

PM Modi inaugurates 80th Anniversary of Brahma Kumaris

Inaugurating the 80th anniversary celebrations of the Brahma Kumaris at its Shantivan complex in Abu Road by videoconference from New Delhi. **Prime Minister Narendra Modi** lauded the institution for working with unity and dedication over eight decades to spread the light of India's spiritual knowledge all over the world.

Dadi Janki is a true Karma Yogi who continues to serve society even at the age of 101 years, said PM Modi. Under her leadership, the Brahma Kumaris have more than 4,000 meditation centres across the world. This large network of centres and volunteers can be channelised to supplement the government's efforts in the areas of renewable energy, nutrition and health as well as ushering in a cashless economy, urged the Prime Minister.

"I have faith that you can do it. You have the ability, the organisation, and the will. Results can be expected from you," the PM said, addressing more than 6000 prominent persons from India and abroad who had gathered for the four-day celebrations.

Earlier in the day, **Senior BJP Leader L.K. Advani** led a host of luminaries in paying tribute to the work of the Brahma Kumaris. "Brahma Kumaris is the only institution of its kind in the world that has been founded and expanded by women. Just as the mother plays the key role in a family, women have played the main role in the growth of the Brahma Kumaris," Advani said.

Rajya Sabha Deputy Chairman P.J. Kurien and **Bollywood star Raveena Tandon** were among the other dignitaries who lauded the Brahma Kumaris for serving society and setting an example of women's empowerment. "The progress of the country should be measured by gross domestic happiness (GDH) and not gross domestic product. The Brahma Kumaris are contributing to India's GDH," said Kurien.

(Purity Report)
(See page 4)



Prime Minister Narendra Modi speaking from New Delhi in a videoconference during the 80th Anniversary Celebrations of the Brahma Kumaris.

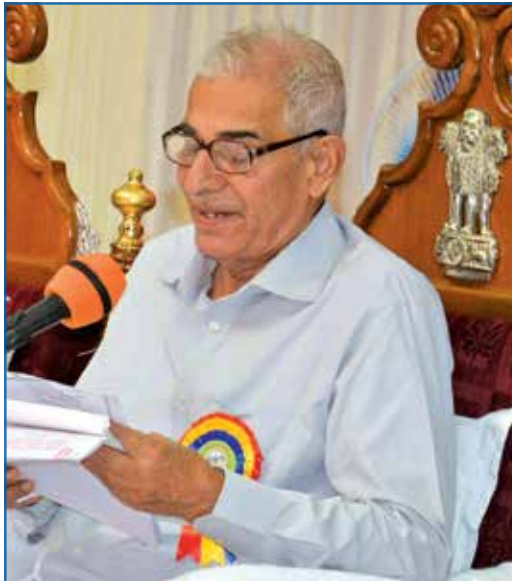


Rajya Sabha Dy. Chairman P.J. Kurien lauding the Brahma Kumaris.



Senior BJP Leader L.K. Advani paying tribute.

NEWS IN PHOTOS: 80th ANNIVERSARY CELEBRATIONS OF THE BRAHMA KUMARIS



Gujarat Governor O.P. Kohli



Union Minister for Micro, Small and Medium Enterprises, Kalraj Mishra, with Dadi Janki.



Assam Governor Banwarilal Purohit



BK Mruthyunjaya,
Programme Organising Secretary



Lt. Governor of Puducherry, Kiran Bedi



Sudhir Chaudhary, Editor-in-Chief, Zee News



Cine Actor Raveena Tandon



Deepak Chaurasia,
Editor-in-Chief, India News



Swami Chidanand Saraswati, Founder
Parmarth Niketan Ashram



Rajasthan Revenue Minister Amara Ram



Dadi Ratan Mohini, Sr. BJP Leader L.K. Advani, Rajya Sabha Dy. Chairman P.J. Kurien and others inaugurating an Expo on 80th Anniversary.



Ernesto Castellanos, Mexico



Justice Mohan Bahadur Karki,
Chief Justice, High Court, Nepal



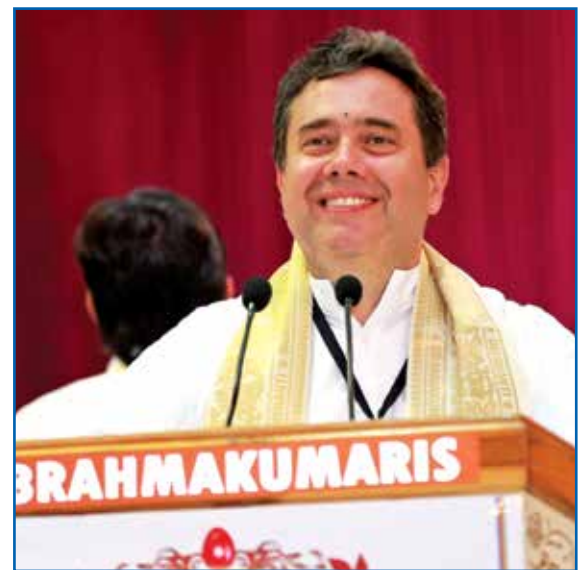
Justice Sahibul Hasnain, Judge, Lucknow Bench of Allahabad
High Court, with Dadi Janki.



B.K. Jayanti, UK



Reghu Ramachandran,
Sr. Vice President, Asianet



Marcelo Bulk, Colombia



Acharya Dr. Lokesh Muni



Anurag Batra, CM & Editor-in-Chief,
Business World



Anuradha Prasad, Editor-in-Chief,
News 24



Exhibit at Expo



Dance by Sri Rajani Raja Kalashetram, Vizianagaram

Science, Spirituality must go hand in hand: Kalraj Mishra

Union Minister for Micro, Small and Medium Enterprises, Kalraj Mishra, said holistic progress could take place only when material and spiritual development went hand in hand. He said that the Brahma Kumaris were capable of showing the right spiritual direction to the country and the world.

The president of Parmarth Niketan Ashram, Swami Chidanand Saraswati, said the Brahma Kumaris had shown how the world could be one family. "Chaos does not happen outside; it happens inside of us", he said, asking everyone to participate in building a culture of trust.

Brahma Kumaris working for change from within: Governor Kohli

Gujarat Governor O.P. Kohli stated that positive social change could be brought about only by a movement based on values and spiritual principles, and the Brahma Kumaris were working for this. The Brahma Kumaris, he noted, were working to change people from within and give their life the right direction. He lauded the institution's work in the areas of women's empowerment and ecological conservation, and its role in the Swachh Bharat Abhiyan.

Applauding the work of the Brahma Kumaris, **Kavinder Gupta, Speaker of the Jammu and Kashmir Legislative Assembly**, said that development needed to be holistic.

Brahma Kumaris strengthening roots of Indian culture: Assam Governor

The work of the Brahma Kumaris was eulogised by **Assam Governor Banwarilal Purohit**. "There is no institution in this country as pure and great as the Brahma Kumaris," declared Governor Purohit, adding that he had been "mesmerised" by his visit to the institution's Shantivan campus.

Good people must join public services to change India: Kiran Bedi

Mrs. Kiran Bedi, Lt. Governor of Puducherry, urged the Brahma Kumaris to provide training and encourage youth to join various public services like IAS, IPS, IRS, IFS, etc. so that people of strong character and service orientation could contribute to bringing about positive change in the country. Mrs. Bedi also proposed that the Brahma Kumaris help provide palliative care to the elderly and critically ill. "No one can do it better than my compassionate Brahma Kumari sisters," she said.

Mr. Santosh Bhartiya, Editor-in-Chief, Chauthi Duniya, made a proposal to declare Mt. Abu a spiritual city. The proposal was seconded by **Mr. Ramdas Bandu Athawale, Union MoS for Social Justice and Empowerment**, who applauded Brahma Kumaris' services in the fields of women's empowerment and environmental protection. ★



Dadi Hirdaya Mohini blesses Pratibha Advani, daughter of L.K. Advani.



BK Nirwair exchanging greetings with P.J. Kurien.



Dadi Janki being greeted by BK Brij Mohan.



Prime Minister Narendra Modi saying 'Namaskar' to Dadi Janki during two-way video conferencing.

Yoga as a Healthy Way of Life

BK Brij Mohan

The most popular concepts about yoga are asanas, physical stretches, breathing exercises and techniques to relax and focus the mind. There are many kinds of yoga — Hatha Yoga, Tantra Yoga, Kriya Yoga, Raja Yoga (of Patanjali), Kundalini Yoga, Sankhya Yoga, Tattwa Yoga and many others.

Today yoga is practised mostly to attain physical fitness, stamina and weight-loss. But yoga as a holistic practice was seen as a tool to facilitate inner peace, self-realisation and mental purification. Yoga isn't just exercise, it's a state of mind. All over the world, those who consider yoga to be a set of bodily and breathing exercises aiming at body-mind well-being are more than the number of people who consider yoga to be a spiritual journey.

The health benefits of yoga are manifold. However, all the systems of yoga mentioned above involve physical stretches, postures, bending and flexing of the body, which cannot be practised regularly by the elderly, ill and those with physical challenges. To be of benefit, it requires plenty of time and motivation to practise regularly.

The word 'yoga' is derived from the Sanskrit term 'yuj', which means to connect. Yoga is a communion of the human soul with the Supreme Soul. Such a spiritual union empowers a human to overcome lust, anger and ego and live a virtuous life with spiritual awareness and compassion.

In the present age of Kalyug, most people are leading a 'bhogi' life. A 'bhogi' chases happiness in possessions, roles, status and all outer achievements that gratify his sense of 'I' and mine. He engages himself endlessly in competing for space, position and material resources. His actions gradually entangle him in



the
speaking
tree

The Times of India, New Delhi
Wednesday, March 15, 2017

a web of greed, ego and attachment. A 'bhogi' ultimately becomes a 'rogi' — physically, mentally, morally and spiritually unhealthy.

Health is not just absence of disease but a state of wellness in which a person enjoys physical, mental, social and spiritual health. Most diseases today are psychosomatic, caused by negative emotions. The negative 'sanskars' of the soul adversely influence the individual's attitude, outlook, dietary habits, relationship and behaviour. As a consequence, norms of physical and mental health are violated. When the body's tolerance limit is crossed by repeated violations, disease sets in.

Yoga is a way of life. It involves sattvic diet, positive thinking, spiritual study, healthy relationships, silent meditation and selfless service. A yogi lifestyle does not mean renunciation or shedding family responsibilities. A yogi maintains his mental equilibrium even in adverse situations. He is naturally free from addictions and

unhealthy habits. A yogi celebrates the spirit of love through a very deep and authentic spiritual connection with others.

The basis of Raja Yoga is soul-consciousness, which means considering one's true self as an immortal soul having an eternal relationship with the Supreme Soul, and the disciplines of a yogic lifestyle are clearly described in the Gita. The Gita describes the essence of Raja Yoga as mental communion with God: 'man-mana bhava; sarvadarman partiyajya mam ekam saranam vraja'.

Raja Yoga is easy to practise. Everyone in a family, including the elders and children, can practise it. The aim of this union with the Supreme is to become like Him in His qualities. As souls, we have attributes similar to those of God. As God's children, we human souls are innately good and pure; peace, truth, love and bliss are our innate nature.★

(The writer is chief spokesman of
Brahma Kumaris Organisation.)

Godly Invitation

Dear Friends,

We invite you to a journey — a journey to reclaim something that was once ours, but has been long lost. Just as the solstice marks the transition from one season to the next — a turning of the tides, a change of "guards", a beautiful transformation of the colours and fragrances of nature — we are at a transition point in TIME where there is a global effort to shift our energy and vision from outside to inside. This beautiful journey of going back within gives birth to a beautiful remembrance — the remembrance of what it feels like to simply be, to be truly happy, peaceful, loving, creative and pure — all qualities intrinsic to our essence.

Contact your nearest BK Rajyoga Centre.
Brahma Kumaris

Yoga across the world



Yoga is perhaps the most important gift that India has given the rest of the world.

Sr. Jayanti, UK

Yoga is the sweetest form of relationship between I the soul and God, the Supreme source of love and peace.



Sr. Molra Lowe, Argentina



Yoga has taught me who I am and how to enjoy a deep union of love with God.

Br. Charlie Hogg, Australia

Yoga is the loving method to connect with ONE, the Source of Peace, Power, Purity and Wisdom.



Sr. Marta Matarin, Spain



Yoga means mental connection. Raja means sovereign. Raja Yoga, therefore, is the sovereign connection or the connection that makes us self-sovereigns.

Br. Ken O'Donnell, Brazil

Yoga is a spiritual link of man with the self, world and God.

Sr. Sudha, Russia



Yoga is the easy way home to peace, harmony & balance: it signifies alignment with one's own eternal nature and the unlimited, unconditional nature of God ensuring that not only do we live in the light of God's love, but we become channels of that exact same light to heal our world.

Sr. Caroline Ward, Chile



Editorial

Lack of will and inclination to walk the right path

Prime Minister Narendra Modi on March 26 opened the 80th anniversary celebrations of the Brahma Kumaris through a videoconference. He asked the organisation to supplement certain government schemes and social initiatives. He suggested that in collaboration with various universities, an online certificate course could be started to educate people about right nutrition. He said there was a dearth of awareness about what to eat, how much to eat and what not to eat, even among well-off citizens. The course, he said, would help the younger generation to stay away from unhealthy foods and also enable it to make a difference to its future as well as to the environment.

Educating people about a healthy lifestyle is essential to our progress, and it does make a big difference. But there are several drives that have spread awareness about harmful trends, yet only limited success has been achieved. Take, for instance, the anti-tobacco campaign. Tobacco users already know by experience that their habit goes against their health. Over that, the government and NGOs have used the media, hospitals, schools and colleges consistently for the past many years to spread the message that tobacco consumption is injurious to health. All cigarette packets carry this strong warning both in words and in visuals. Yet we find so many people – both rich and poor, educated, literate and illiterate – who are addicted to various forms of tobacco.

Collective will has a big role to play in the success of a campaign. In bringing about any good change, the most common impediment is the lack of human will to side with the right thing. Especially in the current times, when plenty of information is available through the electronic media, books and the Internet, the greater need is to cultivate the desire to follow what we already know, and to gather the power to implement it in our daily life. A parallel to this situation is drawn in the Mahabharata, where Duryodhan says that he knows what is right and wrong, but he doesn't have the inclination to walk the right path.

Just before a person performs an action, there is a small pause, when his conscience speaks to him and tells him what he ought to do. When a person bypasses this inner voice and chooses to act differently, a negative karma is created. The memory of every act is stored in a person and influences his following thoughts, words and actions. When a negative thought is repeatedly brought into action, it leaves a deep, dark trace on the soul, which predisposes the person to performing similar actions in future. In this way, his innate goodness and pure knowledge are left without expression, and he is trapped in his wrong habits.

When a person bypasses his conscience in one matter, its voice is weakened. As a result, he is unable to make conscientious choices in other situations as well. For instance, if he deliberately chooses wrong food habits, his inability to control his physical senses affects his field of work and relationships also.

In our age, when the five vices of lust, anger, greed, attachment and ego hold the human soul hostage, just the right information to set it free cannot do much. It has to be combined with a pure desire to achieve success, and the strength to work for it. If knowledge alone were sufficient, all doctors would eat healthy, policemen would be honest and lawyers would stand by what is right.

The elevated task of freeing human minds of addiction to the forbidden taste and cultivating a liking for their original goodness can be achieved only through God's power. PM Modi has high hopes for our country, just like Mahatma Gandhiji wanted to establish Ram rajya. The goal is set for us. Once our minds become independent, our best intents will bear fruit. The Brahma Kumaris are already walking this path and helping individuals to regain their lost inner kingdom.★

Gleanings from the press

Brain cells by the million

Scientists have discovered a stem cell technique using which brain and muscle cells may be generated by the millions in just a few days. The technique, reported in Stem Cell Reports, makes possible production of cell types that could not be made earlier, for use in studying disease. *(The Hindu)*



Polluted environments kill 1.7 m children a year

A quarter of all global deaths of children under five are due to unhealthy or polluted environments, including dirty water and air, second-hand smoke and lack of adequate hygiene, the World Health Organisation has said in a report. These factors can lead to fatal cases of diarrhoea, malaria and pneumonia, and kill 1.7 million children a year. *(Reuters)*

Solar-powered 'skin' for prosthetic limbs

Amputees with prosthetic limbs may soon get a better sense of touch, temperature and texture than current technology provides, thanks to the energy-saving power of the sun, according to British researchers. It can power sensors that increase sense and feeling in a limb, so much so that the prosthetic limb can feel pressure, temperature and texture like natural skin. *(Times of India)*

Bhoola Bhai

And our friend Bhoola Bhai on Mandir Lane is convinced that although everyone is looking for a change for the better in the world, only those who bring about a change in themselves can become instruments for such transformation. Self-change in such pathfinders, he believes, is a pre-requisite for realizing the cherished objective of world change.

Depression top cause of disability

More people are affected by depression than by any other disease in the world. According to new estimates by the World Health Organisation, depression is the most common cause of disability worldwide. Depression is also a major contributor to deaths by suicide, which number close to 8,00,000 a year. *(News Report)*

Regular jogging ups life expectancy

Regular jogging augments the lifespan of men by 6.2 years and of women by 5.6 years, according to a new study. The study's most recent analysis (unpublished) shows that between one and two-and-a-half hours of jogging per week at a slow or average pace delivers optimum benefits for longevity. *(News Item)*

Play music, reduce pain

Music therapy has been found to decrease pain in patients recovering from spinal surgery, according to findings published in The American Journal of Orthopaedics. *(News Item)*

Kindness
gives birth to
kindness.



Brahma Kumaris theme for the Year 2017-2018

Godly Wisdom for Peace and Protection

Peace and protection are desired by everyone, especially in the present time when the world is facing many uncertainties, confusion and conflicts. Insecurity, restlessness and intolerance are on the rise. At such a time, where can humans turn for peace and protection?

Peace is an essential prerequisite for progress in any society. Peace cannot be established either through military power or by peace summits. Treaties, charters, agreements and alliances cannot bring peace on earth. Peace is more than just absence of war or conflicts.

Today, nations spend a lot of time and money in the name of peace. Peacekeeping has become a travesty of our times. Global military expenditure and the arms trade account for the largest spending in the world. That countries spend so much on their militaries but contribute so little to the goals of global security, peace, international cooperation etc, is a significant marker of the seriousness of world leaders towards peacekeeping.

We have advanced security systems and resources to defend ourselves from perceived threats. We are very aware and updated about various kinds of security threats and the means to thwart them. The safety that each one wants cannot be secured with guns, bodyguards, x-ray machines, scanners and metal detectors, or by rigorously trained security personnel. We have witnessed many times how even the highest levels of security were breached when heads of state were assassinated, when government structures were attacked, when the World Trade Center towers were reduced to ashes and when top-security global events were attacked by terrorists.

Ironically, all security and safety measures stem from the feeling of being unsafe and insecure. The greater the insecurity, the greater the need to defend oneself and attack those who are perceived as potential threats and enemies.

Any thought or feeling that is influenced by vices such as lust, anger, greed, attachment and ego shatters peace. Peace cannot dwell where there is lack of trust and respect for each other; there will be animosity, hatred, misunderstanding and aggression. Not just in a gross physical sense; but also in a subtle sense. Peace comes where

Peace is possible only if the spiritual essence in each one of us is awakened and lived as our true identity. Purity gives us the highest protection, it is the harbinger of peace.

purity dwells. The precursor of a peaceful society is a clean and positive mind. Righteous and good karma is the only investment that can secure us against all harm and suffering. No amount of security arrangements can save anybody if their negative deeds have to be accounted for by the way of some loss or suffering.

Peace may sound simple — one beautiful word — but it requires everything we have, every quality, every strength, every dream, and every high ideal, said Yehudi Menuhin.

Ideally, true peace signifies a time or life in which every human being has adequate health, wealth, social rights, cordial relations and work satisfaction. This can happen only when our thoughts, attitudes, emotions and actions are pure. World peace is possible only if the spiritual essence in each one of us is awakened and lived as our true identity. Purity gives us the highest protection and purity is the harbinger of peace. A pure being is one who is free from all traces of vices.

So the question arises, how can we have lasting peace and secure ourselves against all kinds of harm or loss? Who can salvage humanity at such a critical hour? Only God can guide humanity from such an impasse to lasting peace

and safety. God is unique and above all. He is Supreme amongst all creation, therefore, He has the wisdom and power that can change the entire world and restore it to its original, perfect state.

God is omnipotent and omniscient. He is the ocean of knowledge who imparts the truth about Himself, souls and the entire Creation. Through His wisdom we become aware of our true identity and our relationship with the Supreme, with other souls and with nature or matter. He also reveals the secret about the cycle of time and how souls and matter go through change in a predestined pattern, like the process of entropy.

With such profound revelations that bring clarity and power to change the quality of our awareness, God also gives us the strength to transform knowledge into experience. When we practise God's wisdom sincerely and link our mind and heart with Him, we experience His power. God's remembrance absolves us of our sins and we begin to radiate our innate divinity.

In these times, when we are faced with many challenges, only God's wisdom can protect us and guide humanity to a golden future. A person who walks the path shown by God and lives righteously is blessed with inner peace and protection from all suffering. ★

(Purity Features)

India always believed in one God : PM

Prime Minister Narendra Modi has maintained that though there may be different forms of worshipping god, India has always believed that God was one.

"In India, God is not different for Hindus, Muslims and Parsis. The truth is one, only different people may express it differently. We are such a country which does not believe in imposing our views on anyone. We are such people who believe that knowledge has no limits, knowledge has no timing, knowledge is not bound by anything, knowledge does not need any passport, knowledge does not need a visa," the PM said through videoconference on the inauguration of the 80th anniversary celebrations of the Brahma Kumaris at their campus in Abu Road, in Rajasthan. ★

(Excerpted from Editorial by TNN speakingtree.in)



New Delhi: Lighting candles to inaugurate 'International Yoga Fest' organised by Ministry of AYUSH are Minister for Urban Development Venkaiah Naidu, Union MoS for AYUSH Shripad Yesso Naik, BK Asha, Swami Ramdev, Swami Chidanand Saraswati, Swami Bharat Bhushan and others.



International Conference on Yoga for Universal Peace & Holistic Wellbeing

17 & 18 March 2017, Siri Fort Auditorium, New Delhi

Organised by BRAHMA KUMARIS | Supported by Union Ministry of AYUSH

Glimpses of the Conference in Photos



Inauguration by Sr. Mohini, Sr. Jayanti, Br. Anthony Phelps & others.



Mr. Anil Ganeriwala, Jt. Secretary, Union Ministry of AYUSH, greeting foreign delegates.



Mr. Rajiv Chandran, National Information Officer, UNIC (India & Bhutan), giving greetings to foreign delegates.



Dr. A.K. Merchant, Head, Bahai Foundation of India, honouring Dr. Awatif Sharaf, Bahrain.



Ms. Reena Singh, Deputy Editor, The Speaking Tree, Times of India, honouring Sr. Halina from Poland.



Mr. Brij K. Guhare from Indian Council of Cultural Relations presenting flowers while honouring delegates from five continents.



Sectional view of the audience at Siri Fort Auditorium, New Delhi.



Sr. Mohini, The Americas



Br. Ken O'Donnell, Brazil



Br. Charlie Hogg, Australia



Sr. Jayanti, UK



Foreign delegates after being honoured by Indian Council of Cultural Relations.



Sr. Shivani, India



During a talk show on 'Yoga for World Peace', Sr. Caroline Ward, Chile (Anchor), Sr. Sonja Ohlsson, Denmark, and Br. Alexander Malakhov, Russia.



Ms. Chanchal Yadav from NDMC presenting a shield to BK Brij Mohan (Headquarters) during a civic reception.



During a talk show on 'Yoga for Holistic Health & Harmony', Sr. Caroline Ward, Chile (Anchor), Sr. Moira Lowe, Argentina, and Prof. John Ndiritu, South Africa.



New Delhi Municipal Council (NDMC) shields being presented to BK Chakradhari (Russia), and BK Pratibha (Kenya). Shields were also given to BK Jayanti (UK), BK Charlie (Australasia), BK Moira (South America) & others. (not in pic.)



Br. David, Australia, playing instrumental meditation music.



Wisdom of Dadi Janki

Chief of Brahma Kumaris

To remain content is wisdom

People who worry have one problem after another. And by speaking about problems, they themselves become a problem. That's why God says: Child, don't worry! The problem won't ask you if it's ok to come. Don't ask the problem: 'When are you going to go, what are you doing here?' Just ignore it and it will go away.

Every morning we look in the mirror and see our face. This is a very beautiful house where there are many windows but just one mirror! The mirror is for looking at myself inside. When I am introverted, then even though I am seeing or hearing things of outside, I am not affected by them at all.

When I meditate I clean my mirror. When we look at God, He forgives our mistakes but He also transforms us. God says to us very clearly: Make your life one that becomes a mirror for others.

When you worry, you cannot sort yourself out; you get disappointed. Instead of worrying, just have pure thoughts for yourself and others and allow God to step in and sort things out. Make sure that you never have low quality thoughts.

Q: Dadi, if you want to say the truth but you know it is going to hurt someone, should you say it?

A: If I doubt the consequences of saying the truth, I won't want to say it. Even though someone may not like what we are going to say, if we really want to benefit the soul, we need to do the work to prepare that person to be able to accept the truth. If I have the impression that someone doesn't want to hear the truth, that won't allow me to speak with humility. First of all I have to give the vibrations of truth to that soul. In order to practise yoga we have to smile! We also have to give thanks to God. We need to stay peaceful and allow God to do the work that He has to do for me. When God gives the soul an injection, all pain disappears and the face shines. Then I am able to go beyond the consciousness of the body.

Sometimes you have ego but you don't realise it. If you have ego, you will take sorrow



and give sorrow. But you won't take sorrow, when you are happy. To stay happy you need: patience, contentment and tolerance.

See everything as a game. What has it got to do with me? But if you don't have tolerance, you take sorrow and keep it in your heart. Situations will come - from outside, inside and relationships. But if you have good wishes for everyone, then with tolerance everything is easy. Contentment means that I can be simple and still be happy. If I remain fully content with myself, others will remain content with me. It is wisdom to remain content.

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.★

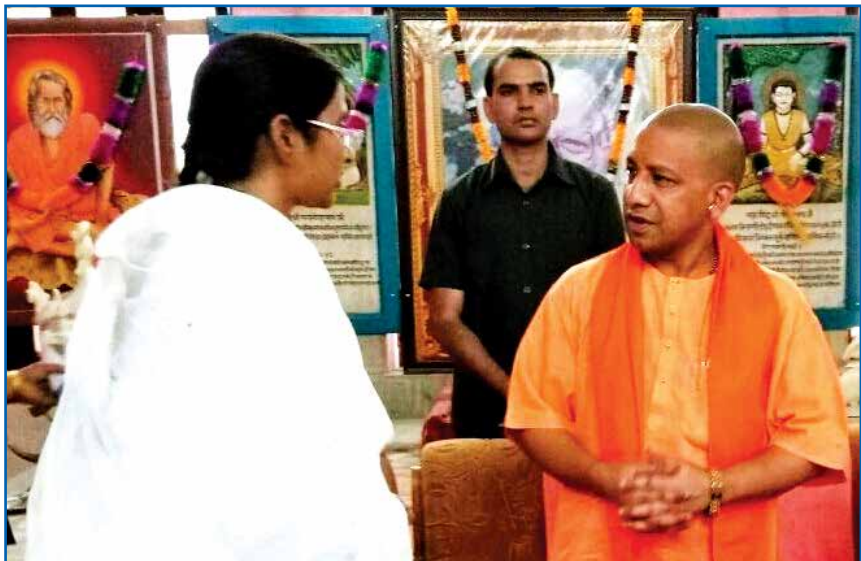


Bali, Indonesia : BK Janaki receiving an award from the Vice Consul General of India, Hon'ble Mr. Subrata Sarkar for Contribution in Upliftment and Empowering the Community.



Om Shanti Retreat Centre, Gurugram : Group photo of six day Latino Retreat on 'Peace of Mind' with participants from 15 countries. Seated in front row are Dadi Kamalmani, BK Asha, BK Ken O'donnell, BK Moira Lowe, BK Pilar Quera, BK Yogesh and others.

Some Exhibits during 80th Anniversary Celebrations



Gorakhpur, UP: Greeting the new Chief Minister, Adityanath Yogi, is BK Parul.

Pokhara, Nepal: At a felicitation programme for journalists, seated (L-R) BK Parinita, Ms Sharada Poudel, Member of Parliament, Journalist Ishwari Poudyal and Nepali Folk Singer Hari Devi Koirala.

News in Photos

Victory over Vices
Lust degrades and
brings disgrace.
Anger distances and
brings disrespect.





A Hindi-English song, 'Om Shanti Om...', by Elizabeth Padilla from USA, mesmerized the audience during the International Conference on Yoga.

The pièce de résistance of the International Conference on Yoga in New Delhi was Yoga Dance by Kim Wainer from Australia. In pics. shown here are three astounding postures.

Nine kumaris of Shanti Niketan Indore Hostel of the Brahma Kumaris seen in an amazing posture as a part of their cultural performance during the 80th Anniversary Celebrations of the Brahma Kumaris in Diamond Hall, Shantivan Campus.



Mr. Wise

Mr. Wise?

Yes.

Why so many different paths to attain God?

It's like scaling a mountain peak, you may climb from any direction.

Or, is it like climbing down a hilltop in different directions leading to increasing distances? I cannot say.



♦♦♦♦♦♦♦

And Mr. Wise?

Please continue.

You can reach a place by taking different routes only if you know where exactly that place is located.

That's right.

But when there are divergent and diametrically opposite beliefs about God — His form, abode and functions — how can all these different paths lead to God?

I cannot say.

♦♦♦♦♦♦♦

Lastly...

Yes.

Aren't these different paths like the branches of the world tree which shoot off from the trunk and go farther away from God, its seed, in different directions?

Seems so,

Is that why the devotees and followers are all confused?

Perhaps you are right!

♦♦♦♦♦♦♦

Tailpiece

Gupta's car was completely demolished in the accident, and so was the other fellow's.

Gupta went to see a lawyer. "I won't pay you unless you're certain there are grounds for legal action," he told the attorney.

"Well, give me the facts and I'll decide."

So Gupta explained exactly what had happened. When he had finished, he asked the lawyer, "Well, what do you think?"

"The case is airtight," the lawyer said. "The other fellow hasn't a leg to stand on. My initial fee is ten thousand rupees, and when we win the case, I'll take fifty percent of the damages."

"No," answered Gupta, "I guess I'd better not."

"But why," demanded the lawyer.

"Because I gave you the other fellow's side of the story!"

♦♦♦♦♦♦♦

