



# Purity

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A child dressed as Shri Krishna on Janmashtami

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Seniors paying homage at 'Prakash Stambh' on the 12th Memorial Day of Dadi Prakashmani, former Chief of Brahma Kumaris, in Shantivan, Abu Road. This day is celebrated by Brahma Kumaris worldwide as Universal Brotherhood Day.

## Extreme Brings The End

It was not very long ago that a single incident of violence used to become sensational news and make people react with shock and disbelief. Today, we are surrounded by violence. It has become so pervasive in our world that most of the violent incidents occurring on a daily basis attract scarce attention.

What is alarming is that people have become nonchalant about reacting violently at the drop of a hat in small incidents of conflict and personal problems. We often hear about how people are beaten to death over trivial issues such as for parking space, for not giving way to a vehicle or for accidentally bumping into someone's vehicle. Might is right is the motto for those who threaten and kill others to satisfy their personal ego or to teach a lesson to the 'wrongdoer', and to justify what they believe is right. Those who have muscle power are committing brutal crimes by threatening and killing people who resist them. Victims of such brutality are afraid to seek help from protectors of law because they face further torture and abuse at the hands of such violent men. Often such crimes go unreported because the perpetrators enjoy the protection of those in power.

News about people committing suicide, or killing someone because they got upset about something

that was said by someone or not getting things their way, is common today. Violence seems to be the easy way out to settling problems. People have lost faith in human values and do not have the courage or patience to sort things out by peaceful means.

What is a matter of great concern is that children and youth are being fed by the media and the entertainment industry with such violent content that it's not surprising when we hear about kids killing other kids over small matters. There are numerous video games, cartoons and films that glorify violence through larger than life superheroes. Young minds are easily influenced by such content and they start believing that violence is justified for setting matters right.

When something gruesome or shocking happens, there is often debate about how to check violence. However, it has become a way with the world to treat evil with more evil. Using force to set a wrong right or to discipline a wrongdoer has been adopted as a norm by humans at all levels of existence. The whole issue of arms proliferation is based on the premise of promoting violence as a power and justifying use of weapons as a necessity to maintain law and order.

Is violence justified for a good cause? This is a critical question

today and most people would react to it by pointing out terrorism, crime, the need for defence of vulnerable sections of society and so on. But history is a witness to the fact that violence begets more violence. We can subjugate an enemy by use of force, but can we subjugate hatred, resentment, mistrust and wickedness through force?

All forms of violence we witness in this world are a manifestation of the violence within ourselves.

Violence originates from vices. When human souls forget their true identity and begin to identify with their body, their roles and material assets, they come under the influence of vices. To think and act under the influence of vices is to commit violence because the soul is violating its true nature of peace, joy, love and power.

In this eternal drama of life, everything is cyclic—like day and night. It has to be so for the sake of eternity. Everything passes through three stages—the beginning, middle and the end. Every beginning has an end and every end leads to a new beginning. We call it creation, sustenance and destruction. In fact nothing is destroyed; it changes form. It is renewed from old to new. This is how the eternal drama of life goes on.

Evil destroys itself. It is said

that at the time of destruction the human intellect becomes perverted. The culture of violence we witness today is escalating day by day at the micro and macro levels. Today human beings have created nuclear weapons. When anything reaches an extreme, it has to meet its end. The destructive mindset of humans will bring about the destruction of this vicious world.

The cycle of World Drama has now reached a crucial point which is known as Sangamyuga. God Himself is now re-establishing a truly non-violent culture wherein human beings are totally free from all vices. God Himself is giving the wisdom and power to guide human souls back to their original *Satopradhan* state. When human souls become pure, nature will also be purified.

When the power of purity reaches an optimum level, impurity will end. Creation of the new and destruction of the old will thus coincide.

We have reached near the terminal point of our collective journey. It is up to us now to become a part of the change towards the new world by connecting with God and His true wisdom, which is being imparted all over the world through His instruments, the Brahma Kumaris. It is now or never. ■

(Purity Features)

# Brahma Kumaris Celebrates Raksha Bandhan



Hon'ble Narendra Modi, Prime Minister of India



Shankaracharya Swami Nischalananda Saraswati Maharaj, Puri



Hon'ble Rajnath Singh  
Union Defence Minister



Hon'ble Jagdeep Thakur  
Governor of West Bengal



Hon'ble B.S. Yediyurappa  
Chief Minister of Karnataka



Hon'ble Consul Mr. Deepak Miglani  
St. Petersburg, Russia



Mr. Manmohan Singh  
Former Prime Minister of India



Hon'ble Fagu Chauhan  
Governor of Bihar



Hon'ble Bhupesh Baghel  
Chief Minister of Chhattisgarh



Defence personnel of Paraplegic Rehabilitation Centre, Army Institute, Mohali

# Time for the Great Deluge?

India witnessed extreme weather conditions this year. Parts of northern and southern India struggled with drought-like conditions in the summer, and the north-east and western coastal areas were lashed by torrential rains.

Even the desert state of Rajasthan was battered by heavy rainfall last month, causing several rivers to swell and dams to overflow. Parts of the state faced a flood-like situation.

India was not alone in experiencing the vagaries of the weather. Temperatures worldwide in July 2019 were the hottest ever recorded. The record warmth shrank Arctic and Antarctic sea ice to historic lows as much of the planet sweltered in unprecedented heat.

Average Arctic sea ice set a record low for July, surpassing the previous historic low of July 2012, according to an analysis. Average Antarctic sea ice was below average, making it the smallest for July in 41 years.

The intense heatwave in Europe and the Arctic led to a record-breaking 12.5 billion tons of ice melting on Greenland on August 1. One result of such ice melt over the years is that sea levels across the globe are 20 centimetres higher today than they were before the industrial revolution in the 1800s.

While scientists are divided on whether global warming is responsible for the anomalous weather, climate change is a reality and is being experienced in the form of greater intensity and frequency of storms, long-term

**Natural calamities are a message to us, and most of us understand the message but choose to ignore it.**

rain deficit, and flash floods.

As experts try to understand the complex processes by which weather patterns across the globe are changing, what is evident is that human actions over the past century and more have contributed to altering the cycles of nature that sustain life on this planet.

It is also clear that the changes in nature have followed change in human nature. As violence in human minds has grown over the ages, so has turbulence in nature. Many cultures and indigenous communities across the globe speak of a golden era when man and nature existed in harmony, with the elements bounteously providing for all human needs and never causing any harm. The weather was always pleasant and predictable, the earth, air and water unspoilt. The humans in that age were similarly pure, free of vices. Men, women and animals lived in peace.

But change is the law of nature, and as time passed, humans no longer remained the same. Human souls began to lose their purity and eventually started coming under the influence of vices. Their thoughts and actions began to be



coloured by vices such as greed, lust, anger, ego and attachment. Beings who were once divine and generous became selfish. As they started coveting and hoarding things, competition for resources began, eventually leading to conflicts.

The fractious state of the world and its environment is partly the result of mercenary greed.

Modern societies have adopted an economic model that is based on ever-increasing consumption. Since the earth has finite resources, such a model will inevitably lead to conflict and unbridled exploitation of nature.

Despite increasingly dire warnings from scientists, there is no sign that governments and most people in the world are willing to change course and adopt a way of life that does lesser harm to nature.

The extreme weather events of the past several years are nature's warning bells, indicating that its forces have been thrown off balance by human activity.

Natural calamities are a message to us, and most of us understand the message but choose to ignore it.

So where will this end? The sages of yore perhaps foresaw all this, as there are references in the Vedas to cataclysmic events at the end of the four yugas that wipe out nearly all life on Earth. Greek, Egyptian, Indonesian, and Mexican mythologies describe similar scenarios, while the Bible and the Koran speak of the Great Deluge.

Nature's message is that we should return to our original nature, which is made up of purity, truth, peace, love, power, and bliss. When we are guided by these qualities, we will naturally make the right choices and have a lifestyle that does least harm to nature.

But the present state of the world gives little hope of that happening. Perhaps the deluge that the sages anticipated will wipe the slate clean, so to say, for a fresh beginning. ■

(Purity Features)



Dadi Prakashmani Memorial Day was celebrated as 'World Brotherhood Day' at Om Shanti Retreat Centre, Gurugram. The Hon'ble speakers were (L-R) Mr. Shivraj Patil, Former Speaker and Home Minister of India, BK Geeta Didi, Mahamandleshwar Swami Dharamdev Maharaj, Pataudi, Rabbi E.I. Malekar, Secretary, Judah Hyam Synagogue, Mr. Sai Kumar, senior taxation consultant, Mr. Shashank Shekhar, Jt. Secretary, Ministry of Personnel, Public Grievances and Pensions, and Mr. Ved Pratap Vaidik, eminent media personality.



Hon'ble K.P. Sharma Oli Prime Minister of Nepal



Hon'ble Venkaiah Naidu Vice President of India



Mr. J.P. Nadda  
Working President, BJP



Hon'ble Palanisamy Sathasivam  
Governor of Kerala



Hon'ble Banwarilal Purohit  
Governor of Tamil Nadu



Sikh Territorial Army Officers, Ludhiana



Hon'ble Renuka Singh Saruta  
Union MoS for Tribal Affairs

## Raksha Bandhan in Photos



Hon'ble Tarun Bhanot  
Madhya Pradesh Finance Minister



Hon'ble Prem Singh Tamang  
Chief Minister of Sikkim



Mr. Shankar Lalwani  
Member of Parliament, Indore



Actor and Model Sampada Vaze  
Santacruz, Mumbai



Mr. Durga Shankar Mishra, Secretary  
Ministry of Housing & Urban Affairs



Hon'ble Sachin Pilot  
Dy. Chief Minister of Rajasthan

## A PEN PORTRAIT

Rajyogini Dadi Janki  
Chief of Brahma Kumaris

Alfredo Sfeir Younis, Economist, Chile

One of the most enlightened people walking with us in this world today is Dadi Janki. I think it is amazing that I have had the privilege to live at the same time as her. She is 103 years young.

At the material level, she exists as a woman, and at the non-material (spiritual) level she sits at the point of pure awareness. On the one hand, the pure awareness serves as the golden thread for all humanity and on the other hand, she does the same things that we do every day like eating, chatting, teaching, sleeping. This incredibly profound and subtle double dimension is like the two sides of a precious coin that we have here at hand.

Dadi Janki is so important to the world. This importance goes beyond her material existence. She is such a soul that no matter what state she is in physically she will continue to thread the human quilt so as to awaken us to a better future for humanity.

My relationship with Dadi Janki has been very enriching and there are a number of elements in her way of being that I would like to share with you.

**Dadi Janki is a trustee of the purity of knowledge**

The purity of knowledge is at the essence of this golden thread that Dadi Janki is. The beauty of such knowledge is that it is very simple. Her words find the most intimate space in our hearts and souls.

This is an essential lesson that we should learn: that it is not a matter of being only spiritual, but we need to be trustees of the purity of knowledge. It is not just a matter of knowing, it is a matter of what we really self-realize, and how that knowledge makes us live our life in a particular way.

One of the most interesting things in my conversations with Dadi Janki is the high degree of consistency. It is not like one mixed salad of things today, and another mixed salad tomorrow. She is clear and I understand her paradigm exactly. Each meeting gives me an opportunity to see a piece of the puzzle, knowing what the paradigm is all about. It is not like being on automatic pilot, but rather you are sitting with your hands firmly on the steering wheel, knowing there is a road map.



The pair of Holy Swans  
Dadi Prakashmani with Dadi Janki (File Photo)

**Dadi Janki embodies spiritual transformational value**

A spiritual teacher or leader is only so if he or she has transformational value. You would be able to recognize that person as a teacher because they have transformed your life by their mere existence. Others can speak well, they can give knowledge, but that is not everything.

After I first met Dadi Janki, I experienced her transformational value. And, such value must be the icon for all of us. She has not the exclusivity of it. This universal transforming value should also become the engine and ultimate ingredient that moves all institutions in our society, because, in the end, institutions are people. These institutions would exist if it were not for professionals and people like you and me. Factories don't exist without the human content. Governments don't exist without people.

If you were to ask a political party: 'Do you want to create poverty?' they would say: 'Of course not.' Do you want to degrade the environment? No, of course not. If you were to go to a church and ask the same questions, the answers would be the same. Nobody says they want to create poverty, crime, drug abuse, depression, unhappiness, frustration, etc. but the fact is that we have lost the ability to maintain unified and holistic values when we move from the abstract (the ideal) to the concrete (the reality). There is a breakdown in the ability of our society to maintain unity

in the values of existence from the abstract to the concrete. The abstract is what I want to wake up to tomorrow morning. And the concrete is the actual reality of what we see every day vis-à-vis those values.

If I asked someone: 'Do you love?', she/he would answer: 'Yes, I love. But actually, love is a state of being we need to share as a matter of self-realization, particularly in times of conflict. Love needs to be where there is none. Spirituality needs to be where there is none. However, few have self-realized these states of being and thus we do not have the ability to share spiritual love with those we dislike, oppose and hate. In the same vein, we talk about equality, inclusion, fraternity, sharing and caring, but we have not experienced these values to share them in the most critical moments.

Dadi Janki has no breakdown between her abstract and her concrete, no matter where she moves. Very few human beings possess such a high ability to maintain this holistic unity in this way, no matter where one is placed.

I believe this ability is fundamentally linked to the level of one's consciousness. The lower the level of consciousness, the less the ability we have to uphold consistency between the abstract and the concrete. The higher the level of consciousness, the higher the level of awareness, and the higher the ability to work with unity.

**I have never seen such a tiny lady with guts like a million elephants put together**

A third very fundamental characteristic of Dadi Janki is that she appreciates every question, every problem in the purest state of the origin of the question or problem. I have never seen her look down on a question, thinking it is too elementary. This has taught me that at the origins of existence there is something like a c-drive, the chip of the computer of our existence. In this place things do not have judgement; things are not good or bad. When questions are put to her that seem to me to be absolutely elementary, all of a sudden Dadi Janki grabs the question and brings it to this chip, and she gives it a spin that puts people into another realm.

When Dadi Janki talks, she touches the universal nature of everyone in the audience. This teaches us that there is a unity in our spiritual lives that is real, from where all of us should be working.

I must say, also, that to do what she does and to be who she is in this world, you have to have a lot of 'guts' because you are going against the current. If all of us were like Dadi Janki, we would not be discussing many issues we confront today. I have never seen such a tiny lady going around like a nobody but with guts like a million elephants put together. There are no walls for her. One cannot be a transformational spiritual leader or teacher if you don't have guts. Spirituality is not a matter of living in a shelter.

(To be continued)

**Letting Past be Past**

Dadi Janki says:

We should let the past be past — even what happened five minutes ago. To be consistently happy, we have to stop thinking about the past, and not have any desires for the future. Even if something unpleasant is happening in the present, we should not dwell on it. We are here to find solutions, not to magnify problems. Such efforts form part of keeping the heart clean and honest.



# For Peace OR Destruction?

**Editorial—**

The entire world is looking for peace today. But who is working towards it? While nations walk hand in hand at rallies, make idealistic goals at peace conferences, and support anti-war programmes at international forums, at home they continue, fervently, to explore and invent deadlier means of death and destruction in the name of self-defence.

Walking the path of contradiction, most countries divert huge amount of resources each year for improving their arsenal and upping the technology of warfare. They see it as a necessary evil to keep away other countries with military capabilities from waging a war against them. Many such countries, including ours, have gone ahead to create nuclear weapons of mass destruction that have the capacity to cause unprecedented damage – far greater than anything ever seen in the history of humanity.

Nuclear weapons are a source of tension for all. Each time the international political scenario heats up, there is fear of it getting out of hand. The repercussions of any such event would not be limited to one region alone. It would have frightening consequences for the entire planet.

Till now, lessons learnt from history, policies such as those emphasising no first use of weapons have played a good role, and wisdom has prevailed. But the truth is that anything once created cannot remain unused forever. Scientists have gone a step further and warned that the very existence of weapons of mass destruction, their mere presence, is a fatal threat to all of humanity.

Even if the political atmosphere is not volatile, factors like irresponsible handling of security stations, a natural disaster in the area where the weapons are placed, or a successful hunt of top secret information by a rogue nation – just anything of the sort could trigger a chain reaction that no one would be left to regret. Also, the increase in nuclear stockpile by one nation creates fear and compels others to doing the same, making the global scene scary.

It has been calculated that the nukes already created are capable of blowing up the earth many times over – and just anything from a fit of rage to a badly hurt ego could trigger that. They say there will be no winners in a nuclear war as it would be the final Armageddon.

So, if peace is what we all want, but destruction is what we continue to prepare for, where are we headed? As our higher, collective will remains unsupported by honest individual actions, and much has already been set into motion for destruction, what is in store for humanity? Reading all the present signs, we can say that the world is approaching an imminent destruction designed by man himself. Our planet is likely to be plunged into numbness, a period of dead silence, after the impending apocalypse, but that is definitely not the peace that we have been hoping to achieve.

So is that all to life? Is there no hope? Yes, there is! There is definitely a silver lining here too, and seeing and believing in it will lead us to a new dawn. To spot the silver lining, we must understand the cycles of time and life with greater depth.

First of all, time and life being cyclical, and not linear, always go on forever. These cycles are eternal, and everything that is part of them is subject to entropy. Also, history repeats itself as the cycle of time keeps rotating.

The cycle of life tells us that we souls are eternal. It also tells us that when anything reaches its extreme of decay, it comes to an end, but it leaves behind an essence that leads to a fresh growth, which again goes through the three stages of sato rajo and tamo i.e. entropy.

All these points of knowledge bring us to the conclusion that the impending destruction of the world will turn into a cleansing process that was long overdue. It will destroy everything evil on earth, drastically reduce population and pave the way for a new way of life – free of violence and fear. Finally, a new era of harmony will begin.

The call of time is that we prepare ourselves for the vice-less era that will follow soon. If today we sincerely support non-violence through our thoughts, words and deeds, we will in future become part of the world order where peace and prosperity will be our birthright. ■

# Gleanings from the press

## Nicotine-free e-cigarettes could damage blood vessels

So far, smoking e-cigarettes, also called vaping, has been marketed as a safe alternative to tobacco cigarettes and is rising in popularity among non-smoking adolescents. Contradicting this claim, researchers have found that even a single dose of vaping results in reduced blood flow and impaired endothelial function in large femoral artery that supplies blood to the thigh and leg. *(Times of India)*

## Need a break from work? Avoid your cellphone

Using a cellphone to take a break during mentally challenging tasks does not allow the brain to recharge effectively and may result in poorer performance, researchers at the Rutgers Business School have found. The phone may carry increasing levels of distraction that make it difficult to return focused attention to work tasks. *(Sciencedaily)*



## New cereal crop does not require yearly sowing

After 40 years of breeding and trialling, a new cereal called Kernza is ready for the market. A wild relative of wheat, Kernza is special because it is a perennial grass. Unlike other cereal crops that require repeated ploughing, Kernza planted once continues to yield grain season after season. This is a desirable trait because ploughing consumes energy, releases carbon dioxide, causes topsoil loss and harms soil ecology. At present, Kernza is a low yielding crop and is being turned into breakfast cereal and beer. Expect it to go mainstream in a few years. *(Times of India)*



## Could Mexico cactus solve world's plastics problem?

Mexico prickly pear cactus, which is emblazoned on the country's flag, could soon play a new and innovative role in the production of biodegradable plastics. A packaging material that is made from the plant is offering a promising solution to one of the world's biggest pollution conundrum. "The pulp is strained to obtain a juice. That substance is then mixed with non-toxic additives and stretched to produce sheets which are colored with pigments and folded to form different types of packaging. *(Times of India)*



## Microplastics in drinking water not a health risk for now: WHO

The World Health Organization (WHO) said that the level of microplastics in drinking water is not yet dangerous for humans but called for more research into potential future risk. The organisation has also urged a crackdown on plastic pollution to benefit the environment and reduce human exposure to microplastics. *(Agence France-Presse)*



## High BP in mid-30s ups risk of dementia

Having high blood pressure in your mid-30s can lead to decrease in brain volume and bigger gaps in white matter, all signs of cognitive decline. Those people whose blood pressure was higher at 53, and had risen more quickly between 43 and 53, were more likely to exhibit damaged blood vessels in the brain in their early 70s, researchers found. *(News Item)*



### 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.

Silence is like a Mirror.

# Spiritual Love — The unifying force for global happiness

BK Brij Mohan, Addl. Secretary General, Brahma Kumaris, Mount Abu

Love is one of the innate qualities of the human soul, and it is also what every soul needs to grow and realize its full potential. Love enriches when you receive it as well as when you give it. Being loved gives you strength and being loving gives you courage.

The love of the mother for the child enables it to grow up into a healthy, confident person, and the love of the child for the mother fills her life with joy and contentment. Every soul yearns for love and therefore seeks it. At the same time, our understanding of love may differ from time to time, or from person to person. As is the state of mind, so will be the perception of love.

For many people today, love is what is defined as such in movies and novels. It is a love that seeks to possess the other person. It breeds attachment, anger, jealousy, and leads to sorrow. They often mistake lust for love. Lust, described in the Gita as a gate to hell, just seeks gratification of sensual desires. It neither respects nor cares for the other person.

Similarly, another form of false love, attachment, creates dependence and a bondage that brings grief. These distorted forms of love arise from identification of the self with the body. One's attention is then pulled to other's bodies, and in this



Real love is unconditional and selfless, and arises from the core of one's being, the soul.

engagement with the gross physical form, true love, which is spiritual and subtle, is lost.

Real love is unconditional and selfless, and arises from the core of one's being, the soul. It is expressed in the form of caring, compassion, respect, and empathy. It is this spiritual love that brings people together in happy, fulfilling relationships. It creates mutual trust and understanding, and fosters cooperation, which helps people achieve

even seemingly impossible goals.

Such is the power of spiritual love that it influences other people even when it is not expressed overtly. The vibrations emanating from a person who is genuinely loving touch others and they are drawn towards that person. Such embodiments of love are a source of strength and succor for others, their mere presence dispelling other's grief.

In a world ridden with violence, only spiritual love, not diplomacy, can remove the mistrust, selfishness and hatred that are fuelling conflict. The first step is to realize that the whole world is one family, all souls being the children of one father, the Supreme Soul. This realization can bring hearts and minds closer, enabling their mutual respect and understanding.

When a sufficient number of people become spiritually aware, the power of their vibrations will create an atmosphere of peace and happiness that will foster goodwill and prevent any kind of violence or conflict.

Spiritual love might not be a fashionable concept, but such is its subtle power that it not only spreads on its own but it can also change the course of history and the destiny of nations. As Mahatma Gandhi said, all through history, the way of truth and love has always won. ■

## Spiritual Wisdom - Call of Turbulent Times

Dr. Mohit Gupta, Prof. of Cardiology, GBP Institute of PG Medical Education & Research, Delhi

It's no secret that these are turbulent times. Fear, turmoil and uncertainty fill the air these days. Seemingly irreparable divides fracture our politics. Many of us are experiencing increased anxiety, insomnia and very often a boiling anger. Healthy habits and inner peace are disturbed. Huge shifts are taking place both for humanity and the planet, which command our attention and inspire more people to step up and take a stand for their beliefs. Maintaining inner peace can be difficult when times are challenging, but is essential to our well-being. Now, more than ever, is the time to understand the dynamics of global turbulence, change the roots of it, adopt spiritual wisdom and set an example for future generations on how to rise above and be a force of strength stemming from love rather than ego. Cultivating this requires understanding our innate spiritual wisdom and having a Rajyogi lifestyle. Let us understand that these simple practices can transform our quality of thinking and life.

1. Slowing down: Fatigue

and tiredness are naturally associated with anything that works continuously. Our mind is no different; it is working like a machine, continuously, often erratically and not in a defined pattern. Such a thought pattern leads to emotional instability that adversely affects our concentration and decision-making power. Just as rest recharges our body, slowing down the pace of our mind and life is important to maintain balance in turbulent times.

2. Is it the Way Out: We all want change; but we want to bring a change by changing others and not ourselves. Spiritual wisdom tells us that change has to start inside. If there is fear, panic and pain outside, it is because of the vibrations that we emit from our mind. If we want the world to be peaceful, it has to start by creating similar thoughts inside. Developing a practice of repetitively generating positive, powerful and purposeful thoughts will change our inner environment, and the same will be reflected outside.

3. Nurture peace: Peace in today's world is most sought. We

Huge shifts are taking place both for humanity and the planet. It is the time to understand the dynamics of global turbulence.

travel to various destinations in search of peace; still it eludes us. Wisdom teaches us that peace in the world is created when I choose to be peaceful in all circumstances. When we set this equation right, the expression of our life becomes peaceful.

4. Practise Forgiveness: A mind bound by the memories of the past cannot create happiness and joy. Wisdom teaches us to practise the art of forgiveness and letting go. Forgiveness is an attribute of the strong. It is an art that requires us to be

compassionate to ourselves and then to everyone. We forgive others for our peace.

5. Practise Mindfulness: Spiritual wisdom teaches us to practise ancient Rajyoga meditation to empower our soul. Meditation is a loving and intellectual communion between consciousness (soul) and supreme consciousness (Supreme Soul). This reminds us that each soul is pure, powerful and loving. The more we practise silence, the original nature of soul emerges in our thoughts, words and actions. God talks when we listen. But it's more like a whisper than a shout. Find quiet so you can hear.

Let us together simplify the complex cycle of life that we have created for ourselves. Just as we take a little time to energize our body with food, let us choose to take out time to charge our mind and hence our spirit or consciousness. If we decide to bring a permanent change in our life, this is no more optional. It is imperative that we take out a few minutes for self-contemplation and check the quality and flow of our thoughts. ■



Hon'ble Ma. Leonora "Leni" Robredo  
Vice President of the Philippines



Hon'ble Om Birla  
Speaker of Lok Sabha



Hon'ble Moses Nagamootoo  
Prime Minister of Guyana



Hon'ble Ashok Gehlot  
Chief Minister of Rajasthan



Hon'ble Biswabhusan Harichandan  
Governor of Andhra Pradesh



Hon'ble Kiran Bedi  
Lt. Governor of Puducherry



Hon'ble Manohar Lal Khattar  
Chief Minister of Haryana



Hon'ble Raghubar Das  
Chief Minister of Jharkhand



Hon'ble Naveen Patnaik  
Chief Minister of Odisha



Hon'ble Kalraj Mishra  
Governor of Himachal Pradesh



Mr. Indra Mani Pandey  
Addl. Secretary, Ministry of External Affairs



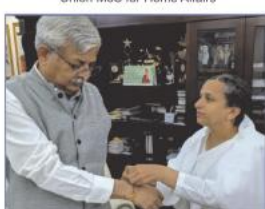
Hon'ble G. Kishan Reddy  
Union MoS for Home Affairs



Dr. Iqbal Singh  
Former Lt. Governor of Puducherry



Mrs. Srijana Sharma, Dy. Speaker  
Provincial Assembly of Gandaki, Nepal



Mr. Biswajit Roy  
Director, Oil India Ltd.

**Raksha Bandhan  
in Photos**



# Evolution, Creation or Divinisation?

One of the most mysterious questions that has baffled human minds is, 'How did it all begin - the cosmos, universe, earth, life, humans etc.? Many thinkers and scientists propounded their views to explain this puzzle. Out of all the theories Charles Darwin's theory of evolution has been the most popular and debated one.

However, over the years, the theory has been thoroughly panned and relegated to the back pages of his scientific history. Even though it is one of the most irrational, logical and improbable of all theories, modern world still clings on to it. In the absence of a credible explanation, Darwin's unproven theory is presented by the media and school books as an established fact of science. Alternative views of other scientists are hardly given publicity. It is indeed unfair to pass it on to coming generations as a scientific theory instead of realising that the students should be given a chance to explore about the Creator and His creation.

Darwin himself had grave doubts while postulating the theory because of the vital 'missing links. About 24 years after Darwin's theory was published, he admitted that "No evidence worth anything has yet been advanced in favor of a living being, developed from inorganic matter..." "Not one change of species into another is on record..." We cannot prove that a single species has changed (into another). (My Life and Letters Vol. 1 P 210).

If the lower species have indeed evolved through natural selection into higher species then how come monkeys and apes, the supposed ancestors of man are still to be found as monkeys and apes? Moreover, Darwin's theory of evolution does not clarify anything about how matter or the elements of nature evolved? Geological and paleontological research goes against Darwin's theory. There are wide 'gaps' in fossil records which are vital to prove the intermediate links between species. The birth of the first life form - amoeba - from the primordial soup is the most improbable presumption on which this theory is based.

The greatest flaw of the evolution theory is that it completely ignores the existence of the sentient entity 'soul' which is the prime motivator of living beings and distinguishes them from inert matter. Consequently, the moral and ethical dimensions are entirely missing in Darwin's theory. Man has not evolved from apes but there is a ring of truth in the saying, "Man was never a beast, nor will he ever become a beast, but today, he has become worse than a beast."

The theory of creation upheld by many believers, appears to be more plausible comparatively. It holds forth that there is a perfect system in everything in the universe. The sun, moon, stars and the oceans could not have just happened. They have a definite purpose and no life form could be sustained without them. There is an intelligent design behind everything and every being. There must be an all-knowing, all-powerful Creator who made everything that we see or know about because the world did not just begin somehow and end on the day earth becomes



Of what worth would an actor be if he does not know about the plot of the drama?

cold as some scientists believe. But if some super intelligent Creator created the whole thing then the question arises - who created Him or where did He come from?

There is another explanation to the big question and it takes us beyond the concept of beginning and end. It is a simple yet profound spiritual truth and it gives us the most plausible answer to the secret of origin of life. The world is like an eternal drama. Anything that is eternal has to be cyclical, so that it goes on and on like day and night, seed and tree or egg or hen. It will pass through the stages of birth and growth, decay and death, to be followed by rebirth or recreation. If we fix the beginning of anything in time, we also define its end in time. Matter (elements of nature) and souls are eternal; so is GOD. This world is an eternal interplay between *prakriti* (nature), *purush* (souls) and *paramatma* (God).

Every drama has a plot or story which is set in advance before the actors enact it. The director knows the entire plot and guides the main actors about how best to play their roles. It is a strange thing that in spite of being actors in this world drama humans are ignorant about its story and the director. Of what worth would an actor be if he does not know about the plot of the drama?

A soul is a sentient point of light that has consciousness, which means it has the power to think, feel, judge, choose and act through sense organs of the body. Souls are immortal and imperishable and hence eternal. Matter is insentient, perishable and influenced by actions of the souls. But everything in nature changes in a cyclic pattern and gets recreated or renewed. Hence, nature is also eternal.

Human souls take the support of matter - the body - to express themselves in this world drama. A soul takes a body, leaves it and takes

another one to continue its cycle of doing karma and eating its fruits. The changes in the quality of souls' actions influence the quality and functions of matter. There is an eternal pattern for souls too.

The world drama is the story of how human souls enter the world stage in a perfect form, they are pure and virtuous and lead a joyful life. The world is in Golden Age (Satyuga). As the purity of the souls gradually decreases because of their constant interplay with the material world, the drama moves to the silver, copper and iron ages. At the end of the Iron Age God directs the drama towards a new beginning.

God is a Creator in the sense of being a re-creator who divinizes the old impure iron-aged world into a new, pure golden-aged world again. He renews the world by removing impurities such as lust, anger, greed, attachment and ego in the souls and by making their nature divine.

God is all-knowing (*sarvagya*) while humans have limited knowledge (*alpgya*); hence, it is through Godly wisdom that we know the truth about the Creator and the entire Creation. At the confluence of the Iron and Golden Ages, God makes a divine revelation through the human medium of Prajapita Brahma about the true knowledge of the soul, God and the world drama. Those souls who purify themselves through God's wisdom help transform the entire world to Satyuga.

The end of the old-world order is merged in this process of recreation. The Omega is merged in the Alpha Point - there is no beginning, no end - the world drama goes on eternally. The revelation of Godly wisdom and divinisation of human souls at every confluence age makes the interplay between souls and matter eternal. That is why God is the eternal Alpha Point - the starting point of everything, the One who begins the new cycle when the old one reaches its end. Everything evolves, gets recreated and divinized by the Alpha - the eternal point of Light and Might. Amazingly, the world drama is passing through this episode now. ■

# Vegetarianism and Health

The belief that vegetarians tend to be healthier than non-vegetarians has been substantiated by research.

People become vegetarians for a number of reasons, but there is a widespread belief that a vegetarian diet promotes good health. Studies show that vegetarians tend to have a lower prevalence of obesity, gallstones and diverticular disease than non-vegetarians, and have lower mean blood pressure and serum cholesterol levels. Thus, there is certainly evidence for the belief that vegetarians are healthier than other people.



### Lifestyle

The kind of people who become vegetarians tend to be different in many ways from the rest of the population: they are less likely to smoke, they take more exercise, and their diet is probably more health-oriented than that of other people. All these traits form part of the vegetarian lifestyle, but they are not peculiar to vegetarians. To find out what health benefits are specific to a vegetarian diet and why, studies must control for these variables.

One British study attempted to address this issue by identifying subjects, both vegetarian and non-vegetarian, with an interest in health foods. A short questionnaire was distributed among customers of health food shops, sent to members of the Vegetarian Society and similar organizations, and incorporated into certain magazines which have

Vegetarians are less prone to obesity, gallstones and diverticular disease than are non-vegetarians.

an emphasis on healthy eating. A subset of the respondents was then visited.

The vegetarians tended to be leaner and have lower plasma cholesterol levels than the non-vegetarians, but blood pressures were similar in the two groups. This last finding was unexpected as other studies had suggested

that vegetarians have lower blood pressure than non-vegetarians. The similar blood pressure readings found in this study may have been because the vegetarians were being compared with people with similar lifestyles.

### Mortality

Ten years after this initial study the whole cohort—nearly 11,000 people—was followed up using mortality data supplied by the NHS Central Register. The group was found to be healthier than the general population. The number of deaths that had occurred was only 55 per cent of those that would have been expected, given the age and sex distribution of the subjects and the age-specific death rates of England and Wales during the intervening years.

Mortality from ischaemic heart disease (IHD) was significantly lower in vegetarians than in non-vegetarians. The standardized mortality ratios were 42.8 and 60.1 respectively.

Similar findings have been reported from a longitudinal study of 27,000 American Seventh-Day Adventists who were followed up for 20 years. The Seventh-Day Adventists advocate vegetarianism while not insisting on it. It can be assumed that the vegetarians and non-vegetarians of this religious group have similar lifestyles and diet apart from their vegetarianism, especially as they are all required to abstain from alcohol and tobacco. The results showed a highly significant association between the daily

eating of meat and mortality from all causes in men, but not in women, and between meat and IHD mortality in both sexes. There were also positive associations found in men between meat-eating and diabetes and between milk consumption and prostate cancer. In women a positive association was found between egg consumption and ovarian cancer.

### Ischaemic heart disease

The study also found that the risk of death from IHD rose steadily with the frequency of meat consumption and that among the vegetarian men there was a strong association between the age at which subjects had become vegetarians and the mortality from IHD.

It seems likely that vegetarianism confers some protection against IHD. The two cohort studies suggest that some protection arises from the vegetarian diet and not just from the general lifestyle of people who decide to be vegetarians. Admittedly, the non-vegetarian health food shoppers were somewhat fatter than the vegetarians.

### Conclusion

The following conclusions can be drawn about the relationship between vegetarianism and health: Vegetarians have a lower risk of dying from IHD than other persons with a broadly similar background.

(Purity Archives)



Mr. Pranab Mukherjee  
Former President of India



Hon'ble Vajubhai Rudabhai Vala  
Governor of Karnataka



Hon'ble Vijayender Pal Singh Badnore  
Governor of Punjab



Hon'ble Vijay Rupani  
Chief Minister of Gujarat



Hon'ble Sarbananda Sonowal  
Chief Minister of Assam



Hon'ble Mridula Sinha  
Governor of Goa



**Shanti Sarovar, Hyderabad** : Lighting lamps at a public programme are Hon'ble P.S. Reddy, Speaker of Telangana Assembly, Sister Shivani, Renowned Motivational Speaker, BK KuldEEP Didi, Director, Shanti Sarovar, Justice V. Eswaralah, Former Chairman, NCDC and others



**Indonesia** : H.E. I. Wayan Koster, Governor of Bali, with BK Sister Janki at Denpasar District 61st celebrations where she spoke on 'The Importance of Values in Life for Happiness and Progress'.



**Gyan Sarovar, Mount Abu** : Inaugrating Convention of Political Leaders are Mr. Prafulla Kumar Mahanta, Former Chief Minister of Assam, BK Dr. Nimlala Didi, Dr. Shobhakar Parajuli, former MP, Nepal, BK Brij Mohan, BK Sister Lakshmi, Mr. M.Vajjilal Zala, Chairman, National Commission for Safai Karamcharis, BK Sister Usha, Dr. Sita Sinha, Former Bihar Minister and BK Sister Sapna.



**Sangli, Maharashtra** : Relief being distributed to the flood affected by Brahma Kumaris.



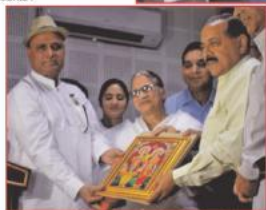
**Tokyo, Japan** : Sister BK Ekta from Delhi at International Conference on Mental & Behavioural Health 2019 after presenting her study on 'Effect of Raja Yoga Meditation on Spinal Cord Injury Patients'.



**Varanasi** : Lighting lamps at Krishna Janmashtami celebrations are Mr. Ravindra Jaiswal, UP Cabinet Minister of State along with Mr. Kedarnath Singh, former UP MLC, BK Dipendra, BK Saroj and others.



**Jalpaiguri, West Bengal** : BK Sister Nilu receiving BSF Battalion Memento after 'Rakhi' programme at BSF Camp, Rani Nagar.



**Jammu, J&K** : Dr. Jitender Singh Rana, Union Minister of State, being presented Godly gift by BK Sister Sudarshan.



**Sirsa, Haryana** : Ms. Sunita Duggal, Member of Parliament, being presented memento by BK Chandrika Didi, Vice Chairperson, Youth Wing and BK Sister Bindu.



**Gulbarga, Karnataka** : Mr. Kishor Babu, IPS, DCP inaugurating 'Rakhi Festival' along with BK Prem Singh Bhai, BK Sister Vijaya and others.

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**The Future of Power Dialogue at Shangri-La Hotel, Makati, Manila, Philippines.** Sitting Chairs L-R-Dr Honey Carandang (President, MLAC Mindfulness Learning), Carmencita Abella (President, Ramon Magaysay Award Foundation), Yvonne Chua (Training Director, Philippine Center for Investigative Journalism), Marilyn Albergo (GM for Sales and Operations, Kintess World Express Philippines), Parvati C. Mazumdar (Educator), H E Jaideep Mazumdar (Indian Ambassador to the Philippines), Nizar Juma (Initiator, Future of Power, Industrialist, Kenya), BK Rajni Daulstram (National Coordinator, Brahma Kumaris, Philippines & Japan), Margarita Floirendo (Chair, Board of Trustees, Cultural Center of the Philippines), Vicki Tauñ Corpuz (UN Special Rapporteur, Rights of Indigenous Peoples UN Human Rights), Sandra Co (President, Little President Learning Center), Emmie Velarde (Writer/Editor), Mallyn Perena-Borillo (President, OSM Maritime Services). More details visit [futureofpower.org](http://futureofpower.org)



## Mr. Wise

Mr. Wise?

Yes.

Good is good and bad is bad?

Yes, and it's not just thinking that makes it so.

If good is mixed with bad, that becomes bad,

but if bad is mixed with good, that doesn't become good, why?

I cannot say.

\*\*\*

And Mr. Wise?

Please, continue.

Doesn't it mean that in today's bad-bad world, good people can easily become bad, but bad people cannot become good?

Let me think...

And could a person be both good and bad at the same time?

I cannot say.

\*\*\*

Lastly...

Now what's that?

Doesn't it follow that just like the day and night, the epochs of Satyuga (Righteous world) and Kaliyuga (unrighteous world) cannot co-exist but follow each other in a cyclic order?

Good logic.

And just like the time of dawn, the world is now passing through the confluence of Kaliyuga and Satyuga?

That's what the Brahma Kumaris are telling the world.



Danseuse Gracy Singh and party from Mumbai performing at Om Shanti Retreat Centre, Gurugram on the theme : Dawn of Paradise.



## Tailpiece

When the victim took the stand in a trial against two men accused of assaulting and robbing her, the district attorney asked, 'Are the two perpetrators of this terrible crime present in the courtroom today?' Before the victim could respond, the two defendants raised their hands and said, 'Here, Your Honour.'

\*\*\*

Roshan was fifteen minutes late for the class. His teacher demanded an explanation. "Sir, I had a lovely dream. I was visiting countries of Europe and seeing beautiful places. It was only when my plane landed in India that I woke up with a start and discovered I had got late for school." Just then another boy Shyam came in. "And why are you late? Asked the teacher. "Sir," he replied, "I had to go to the airport to receive Roshan."

