

## Satyamev Jayate — Truth alone Triumphs

The national motto of India is 'Satyamev jayate', which means 'truth alone triumphs'. The words occur in a mantra from the Upanishads. The Bible and the Koran also have passages about the infallibility of truth. In popular lexicon, too, it is said that truth prevails over falsehood.

In a world of deceit and corruption, how does truth prevail? Does it really pay to be truthful, or is it naive to be so when the general trend seems to be otherwise?

Truth can stand on its own and does not have to be supported with arguments, explanations and embellishment. Falsehood, on the other hand, needs effort to be sustained. What is true is also natural and powerful. That is why organic food commands a premium, while the perfect-looking vegetables grown under controlled conditions in greenhouses are shunned by buyers if they have choice. Similarly, people can tell the difference between the quality of genuine and counterfeit goods.

Truth has lasting value, which is recognised sooner or later. A diamond does not lose its worth if it is covered in dirt, but a fake cannot be passed off as a real gem for long.

Sometimes it appears as if people who resort to lies get far ahead of those who choose to stick to the truth. Indeed, the truthful often pay a price for refusing to compromise with their principles. But truthfulness brings its rewards, not the least of which are a clear conscience and freedom from fear of being exposed, and of losing what has been achieved dishonestly. Those who are true earn genuine love and respect, while falsehood arouses suspicion in others. Even if someone's fraud is never discovered, they suffer the consequences when the law of karma, which says that every action has an equal and opposite reaction, comes into play.

These are mundane examples of the value of truth, but its roots go deeper. Truth begins at the level of consciousness, which shapes our thinking, feelings, attitudes and actions.

Humans are spiritual beings, or souls, playing their role through their body. The soul is eternal, while the roles it plays are temporary. The body will perish one day, but the soul will get a new body in which it will take birth as another person and begin playing its next role. Our physical



Om Shanti Retreat Centre (ORC), Gurugram: Inaugurating the 15th Annual Day celebrations of ORC are Mr. Haribhai Parathibhai Chaudhary, Hon'ble Union MoS for Micro, Small & Medium Enterprises, Dadi Kamal Mani, Mr. Syed Sibtey Razi, former Governor of Assam and Jharkhand, BK Brij Mohan, Chief Editor, Purity, BK Asha didi, BK Sarla didi, Mehsana, BK Shukla didi, BK Sundari didi and others.

identity only describes our current role, while our true self is the soul, the actor playing that role.

Awareness of being a soul liberates one from the limiting influence of the body, which affects our thinking in many ways. When I see myself and others as souls, I will feel a spiritual kinship with them, even when I am aware that they are different from me in many ways.

Connections between souls are coloured by the innate qualities of the soul, including love, peace, truth and purity. When I regard others as my spiritual brothers, the children of one God, I will look beyond their roles and faults, with compassion and understanding. On the other hand, if I am trapped in physical consciousness and identify myself with the labels the world has stuck on me, of race, nationality, religion, gender and so on, I will judge others by these same tags. I will feel affinity for people who wear the same labels as mine, even as I treat others with indifference, suspicion or even hostility.

This is how forgetting the truth of my identity limits my consciousness and makes me petty, distrustful and prejudiced. It is such a state of mind that causes people to think in terms of 'us' and 'them', which leads to social divisions and conflict.

A lot of the problems faced by human societies can be traced to the selfishness, ill will and other negativity

that arises from identifying the self with the body and seeing others with the narrow perspective that creates.

In other words, when we interact on the basis of false identities, we end up creating sorrow and hurting each other.

At the personal level, too, body-consciousness causes significant damage. First and foremost, if I think I am a body, I will start fearing death, because for me it means the end of my existence and everything I love in life. Because of this fear, I will become attached to the objects, people and places which give me joy, and fear losing them. If any person or

circumstance threatens to take away from me the things or people who I think are the source of my happiness, I will develop fear or dislike for them.

Awareness of my true self liberates me from fear and attachment, and enables me to experience and naturally express my virtues, which not only gives me joy but also creates happy relationships. One with true self-awareness will be free of the influence of the vices that arise from body-consciousness, and will thus be saved from the suffering they cause. This is how truth prevails over all kinds of evil and brings victory in the form of a peaceful and happy life.★

(Purity Features)

### Dadi Janki's Message for the New Year 2017

"Today we stand at the confluence of the old and the new. Transitional moments such as these are very auspicious. The beginning of a new year is like a dawn. It is a time of new possibilities. If we use this time for reflection, we can reach the highest level of awareness and create real newness.

Ask what is the most elevated vision I have for myself in this new year? What are the gifts I have within me that I can use to bring light to the world? How can I bring new meaning to my relationships with others and a new feeling of respect to the way I connect with the natural world?

Let me make this a year in which I realize the greatness that is latent within me and witness the brilliance of those around me. I may be only one person, but my elevated thoughts and pure feelings can radiate out and touch 100,000 others with light and might."

**PURITY WISHES OUR READERS A  
HAPPY NEW YEAR 2017**



# Photo Gallery

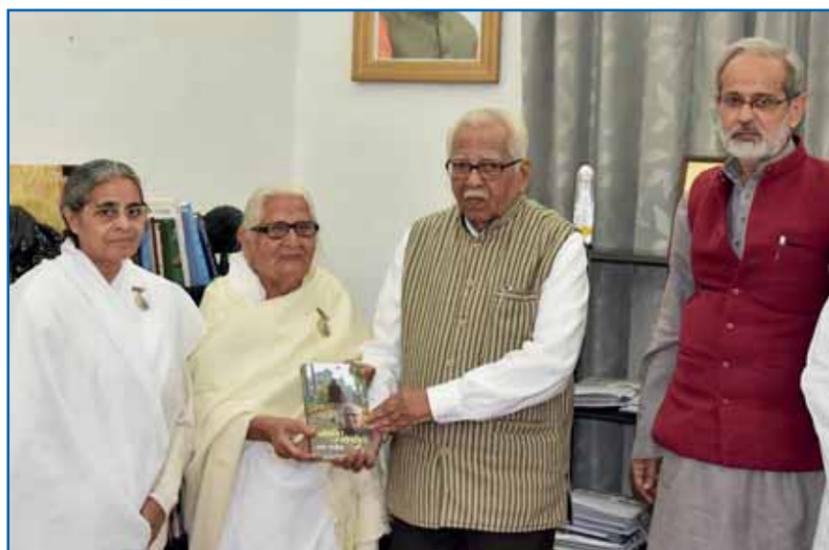
*Being wise is better than being strong. Let the wise also listen and add to their knowledge.*



**Berhampur, Odisha :** Lighting candles to inaugurate 'Prabhu Uphaar Retreat Centre' (PURC) are (L-R) BK Mala, BK Manju didi, BK Asha didi, Director, ORC, BK Brij Mohan, Dr. Pradeep K. Panigrahi, Hon'ble Minister Higher Education, Dr. Rajendra Prasad Das, Vice Chancellor, Berhampur University and BK Debrata Swain, IFS.



**Bengaluru :** Mr. Vajubhai Valaji, Hon'ble Governor of Karnataka being presented a memento by BK Mruthyunjaya and BK Ambika didi at Conference on Value Education & Spirituality for Social Justice.



**Kanpur :** Mr. Ram Naik, Hon'ble Governor of Uttar Pradesh, being presented memento by BK Dulari didi, Mr Balchandra Mishra, former Minister and BK Shashi.



**Mumbai, Borivali :** Lighting candles at a talk 'Empower yourself with Inner Peace, Inner Power' by BK Sister Shivani are Mr. Sharad Bansode, MP, Mr. Gopal Shetty, MP, BK Divya didi, Mr. Yogesh Bhoir, Mr. Sagar Thakur, Mr. Bhavesh Kalia, BK Bindu and others.



**Om Shanti Retreat Centre, Gurugram :** Group photo of senior officers of security services at 'Inspirational Leadership and Self Empowerment' programme (Front row L-R) Mr. R.K. Hajela, Ex. ADG, BSF, Lt. Gen. (Retd.) Om Prakash, Ex. QMG, Brig. Prakash, Lt. Gen. V.K.Ahluwalia, Member, AFT, Vice Admiral S.N.Ghomanda, DGNO, Mr. Rajender Singh, DG, Coast Guards, Mr. O.P. Singh, DG, CISF, BK Shukla didi, BK Asha didi, BK Shivani, BK Ashok Gaba, Brig. Rajender Singh, Mr. Ashok Kumar, DIG (Admin), BSF and Admiral Satish Bajaj.

# Absolute happiness — Is it possible?

## Revisiting the Theory of Relativity

We live in a dualistic world where everything is perceived and understood in relativity. The world and its natural phenomena, our sensory perceptions and our existence in the realm of time and space are defined by relative experiences and terms such as here and there, now and then, cold and hot, old and young, better and worse and so on.

Our mental, emotional, moral and spiritual experiences are also punctuated by relativity. The way we judge people and situations, our goals and needs, our triumphs and trials, and our understanding of good and bad, happiness and suffering, are influenced by relativity.

Is humanity destined to always live in a relatively good and relatively bad world? Some people believe that after death we go to heaven or hell as per our karma. Some others believe that there has always been a mix of suffering and joy in this world. Such thinking has gone so far that today people believe that suffering is a part of life and all they deserve is a little bit of joy in life. They believe that lasting and absolute happiness is a utopia.

The way things are in the world today, the terms good and bad are sometimes used with other words, as in somewhat good, or not so bad, or a little bit good. However, good and bad are not relative terms that describe a co-existing reality but, in the true sense of these words, they signify absolute states of human experience in different periods of time.

By accepting and justifying all that is not so good as a normal way of life, we have become more prone to negativity and corruption. The reason for cheating, adulteration and deception in work and relationships is this flawed belief that a little bit of bad can be condoned; it is part of an imperfect world that can never be perfect or completely flawless.

We have come far away from

our original state of absolute truth and purity. In the absolute sense we can either be good or bad. There are no shades of grey. There is no little bad or little good. A little bit of virus in a human body or a computer system would make it infected and unhealthy. In this case, we cannot say that we are a little healthy.

There was a time in human history when everything was pristine and pure. Everything was natural and good. In fact, there was perfection in everything. That is the period remembered as the Golden Age, Satyuga, heaven or paradise. The world was pure and perfectly good because every human being who lived there was pure and viceless. In contrast to relative happiness, there was absolute peace, prosperity and happiness. There was no suffering or pain of any kind.

Perfection and complete purity was the order of the day in Satyuga because it is created by God, because purity is the original nature of human souls. As children of God we are pure and perfect in our original state. In that state of being there is no struggle, labour, fear or attachment because we are full in all qualities such as peace, joy and love. In the

### Receiving God's help

A teacher helps the student study well, but does not appear in the exam on his behalf. God also bestows a divine intellect on us but does not face the tests of life on our behalf. We should not expect such help from God. God does not interfere with the operation of the law of karma. But God's help is always available.

**Mumbai, Santacruz West :** Participants in Panel Discussion on 'Gems of All Faiths' to celebrate UN International Day of Tolerance : Dr. D.R.Kaarthikeyan, former Director, CBI, Dr Huzaifa Khorakiwala, CEO Wockhardt Foundation, Mr. Omar Qureshi, Media personality, Ms. Smita Jaykar, Actor, Ms. Shakun Narain Kimatrai, Spiritual Author, Ms. Uzma Naheed, Muslim Leader, Ms. Maya Sahani & Mr. Akhil Sahani of The Sahani Group, BK Meera didi and BK Rekha. ▼

Is humanity destined to always live in a relatively good and relatively bad world?

absolute state of consciousness there are no processes of becoming good or becoming pure or happy. It is the state of being completely blissful, pure and contented.

This state of absolute purity, peace and bliss is the natural state of human souls in the eternal soul world. In that realm there is no duality, nothing relative. There is no past or future and hence everything simply is in its natural state. When souls come down to play their role in the world drama they are completely pure. For two ages, Satyuga and Tretayuga, there is absolute

happiness on earth and no kind of evil or suffering. Gradually, this state of world changes as human souls come under the influence of vices.

It is at the end of Kaliyuga, in the present time of Sangamyuga, that God reveals the absolute truth about the Creation. He reminds us of our absolutely pure nature and helps us to regain that. When Kaliyuga is destroyed and the new world begins, only souls who have regained the original pure nature will descend on earth and enjoy complete and absolute happiness in Satyuga.★

(Purity Features)

### It's all a matter of perspective...

After loading the Pope's luggage into the limo, the driver notices the Pope is still standing on the kerb.

"Excuse me, Your Holiness," says the driver, "Would you please take your seat so we can leave?"

"Well, to tell you the truth," says the Pope, "they never let me drive at the Vatican, and I'd really like to drive today."

"I'm sorry, Your Holiness, but I cannot let you do that. I'd lose my job! What if something should happen?" protests the driver, wishing he'd never gone to work that morning.

"Who's going to tell," says the Pope, with a smile.

Reluctantly, the driver gets in the back as the Pope climbs in behind the wheel. The driver quickly regrets his decision when, after exiting the airport, the Pontiff floors it, accelerating the limo to 200 kph.

"Please slow down, Your Holiness," pleads the worried driver, but the Pope keeps the pedal to the metal until they hear sirens.

"Oh, dear God, I'm going to lose my licence — and my job," moans the driver.

The Pope pulls over and rolls down the window as the cop approaches, but the cop takes one look at him, goes back to his motorcycle, and gets on the radio.

"I need to talk to the Chief," he says to the dispatcher. The Chief gets on the radio and the cop tells him that he's stopped a limo going 200 kph.

"So bust him," says the Chief.

"I don't think we want to do that, he's really important," said the cop. The Chief exclaimed, "All the more reason!"

"No, I mean really important," said the cop, with a bit of persistence.

The Chief then asked, "Who do you have there, the mayor?" The cop replies: "Bigger."

Chief: "A senator?"

Cop: "Bigger."

Chief: "The Prime Minister?"

Cop: "Bigger."

"Well," said the Chief, "who is it?"

Cop: "I think it's God!"

The Chief is even more puzzled and curious, "What makes you think it's God?"

Cop: "His chauffeur is the Pope!"

(Courtesy BK Publishing News)



# Sabka Malik Ek —The One Creator of All



**B**rahma Kumaris, in collaboration with New Delhi Times, organised an interfaith dialogue on the theme 'Sabka Malik Ek', at Parliament House Annexe, New Delhi on 16 December 2016. It was attended by eminent personalities from different faith traditions. Hon'ble P.J. Kurien, Deputy Chairman of Rajya Sabha, was the chief guest. The occasion was graced by Dr Prof. Prasanna Patsani, Hon'ble Member of Lok Sabha, Dr. A.K. Merchant, Head, Bahai's Foundation of India, and Prof. Zafar Yunus Sareshwala, Chancellor, Maulana Azad National University, Hyderabad, as panelists.

The event saw a number of scholars from diverse fields contemplate on spiritual questions regarding the entity and form of the Supreme Soul, and His abode and divine acts.

After Dr Pramila Srivastava, Editor-in-Chief of New Delhi Times, welcomed the dignitaries, a discussion took place, coordinated by BK Usha from Mount Abu.

Rajyogi BK Brij Mohan, Additional Secretary General, Brahma Kumaris, called India the spiritual lighthouse of the world. He stressed on the concept of unity in diversity and said

that conflict among religions was the very antithesis of the notion of unity in diversity. He explained that God had the subtle form of a point of light, and His abode was 'Paramdham', the incorporeal soul world, located in the element 'Brahm', which is far beyond the stars of this universe.

Dr. Prassanna said that the creation is one and the soul is the one governing the entire creation. He spoke on oneness of all and said that children were like blooming flowers in God's garden. Every flower is beautiful and has its own fragrance and beauty, he added.

Dr. A.K. Merchant said that the creation had many levels of existence and the creator would always be beyond the understanding of mortals. He said that we encompassed everything best in creation. On the difference between God and nature, Merchant said that nature was the manifestation of God's will.

Mr Kurien said that for a proper understanding of God, there was need to think of the size of the universe, and it was an enigma. It is impossible that there is no creator because the universe works by definite laws

and there cannot be rules without a lawmaker, who is the Supreme Soul. Prof. Kurien also said that nature was a creation of God. Man is also a creation of God, but nature is a creation at a different level, he said.

Prof. Sareshwala said that humanity was the truth and only a good human will be a good Hindu or Muslim. He said the tenets of all religions were the same, and cited similarities in Hindu and Muslim religious texts.

Among the other distinguished personalities were Mr Feroz Ahmad Bakht, long associated with the Brahma Kumaris, Prof. A.S. Kohli from Jamia Millia Islamia, Delhi, and eminent journalist and author Tarek Fateh. Prof Kohli cited passages from the Gurbani on the concept of oneness of all. Mr. Tarek Fateh talked about the atrocities being committed in the name of religion. He said that there was a need to understand the true meaning of religion.

The discussion was closed with concluding remarks by BK Asha, Director, Om Shanti Retreat Centre. She said that the understanding that religion means righteous conduct was vital to achieving harmony among human beings. \*

(A Report)

## Without Notice

A good rehearsal of people's detachment took place when ` 500 and ` 1000 currency notes were suddenly scrapped on 8 November 2016. A similar situation arises in the event of death, which is sure, but may be sudden. Short of that, many grave troubles are in store for everyone in the present troubled times of 'Kaliyuga'.

"Forewarned is forearmed" goes the saying. To be easy and light in all such situations and at the crucial moment of the last journey, long-time practice of 'detached-attachment' through mind control is necessary. Daily practice of easy Rajyoga Meditation for some time will make you a detached Karma Yogi.

## Ha! Ha!

A psychiatrist received a card from a patient who was on holiday. It read... "Having a wonderful time... why?"

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Guest: "I'll be going now; don't take the trouble to see me to the door."

Host: "It's no trouble, it's a pleasure."

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The doctor was making a house call. "It's mighty nice of you to come all the way out here to see me," the patient said.

"Oh, don't mention it," the doctor replied. "I had another patient in this part of town, so I decided to kill two birds with one stone."

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Take the blanket also... may have to spend the night outside the bank.



# Greed is the seed of environmental crisis

Climate change is arguably the greatest threat faced by mankind. Changes in the environment blamed on greenhouse gases produced by human activity threaten to make earth uninhabitable for humans.

Today, man and nature seem to be struggling to survive each other. It was not always so. Earlier humans were close to nature. They studied natural phenomena minutely, and watched in awe the creation, change and destruction caused by the forces of nature, and so they attributed divinity to nature.

Myths from nearly every part of the world featuring gods and goddesses of trees, rivers and mountains are expressions of the value the ancients attached to nature, and their gratitude for the sustenance it provided.

The Vedas contain hymns glorifying the earth as a mother, and extolling air, fire and water for their power and the services they render to humans. The seers of earlier times also understood that the well-being of the planet depended on conserving each of its constituent elements, so people took from nature only what was needed, not more. This kind of harmony between man and nature is one of the characteristics of Satyug, the age of truth, described in Hindu texts.

What made this concord possible? Why did humans millennia ago pray for the protection of nature and desist from harming it even inadvertently, as Vedic prayers show? And why are the same earth, air and water now used as dumps for toxic waste?

People in ancient societies were more in touch with spiritual truths. Consequently, spiritual values such as purity, peace and generosity found expression in their actions, and they were not beholden to material desires. Over time, as souls became weak, material inclinations began to inform human actions, and that changed man's relationship with the natural world.

The climate change we are experiencing is the manifestation of a change in the climate of human minds over the past several centuries, whereby reverence for nature has given way to unbridled greed. The quality of the environment is shaped by the quality of our consciousness.

Industrialisation provided the motive and the means for plunder of the earth for profit. While nature can replenish itself to sustain life, the mercenary appropriation of its resources and unchecked pollution of the environment has overwhelmed its capacity to do so,

destroying the ecological balance that allowed countless varieties of creatures and plants to live on this planet for millennia.

Man's greed lies at the root of the environmental crisis facing us today, and the solution to it is with each one of us. We can adopt lifestyles that encourage need-based consumption, sharing of resources, and minimum wastage. Simple acts, such as use of public transport, and recycling, can make a big difference when done by large numbers of people.

Planting trees is another way we can help heal the wounds man has inflicted on the planet. Trees support life in many ways, absorbing and storing carbon, producing oxygen, and providing a habitat for a wide variety of creatures.

When people begin to make 'green' choices, industry will follow suit. But for this to happen, there needs to be greater environmental and spiritual awareness. When we become mindful of the environmental cost of our actions and realise that taking from nature

The quality of the environment is shaped by the quality of our consciousness.



The future of hydroelectricity in a water-scarce world?

has its karmic consequences, we will make more enlightened decisions.

Mahatma Gandhi once said, "The good man is the friend of all living things". Only by befriending nature can we achieve lasting well-

being for everyone. This friendship will yield life-giving succour and prosperity without poisoning our bodies or destroying the only home mankind has in the entire universe.★

(Purity Bureau)

## The Root Cause of Suffering

There are mainly six evils which are the root cause of all suffering — be it economic, political, social or individual in appearance. What are those six evils? War is one of the evils. The root cause of all wars is, in fact, anger. Anger is more harmful than even an earthquake. It causes huge devastation and takes a heavy toll of life. It is fiercer than even forest fire.

The second evil is greed. This is the root cause of all economic exploitation. There is no dearth of resources and wealth in the world, but it is the insatiable greed for more that causes great inequalities in society.

The third is sex-lust. It has resulted in moral decay and a host of crimes against women.

The fourth is attachment — to things and people. It is this which brings about grief, sorrow and shocks in life. Because of attachment, man loses his sense of proportion and justice.

Pride or ego is another great evil. It is this which motivates a person or people to take revenge or to dominate and subjugate others.

The sixth evil is laziness. It is actually this which is behind poverty and backwardness — both material and spiritual.

These six evils give rise to other vices. Hatred, jealousy etc. are their offshoots. These vices exist at all levels — individual, family and national — and in all spheres, including the political, economic and social ones.

How did these vices arise? They came about through illusion or ignorance, or through man thinking that he is a physical body. In other words, body-consciousness is the root of these vices. What is the solution? Man must realise that he is a soul and the physical body is only a medium for the soul to perform actions. Soul-consciousness can be realised through spiritual meditation. Spiritual meditation is a specific technique or method of meditation which can be done or experienced by anyone, any time, anywhere, regardless of their religious affiliation.★



**Abu, Shantivan:** Inaugurating a conference on 'Role of Women in World Transformation' are Dadi Janki and Dadi Hirdaya Mohini, Chief and Addl. Chief of Brahma Kumaris, Mrs. Anita Bandhel, Hon'ble Rajasthan Minister for Women & Child Development, BK Nirwair, BK Chakradhari didi, Chairperson, Women's Wing, Dr. Prerna Shekhawat, Addl. Police Commissioner, Sirohi, and others.

## Editorial

# Plight of the Poor

Governments across the world think about improving the plight of the poor and implement new measures for their prosperity. The Indian Government recently took the bold step of demonetisation to crack down on black money, and bring long-term relief to the common man. Money which is unaccounted for is used to fund anti-social activities, and to thicken the network of corruption. It makes lives of the honest and poor citizens difficult and renders them vulnerable both financially and socially. The government's intent should thus be lauded.

Though the authorities took several initiatives to ensure a smooth transition, reports from across the country have narrated several public woes. Those belonging to the lower income group have been hit the hardest. They stood in long queues for days to exchange currency notes. Those without bank accounts had little relief. Many daily wage earners had to make the hard choice of giving up a few days' work to collect new notes. At other places, people were rendered jobless as their employers could not pay their salaries and had to shut down work. The saddest stories were about the loss of life due to various linked situations.

Any shuffle in the scenario always impacts poor people the most because they are already living on the edge. The rich may be deprived of their super luxuries only. The poor, on the other hand, tend to lose whatever little they have and struggle even for the basics. Even fluctuations in nature such as changes in weather take a big toll on the poor. When natural calamities strike, they become doubly vulnerable. Later, they have to rebuild their lives from scratch.

All religions mention in some form or another about God's special mercy for the poorest of the poor. It is the needy that seek God deeply and look forward to getting salvation through Him. It is they who long for going to the promised land. For the super rich, all the luxuries of life are already at their feet, so they do not feel the need to look for a golden future.

God is known as *garib niwas*. It is said that He descends to redeem the poor as they live simply and are humble at heart. It is also said that He comes to rescue the meek when the world is saturated by sin and suffering. That time is now, the fag end of *Kaliyuga*, the Iron Age, when the world is up for renewal on all counts.

The purpose of God's descent is to change the world order completely – to transform it from its most withered to its most worthy state. He restores the earth to its pristine glory through a major spiritual revolution, and asks all His children to work wholeheartedly in the cause. He asks them to let go of their old negative habits and adorns them with jewels of knowledge every day. He shows them the way to give up their attachment to false roles and status, and to develop their inner self by connecting with the truth.

At this time also, it is the poor who submit to His word. They willingly abandon old bondages and patterns of existence. They are ready to believe in Him, transform their lives and serve Him with whatever they have. As a reward for their efforts and sacrifice, they are blessed with the kingdom of heaven or *Satyuga*, the Golden Age. They are transferred from a life of poverty to a world of plenty – a place with abundant wealth, beauty and joy.

As the wheel of time turns, their destiny takes a huge leap. From being in rags, they become the richest rulers of the world. The story of poor Sudama offering a handful of rice to his friend, Lord Krishna, and receiving the riches of the world in return aptly describes this journey of the poor, the benevolence of God and His love for the humble.★

## Gleanings from the press

### Shortness of breath may be symptom of heart failure

Shortness of breath, a condition often over-looked, may be a symptom of heart failure or chronic obstructive pulmonary disease, warns a new study. "People do not seek medical advice for their breathlessness due to associating their symptoms with the natural process of ageing" said Nassar Ahmedi researcher at the University of Gothenburg, Sweden. "But if you notice that you experience increased shortness of breath during exertion, you should seek medical attention," said Ahmedi.

(Times of India)

### Bacteria-powered battery created

Scientists have developed a bacteria-powered battery on a single sheet of paper that can power disposable electronics such as diagnostic sensors. The manufacturing technique reduces fabrication time and cost, and the design could revolutionise the use of bio-batteries as a power source in remote, dangerous and resource-limited areas, researchers said. "Papertronics have recently emerged as a single and low cost way to power disposable point-of-care diagnostic sensors," said Seokheum Choi, assistant professor at Binghamton University, US. "Stand alone and self sustained, paper based point-of-care devices are essential to providing effective and life-saving treatments in resource-limited settings." (PTI)

### Health Tips

A few ways in which you can keep your cholesterol levels under control this winter. Choose healthy fats – Avoid saturated fats which increase unhealthy LDL levels and steer clear of trans fats, which raise LDL and lower protective HDL. Instead, opt for healthier unsaturated fats found in nuts and vegetable oils. Go with whole grains- Whole-grains breads and cereals help prevent a blood sugar roller coaster and make you feel full for longer periods. Many of these foods contain fibre, which help lower LD levels. Eat more fruits and vegetables. Choose fat-free milk instead of whole milk. Opt for low-fat yogurt and not loaded with sugar. (News Item)

### Purple food the big trend of 2017

Purple sweet potatoes, purple cauliflower, purple asparagus, elderberries, acai, black rice and purple corn-violet-hued food are projected to be increasingly on the plate in 2017. Dieticians Tammy and Lyssie Lakatos told the Daily Mail that they are excited to see that purple foods made the list as vibrantly coloured fruits and veggies have more antioxidants and phytonutrients. (Times of India)



### Meet Freddy, the biggest dog in the world

Four-year-old Freddy, 7ft 6in Great Dane, is Guinness World Record holder and weighs 14.5 stone. Freddy lives with owner, Ex-model Ms. Claire Stoneman in Leigh-on-Sea, Essex. Take one look at Freddy and your reaction would have to be bow wow...wow. That's because he's the world's biggest dog - who stands at 7ft 6in on his hind legs. The Great Dane has munched his way through 23 sofas! (The Daily Mirror)

### Bhoola Bhai

- And our friend Bhoola Bhai on Temple Street wonders why people like their clothes to be laundered but consider money-laundering to be a great sin against the society.
- And our friend Bhoola Bhai on the Temple Street says that vibrations of peace and goodwill are sent and spread by a Rajyogi by concentrating the power of mind and intellect through mind control.

# Godly Spiritual Knowledge imparted by Brahma Kumaris

## Body and Soul

(Continued from last month)

### Soul acts through the body

The pronouns 'I' and 'my' (or mine) are verbal manifestations of the sentient (*chaitanya*) power called soul, and of the insentient body through which the soul acts. Just as a person who speaks and listens through a telephone is an entity separate from the telephone, in the same way, the soul is an entity separate from the body. The relationship between the soul and body may be explained by the example of a driver and a car even though, like all examples, it cannot be carried too far. Just as a driver sits in the car and drives it, the soul resides in the body and drives it. A car may be very expensive but if the person at the steering wheel does not know how to drive it properly, he will cause accidents. In the same way, if a person does not know enough about the functioning of the soul and the body, he will cause accidents in life and consequently suffer for the same. As a matter of fact, it is the soul that performs all activities through the body. The body and its organs are only agents or means to carry out the dictates of the soul. To explain it further, it is the soul that speaks through the mouth organ of the body. Thus the soul sees, hears, speaks, feels and acts through the body. These functions are performed through the medium of the five senses of sight, sound, speech, smell and touch. These senses operate through their respective organs in the body by receiving and conveying messages via the brain. The soul contemplates, judges, plans, remembers and recognises with the aid of the body. Common experiences such as one's dislike for greying or falling hair, or the inability to fulfil certain desires due to a defect in some organ of the body, as in the case of diabetes, also explain the distinction between the soul and the body.

### Soul experiences through the body

The physical body is made of the five elements,

#### Focus

If you chase two rabbits, both will escape. The main thing is to keep the main thing as the main thing. Focus on what you want and not on what you want to avoid. Successful people are average people with a focus.

which are earth, water, fire, air and ether. These elements contain every other element known to science. The body is a physiological mechanism by means of which the soul not only acts but also experiences the result of its actions in the form of pleasure and pain. Matter alone cannot think or feel. The fact that it is the soul which experiences through the body may be explained by an example. Suppose a hungry man puts a delicious sweet in his mouth, but if he receives some very sad news the moment it touches his tongue, his hunger and taste for the sweet will vanish. This shows that it is not the tongue that tastes but it is actually the soul which tastes through the bodily organ of the tongue. It is important to note that the soul is not immune ('nirlep') to the effect of its actions. It is for this reason that adjectives like 'mahatma' (elevated soul), 'punyatma' (noble soul) and 'papatma' (sinful soul) are used for the soul and not the body. Just as any alloy in gold is present in an ornament made from it, any defect in the body of a newborn baby proves the truth that the soul is not 'nirlep', because it is the soul which acquires such a new body on the basis of its actions in its previous life.

Man is soul and not body alone. A living human being is called a 'jeevatma'. The body remains alive so long as the soul resides in it. It will be interesting to note that the presence of the soul automatically sustains the functioning of the body so much so that the breathing process continues even while a man is in deep sleep. When the soul leaves the body, the event is called 'death'. Then it is said that, 'the light has gone', or 'the soul has departed'. After death, decomposition begins in the body and it begins to emit a foul smell after some time. The body is disposed of in different ways by different people. The body has value and significance so long as the soul is in it. Just as electrical appliances are useless without a supply of electric current, the body is completely ineffective without the soul. The police also try to capture criminals alive. The soul can act and experience only through the medium of the body. Thus the soul and body are both indispensable to each other in this field of activity called the world, and yet the body is to be considered lower and the soul higher in the scale of values. The body is mortal while the soul is immortal. It is the body which is produced by human seed and not the soul, which, being an immortal entity, can neither be created nor destroyed. There can be no doubt that what exists is real, relatively or absolutely. Man's true



being, i.e. the soul, is timeless, but the physical coil about him is also a fact and not illusion. He is thus both time-bound and eternal, mortal and immortal.

### Definition & Functioning of the Soul: General

The soul has three faculties, called mind, intellect and 'sanskars' (tendencies or impressions or latencies). See Illustration. Man today does not bother to know the distinction between mind and matter. So, in reply to the question, 'What is mind?', he quickly retorts, 'What does it matter?', and when asked as to what is matter, he comes the reply, 'Never mind!' Little does he realize that his whole attitude towards life depends upon proper understanding of the two, viz. mind and matter.

### Faculties of Soul

The mind is the thinking faculty of the soul. It is through the mind that one imagines, thinks and forms ideas. All thoughts originate in the mind. The thought process constitutes the basis of all desires, urges and sensations. The speed of the mind is fastest and unmatched. It can reach anywhere at any time. Just a thought (or call it a flight of imagination) can take one to his remotest past or the farthest place in no time. Being a subtle power, the mind does not come across any barriers of time or space. In less than a second, the mind can go into the past or future, re-live and experience it, and while there, feel sad or happy, as the case may be. Sitting in his room, a man can think of the sun faster than light can travel from the sun to him. The mind should be distinguished from the heart, which is a physical organ of the body responsible for blood circulation. The mind is not a physical organ but a faculty of the soul.

The intellect is the reasoning and discriminating faculty of the soul. It cognizes, understands, memorises, reasons, discriminates and takes decisions. The intellect should be distinguished from the brain, which is a physical organ of the body. The brain is the junction of all nerves and serves as the control panel of the soul to conduct and regulate the functions of different organs of the body. The intellect is not a physical organ but the judging faculty of the soul.

'Sanskars' are the impressions that actions (karma) already done leave on the soul. They constitute the tendencies, emotions, temperaments, personal traits and habits which influence the thoughts of the soul. 'Sanskars' also determine the overall personality of an individual.★

(To be continued)

(From correspondence course in Godly Knowledge)



**Bengaluru, Karnataka:** At a 'Special Work-Life Balance Session' of CII National Quality 2016 summit, BK Asha (speaker), Director, Om Shanti Retreat Centre, Gurugram, with Ms. Indra Prem Menon and Ms. Geeta Warghese.



**Navrangpura, Gujarat :** After inauguration of Digital Education in Divya Nagari Slum adopted the Brahma Kumaris (R-L) Mr. Vallabhkhai Kakaria, Road & Transport Minister, BK Ishita and BK Chandrika didi.



**Bilaspur, Chhattisgarh :** Unveiling the plaque 'Brahma Kumaris Marg' is Mr. Amar Agarwal, Hon'ble Cabinet Minister, BK Savita and others.



**Jaipur :** BK Bharat of Brahma Kumaris Shantivan, being presented 'Rajasthan Gaurav Award' by Mr. B.L. Joshi, former Governor.



**New Delhi :** Dr. BK Binny from Mt. Abu after receiving 'Ambassador of Peace' award 2016' at India Islamic Centre.



**Jaipur:**  
BK  
Poonam  
didi  
speaking  
at 'Alvida  
Tanav'  
shivir.

# Magic Mirror



There was once a boy who was very rich and clever. He had practically everything a boy could ever want, so he was only interested in the most rare and curious of objects. This happened to him in relation to a very old mirror, and he convinced his parents to buy it from a mysterious old man. When the mirror arrived home, the boy went to see his reflection in it. His face looked very sad indeed. He tried smiling and making funny faces, but his reflection continued with its sad expression.

Surprised, the boy went off to buy sweets. He came home as happy as can be, to look in the mirror, but his image was still sad-looking. He bought all kinds of toys and old junk, but forever looked sad in that mirror. Fed up, the boy stuck the mirror off in a corner.

"What a terrible mirror! It's the first time I've seen a mirror that didn't work properly!"

That same afternoon he went into the street to play and to buy a few toys, but on his way to the park he saw a little boy who was crying his heart out. The boy was crying so much, and looked so lonely, that the rich boy went over to help him and to see what had happened. The little one told him that he had lost his parents.

Together the two boys set off in search of them. As the little boy wouldn't stop crying, our boy spent his money on buying him sweets to cheer him up. Finally, after much walking, they found his parents who were out looking for him, very worried.

The rich boy said goodbye, and walked off towards the park. But, seeing the time, he decided to turn round and head for home, without having been able to play, without toys, and without money. At home, he went to his room, and noticed a shining light in the corner; the same corner he had left the mirror in. Seeing this, he went over to the mirror, and realised that the light was coming from his own body, so radiant with happiness he had become.

And so he understood the mystery of that mirror, the only mirror which could faithfully reflect the true joy of its owner. He realised it was true; he felt genuinely happy at having helped that little boy.

And since then, each morning when he looked in that mirror and failed to see a special shine, he already knew what he had to do to bring it back.\*



**Jabalpur, Madhya Pradesh :** Lighting candles at 'Journey of Success on the wheels of Hope & Happiness' national seminar are Mr. A.K. Tiwari, GM, Vehicle Factory, Mr. Ram Tanu Saha, Director, Airport, BK Bimla, BK Suresh and others.



**Hubli, Karnataka :** Dr. BK Basavraj Rajrushi, being honoured at 82nd All India Kannada Sahitya Sammelan by Dr. Shivraj Patil, former Chief Justice of India, Dr. Bargoora Ramchandrappa, Chairman, Sahitya Sammelan and others.

# Facing the Future without Fear

For many of us, life is like running on a treadmill. We walk the familiar path every day and make the same old choices. It's not just our habits that bind us to this pattern but also our subtle fears that trap us in a limited existence. Be it the fear of failure or rejection, of being injured, abandoned or dishonoured, or anxiety over losing loved ones or oneself to death, some or the other fear dominates our thoughts subconsciously almost at all times.

Fear blinds us to the obvious. It makes us miss out on opportunities that come our way as we are too busy sorting ourselves out. We literally lose our wings, just like the pigeon that freezes at the sight of a cat. Struck hard, we approach life from a point of disadvantage, more like a victim or an escapist. Our game is always defensive. Life then becomes a rough race where more must be accumulated by hook or crook under the threat of being eliminated or left behind.

Fear is caused by the anticipation of loss or suffering in one form or another. It could be a learned response to a stimulus faced in the past. Even traumas experienced in previous lives can cause some children to have dominant phobias. Fear can also arise from projecting an imaginary pain, or one from the past, into the future. Constantly creating waste and negative thoughts about the 'unknown' tomorrow can also trigger anxiety, sometimes so overwhelming that it can paralyse our present completely.

There are various apparent reasons for different forms of fear. But according to spirituality, their common root cause is the shifting of one's anchoring ground from truth to falsehood. When we build our personal world on a material view of life, loss and fear are inevitable because our base is transient. So it is important to be grounded in reality.

The first spiritual truth is that we are immortal and timeless souls who are by nature virtuous and powerful. The body is only a temporary costume that we adopt to play our part. This knowledge lets us tap into our infinite potential and inbuilt resilience, and helps us to see death as a necessary transition rather than an end.

The second fundamental truth is that our eternal home is the soul world, which exists beyond this corporeal world. There we lived originally with our Supreme Parent and brother souls. From this abode, all souls come down on earth to play their part one by one. This truth reunites us with our original family and allows us to draw sustenance from the Almighty.

The third spiritual truth is that the law of cause and effect constantly secures justice in

Fear is caused by the anticipation of loss or suffering in one form or another. It makes us miss out on opportunities that come our way and can paralyse our present completely.

the universe. Positive karma is always rewarded and all human beings are held accountable for every bad thought, word or action they create.

This truth empowers us through the guarantee of fairness. It assures us that nothing appears randomly in our life, every scene is accurate. The fruit of our toil is delivered to us, come what may. If not today, it is saved for tomorrow or it may even be carried into another life. So there is actually no 'loss' for the soul. The understanding of this truth also awakens us to our highest power – the freedom to create our own destiny through our choices in the present.

When an individual is removed from these truths, is unaware of who he really is, where he comes from, who he belongs to, and how the universe functions, then he is thrown into a spiral of uncertainty, disorientation and loneliness. As the reality of eternity and faith in goodness are taken away, the soul loses its natural immunity and starts to catch fear like flu.

The soul then suffers from misplaced attachment. It gets caught in roles, relationships, status and possessions that change with time, and develops the fear of losing them. As a result, its peace and happiness keep fluctuating. Fear blurs the soul's vision, and it has a distorted view of reality. Acting according to it, the soul makes more errors of judgment and action. This leads to wrong karma that invites suffering.

All suffering is the result of the soul acting against its true nature of peace and purity, or rather under the influence of its false identity as a perishable body. The experience of suffering stores an unpleasant memory in the soul, throwing it again into the cycle of anticipation and errors. Just ending our identity crisis can thus reverse most fears and allied insecurities in our mind. It can automatically bring forth within us the power to face, tolerate and let go.

Connecting to spiritual laws inspires us to do positive karma, which is our best insurance for the future. If our present actions are positive both by intent and means, we have nothing to be afraid of as the universe is on our side. We can then be ever ready to face the future. We must also earn good wishes by being kind and cooperative



with others because blessings act as a cushion in difficult times.

Overcoming fear is not so much about knowing the mantras but about making them our own through practice. Faith in God as one's eternal guard can be a strong support. His intervention can move mountains. But for us to trust Him in challenging times, we must first share our life with Him as a friend, and use His guidance and protection as our shield every day.

Faith in the self, in the original goodness all beings, the justice of life and in God heals our fears. But even faith requires soul power. A weak soul will be unable to cling to its beliefs for long, and difficult situations may overpower it despite its knowledge of truth. So the soul's battery must be recharged by connecting it to the Supreme Powerhouse through Rajyoga.

In Rajyoga, we lovingly remember God in the consciousness of our original identity and His true form. This tunes our mind to His mind and automatically transfers the current of His spiritual energies. Rajyoga strengthens our will and allows us to give practical shape to the knowledge we have.★

(Purity Bureau)

## Pause 'n' Ponder

Knowledge is the antidote to fear.

- R.W. Emerson

Keep conscience clear, then never fear.

- Benjamin Franklin

Courage is knowing what to fear. - Plato

If little knowledge is dangerous, where is the man who has so much as to be out of danger? - T.H. Huxley

All our knowledge brings us nearer to our ignorance. - T.S. Eliot

All that we know is, nothing can be known. - Byron

Knowledge is power. - Francis Bacon

## None but one God

God is one. God is supreme.

God is the creator. God is truth.

God is the ocean of peace, love and happiness. God is 'trikaldarshi'.

God is kind, benevolent and merciful.

God is the protector, salvager and liberator.

God is my dearest father, mother, friend and every relation.

God is always in my heart and soul.

None but One God.



# Dadi Janki 100 years young

## Chief of Brahma Kumaris

Still working full time at the age of 100 in a job that is both fulfilling and of immense importance to others is not an image of later life we are used to. There's a tendency to focus on the very real challenges to society presented by ever-growing numbers of seniors now living well into later life. By 2050, people over 60 will account for one quarter of the urban population. Additional healthcare, different housing needs, extra social care, loneliness, access to transportation – there are so many pressing issues that being older is now primarily seen as a burden and a problem for the remaining working adults.

That's not how Dadi Janki sees it. Dadi (which means elder sister in Hindi) turned 100 in January 2016. Still working full time, she thinks very much in terms of what she can continue to give to society. Dadi began her new job at the age of 92, becoming the spiritual head of an international spiritual education organisation, a job which takes her around the world.

In a world of challenges and great change, the wisdom that Dadi aged 100 can offer seems to be much in demand. Her daily routine starts at 4.00 am with a schedule packed full of meetings with both students of the organisation (Brahma Kumaris World Spiritual University) as well as leaders from business, government and all walks of life.

Some time ago, the UN held its International Day of Older Persons, with the emphasis on age inclusiveness in the urban environment. Dadi Janki, however, as anyone who knows her has come to expect, doesn't restrict herself to just one urban setting. In the last few months alone she has spent time in London (her home for most of the past 40 years) New York, Kuwait, Morocco, Malaysia, Singapore and numerous cities throughout her native India.

All of this is quite impressive. So how does she keep so youthful and active with a schedule that many people half her age would find somewhat daunting...?

Top 10 Secrets for staying young at 100 years of age:

1. Sense of Purpose. Dadi has a very clear vision for the future of humanity, which she feels she is working towards and will continue to do so. Retirement is not a word in her vocabulary. When you have passion for what you are doing, why would you want to stop? This passion and sense of purpose gives her energy, drive and commitment.

2. Inner Connection. Dadi feels a strong connection to her own inner being and to a greater power beyond herself. This gives her a rich inner life and is the source of her own energy.

3. Spiritual Discipline. Dadi's life has been committed to following a spiritual path which nourishes and sustains her. This gives her life structure and discipline and keeps her focused. She always experiences a state of deep inner peace with a quiet and stable mind. This power of silence means she can stay calm, no matter what

is going on around her.

4. Control Over Thoughts. Dadi has a well-developed control over her mind (through the daily practice of meditation). This allows her to focus only on positive thoughts which bring benefit to herself and others. Despite her many bouts of ill health, she chooses not to pay attention to any aches and pains. "Thinking about my pain only adds to it" is her answer to doctors' questions about what she is feeling.

5. Selfless Service. Thinking of others is a secret key to a happy life. Dadi's life has been one of altruistic service, thinking of the needs of others in balance with her own needs. This keeps the energy flowing out to others so it can flow back in return. She is, therefore, continually supported by the good wishes of those she has first supported herself.

6. Living with Others. Throughout her life, Dadi has lived in community with others. There are always people around her, of different backgrounds and walks of life and, importantly, across the different generations. This keeps her in touch with what is going on and with the energy of youth.

7. Early Rising. Dadi has always woken early each day (4.00 am). Morning meditation gives her time with herself and her connection with the Divine. She always keeps this time as her own special time. This gives her the power and energy to get through the day without experiencing any



stress, even though she has a very demanding workload.

8. Simple Life. In contrast to the aims of many people today to accumulate and acquire, Dadi has very few possessions. She is, therefore, able to travel light and keep her world clutter-free, clean and simple. This keeps her from feeling heavy and burdened.

9. Healthy Living. Dadi's food has always been vegetarian. In addition, she places great value on the nourishment of food that has been cooked with love and good wishes.

10. Laughter is part of life. Despite her heavy work schedule, Dadi always finds time to laugh. Her teachings are deep and thoughtful yet she is able to bring a lightness through her humour.\*

(Purity Features)

## Global Leadership Award 2016 – Social Guidance conferred on Dadi Janki, Chief of Brahma Kumaris

Respected Dadi Janki was conferred the Global Leadership Award 2016 – Social Guidance, during the Global Leadership Conference and Middle East Excellence Awards 2016 held at the Sharjah Chamber of Commerce and Industries, Sharjah, UAE on December 17, 2016.

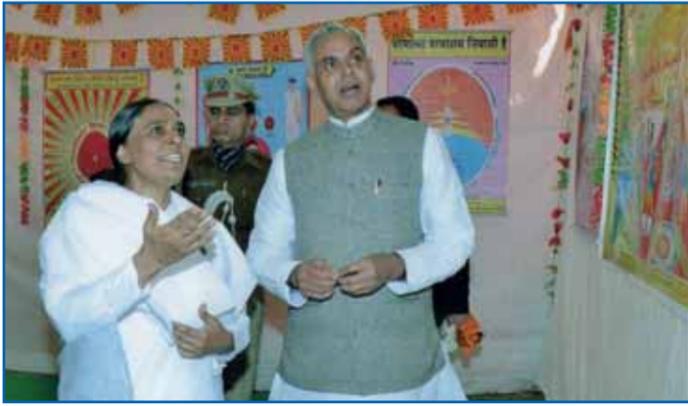
The Global Leadership Conference and Middle East Excellence Awards 2016 was the third edition of the event organized by the Cochin Herald Media Network, which honours the excellence of prominent personalities from the business community.

Raja Yoga Center Dubai received the award on behalf of Dadi Janki, and BK Jyotika delivered Dadi's written message to a gathering of around 200 dignitaries from across the UAE.



**Moscow, Russia:** On the world day of remembrance for road traffic victims, the Brahma Kumaris Centre in Moscow organized a motor rally under the slogan, "World day of remembrance is a day without accidents". The rally started from Moscow State University and finished at the Memorial Museum of World War II. Among the participants were organizations such as the Federation of Russian Car Owners (FAR), All-Russian Society of Motorists, Russian Guild of Driving Schools, Russian Motorcycle Club "Night Wolves" and others. This civil initiative was supported by the participants of the VI International Congress on "Road safety for the safety of life", which was held in St. Petersburg, Russia.





**Nahan :** Mr. Acharya Devvrat, Hon'ble Governor of Himachal Pradesh, being taken round the Spiritual Exhibition by BK Rama at Shri Renukaji International Fair.



**Guwahati, Asom :** At inaugural function of car rally with the theme 'Drive Inner Powers for Success in Business' (L-R) BKs Deepa and Harish, Mr. O.P.Lahoty, MD of Pallavi Motors, Mr. K.Paul, MLA, Dr. Rajgopal Reddy, MD, Erythro Pharma and BK Sheela didi, Sub-zone incharge.



**Mumbai, Gamdevi :** Lighting lamps at a talk on 'Wisdom for Blissful life' are Mr. Champaklal Ganger, Mr. Sanjay Bhatia, Mr. Atul Patil, BK Neha and others.



**Abu, Shantivan :** Dadi Janki and Dadi Hirdaya Mohini at Christmas day celebrations.



**Mumbai, Vile Parle :** BK Yogini didi, Chief Guest, inaugurating 18th National Conference on Pulmonary Diseases (NAPCON) 2016 at Hotel Grand Hyatt.



**Mysore, Karnataka :** At a programme for medicos (L-R) Dr. Shehashree, Dental Surgeon, Dr. Narayana Hegde, Plastic Surgeon, Dr. Ashok Meha, Oncologist, BK Lakshmi didi, Dr. Girish Patel, Psychotherapist and Dr. Mohan Appaji, President, IMA, Medikari.



**Kolkata :** At Women Empowerment programme BK Kanan didi, Mrs. Sharadha Agarwal, ASSOCHAM, Mr. Naparajit Mukherjee, IPS (Retd.), BK Chakardhari didi, Justice Mrs. Nadira Patherya, Mrs. Reena Venkataraman, IAS & BK Punyawati.

## Photo News



**Mt. Abu, Peace Park :** Inaugurating 'Energy Conservation Awareness Exhibition' are Mr. Suresh Thingar, Chairman, Municipal Corpn., BKs Sheilu didi, Shambhu, Yashwant & others.



**Cuttack, Odisha :** At 'Good bye Diabetes' programme Prof. Dr. S.N. Das, Gynaecologist, Dr. Sakti Prasad Das, Director, Dr. K.C. Mohanty, IMA President, Mr. S.V. Nirtar, Secretary, IMA, Dr. Shrimant, B.K. Nathmal, Prof. Dr. Sidharth Das, Principal, SCB Medical College, Mr.. Mahendra Pratap, IPS, Addl. DG of Police, B.K. Kamlesh didi, Mrs. Meenakshi Behera, Hon'ble Mayor and others.



The Future of Power dialogue, Blue Mountain, Australia: Group photo of participating leaders from different disciplines. Sitting on grass (L-R) Mr. Neelesh Mehta, MD, Jaipur Asset Mngmt, Mr. Stephen Hopley, Chairman, Jaipur Asset Mngmt., Ms. Judi Pemell, Forensic Psychotherapist, Mr. Luigi De Luca, Dr. Neeru Chadda, Founder, Health and Peace Centre, Mr. Anthony Phelps, Strategic Management Consultant, with Host Mr. Nizar Juma (Centre, 2nd row). Log on to [www.futureofpower.org](http://www.futureofpower.org) for details.



## Mr. Wise

Mr. Wise?  
 Yes.  
 More and more people are finding it difficult to get their sleep naturally?  
 Yes. They have to use medicines or other methods to sleep.  
 And they are also finding it difficult to wake up naturally in the morning?  
 I cannot say.



And Mr. Wise?  
 Yes.  
 Poor and simple folks are able to sleep and wake up quite naturally?  
 I would say yes. Animals and birds also can do so in the natural course.  
 Then why are the rich and smart more prone to losing their ability to sleep?  
 I cannot say.

And Lastly...  
 Now what's it?  
 Have wrong lifestyles anything to do with sleeplessness?  
 Yes. And also a burdened conscience.  
 So, a clear conscience, you mean, is the softest pillow?  
 There you are!

## Tailpiece

On a geography field trip, a friend pointed to some cows, 'It's going to rain', he said. 'They say that if cows are lying down, it means rain, and if they are standing up, it will be dry'.

A little later they saw more cows, some lying down and others standing. When asked, the friend gave his latest weather forecast. He paused only a moment, then declared confidently: 'Scattered showers!'

A doctor came into a hospital room and told the patient's husband to wait outside while he examined his wife. A few minutes later, the doctor came out and asked a nurse if she could get him a pair of pliers. She did, and he went back into the patient's room. Five minutes later he came out and asked for a screwdriver.

When he came out a third time and asked for a hammer, the anxious husband demanded to know what was wrong with his wife. 'I don't know yet,' the doctor said, 'I can't get my bag open.'

A home accidents survey which showed that ninety per cent of accidents on staircases involved either the top or the bottom step, was fed into a computer. Asked how accidents could be reduced, the computer answered: "Remove the top and bottom steps."

