanskars' of all souls are different?

But times were, not long ago, when large joint families lived together quite happily.

Then, is it the influence of materialism?

I cannot say.

♦♦♦♦♦♦♦♦

Lastly...

Yes.

Who then is the culprit?

Attitudinal change, perhaps. Looking at the weaknesses of one another.

What then is the solution – seeing only the good qualities and virtues?

Perhaps you are right.

♦♦♦♦♦♦♦♦



## Tailpiece

At a pharmacy, a woman wanted to use the infant scale to weigh the baby she held in her arms. The clerk complained that the device was out for repairs, but said he would estimate the infant's weight by weighing the mother and baby together on the adult scale, then weighing the mother alone and subtracting the second figure from the first.

'It won't work,' countered the woman. 'I'm not the mother, I'm the grandmother.'

♦♦♦♦♦♦♦♦

During a summer holiday, a man took a part-time job as a plumber. A few days later, he was required to repair a leaking tap, and assured the caller that he would be there in a few minutes. Unfortunately, the van was being repaired, and he was delayed at least two hours. It took another hour to get through the rush-hour traffic, and when he finally arrived, the door was opened by an irate woman. Putting on his brightest smile, he asked, 'Are you the woman with the leaking tap,'

'I was,' she replied, 'Now I'm the woman with the indoor pool.'

♦♦♦♦♦♦♦♦

