



Purity

Vol. 38 No.7 Pages 12



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

International Conference in New Delhi Spiritual Response to Critical Times

120+
Countries
participated

300+
International
Guests

30+
Presenters &
Performers

8000+
Elite
Audience



National Anthem of India being played on arrival of Hon'ble Chief Guest Mr. Pranab Mukherjee, Former President of India.



Mr. Victor Perton from Australia, an expert on role of optimism, in conversation with BK Neville Hodgkinson, UK.



BK Artem Kudryavtsev, Entrepreneur from Russia speaking at Chat Show.



Singer BK Silvia Nazario from Portugal



Violinist BK Ayako Ichimaru from Hongkong



Indian Dance by BK Wang Xue Ying from China



Indian Dance by BK Anais Libolt from France

NGO OF UNITED NATIONS IN CONSULTATIVE STATUS WITH ECOSOC & UNICEF. OVER 4500 ASSOCIATE CENTRES IN 137 COUNTRIES.



BK Ken O'Donnell from Brazil



BK Brijmohan honouring Mr. Pranab Mukherjee



BK Charles Hogg from Australia



Interfaith Leaders and foreign dignitaries after honouring each other.



Above : Sister BK Caroline Ward from Chile interacting with the audience. Below : Sectional view of the audience.



Main entrance of Indra Gandhi Stadium with flags of Shiva along with 122 countries on the pathway.

Spiritual Response to Critical Times

The international conference was a confluence of dignitaries, guests, professionals, spiritualists and religious leaders from 122 countries and emphasised on the oneness of humanity.

Mr. Pranab Mukherjee, Former President of India, Chief Guest of the Conference, said : Now is the time when we must turn our attention to the moral, ethical and spiritual dimensions of our life and strengthen these elements which form the foundations of a truly advanced and happy society. The call of the present critical time is that the solutions to all the problems of the world lie in the elevated human consciousness, in the eternal spiritual wisdom and values. Spirituality points us to the realization that when we act with generosity, compassion and respect for all, we lay the foundation for holistic progress of the entire humanity.

Spirituality, he said, formed the support base of the moral and social principles which have made mankind civilized. It is one of the many gifts India has given to the world.

H.E. Ms. Gabriela Michetti, The Vice President of Argentina, Special Guest of the Conference, said: In politics, it is very clear that there is a need for spirituality. When one believes in God, it gives a lot of meaning to what one does in politics. One doesn't see one's equals as enemies. It may be that we think differently which allows us to perform more qualitative actions. This gives politics meaning and its essence is the search for common well-being. Therefore, spirituality adds value to political activity and makes it more trustworthy to people.

If one has a relationship with God which is daily practice, then it is not difficult to include spirituality in politics. Those who believe in God can be of great help to those who don't have Him in their life to return to faith and to turn their activities into service.



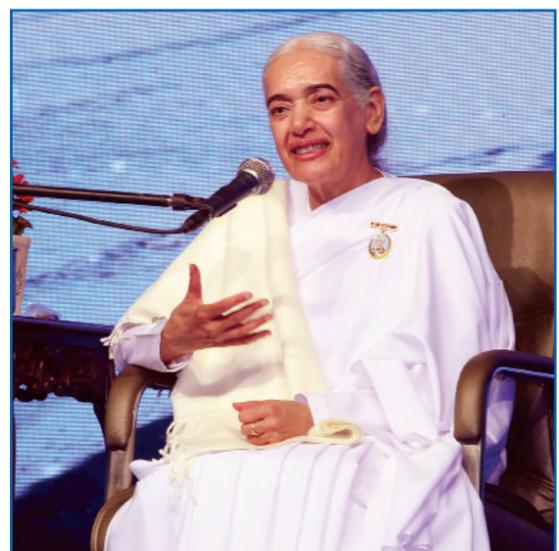
Explaining the process of Rajyoga meditation, motivational speaker BK Sister Shivani, said: "When we connect our mind through remembrance to anyone, their state of being begins to influence our energy field.

So when we connect to the Divine, His qualities of peace, love and happiness start flowing into us and our life starts to transform... We then change from expecting from others to becoming givers of goodness."



BK Brijmohan, Additional Secretary-General of the Brahma Kumaris, said that the purpose of the programme was meant to give a wake-up call to people and to share the hope that it was time for change to come about. "As night is followed by day, it is time for our present circumstances to give way to peace."

It was satisfying that practising Rajyogis, meditators and performing artists from 122 countries had come here to showcase their respective spiritual responses to the present critical times.



BK Jayanti, Director of the Brahma Kumaris centres in Europe, said: "If we see time on a linear scale, we wonder what the future holds for us. On the other hand, when we see things in a cyclical way, we can have hope for the future... We will then know that we are moving from a world of falsity and darkness to a world of truth."

She said that the chaos inside people's inner world and the vice of greed was the root cause of the environmental and climatic crises, and so a transformation could come about when we enhance our relationship with the self within.

The programme, which was attended by an elite audience of over eight thousand, was interspersed with many fun activities and cultural performances by musicians, dancers and singers from across the globe. The audience was also led into live meditation experiences. Millions watched the programme live on TV and other social media platforms.

(Purity Report)

Truly Speaking From the Editor's Heart

In a world where the Sensex, sensationalism and sleaze rule the media, it is indeed heartening to see a journal that informs and inspires people about higher values. BK Brij Mohan has been editing the spiritual journal 'Purity' for 38 years and it's been growing steadily; thanks to his unflagging spirit and dedication. He relives some old memories and shares his ideas about the journal in a tête-à-tête below.

What was the inspiration behind 'Purity'?

In September 1981, I accompanied Dadi Prakashmani - the Chief of Brahma Kumaris - on a tour to Kenya. I saw two daily newspapers in Nairobi - the Nation and the Standard - that were published in tabloid form. It struck me then that Brahma Kumaris (BKs) should have an English magazine in tabloid form. Though there were many books published by BKs, there was a need for a journal or magazine that would carry brief reports about our service activities and the essence of spiritual talks along with photographs. The monthly journal was aimed at inspiring BK readers and informing busy people in the world about BKs, providing them with useful spiritual wisdom and building a proper image of the institution. The majority of our readers today are not BKs.

Do you think the relevance of this spiritual journal has changed in these 38 years? What were the challenges and achievements?

Since the need for spirituality is understood more today than 38 years ago, 'Purity' has become more relevant in today's life and times. Over the years, a committed readership has built up and it is gladdening to note that they include eminent people like Supreme Court judges, governors, ministers, Govt. secretaries, to mention a few. Their secretaries call us when they miss an issue. A few of them are filing volumes of 'Purity' and they often quote from them. With the growth in the service of BKs; the readership and input have become wider. Sometimes I muse that this little spiritual magazine has more dedicated and voluntary reporters in the

world than any other journal because of the global network of BKs.

The only challenge we have is to develop, sustain and increase readers' interest in spiritual subjects. I think we have fairly succeeded because the inner world of humans and the worlds beyond in this universe have much more to inform and reveal than the outer world we know of. These revelations are not only fascinating but also empowering.

Showcasing reality is the main purpose of the media, but how important is its role in guiding public opinion towards a positive end?

The word 'reality' used in this context actually means reporting things as they are. The primary objective of 'Purity' is to create awareness about what 'reality' is without which a human being cannot know and achieve the right purpose of his life. Ignorance about the spiritual dimension of life has in fact made everything superficial, shallow and transient. The substance of Godly wisdom published in 'Purity' relates to the eternal, immortal and imperishable entities, viz. the soul, Supreme Soul and matter. It provides the right vision for leading a purposeful life.

What spiritual truth and value do you feel can change the world?

The foremost spiritual truth is that incorporeal Supreme Soul alone transforms this vicious old iron-aged world into the forthcoming viceless, new,

golden-aged world. The time has come for God to play his divine role. Those of us who see the writing on the wall purify themselves by having a constant mental love-link with God, the Supreme Father, and become instruments for such transformation.

There are two principal values - truth and love - which are equated with God. We say truth is God and love is God. No other value is equated with God. The first fundamental truth, that every human being is a soul who acts and experiences through the body, is the science of life. Besides, no man is an island. Human beings live in society and interact with others. Soul consciousness naturally creates the feeling of brotherhood. Spiritual love based on such brotherhood is the true technology of life.

'Purity' has always promoted respect for women. Who've been the most inspiring female role models for you?

The degradation of human society is rooted in moral degradation. Ancient spiritual wisdom says that where women are respected the deities dwell there. The founding father of BKs, Prajapita Brahma, ordained that women are best suited for social transformation in the present time of utter degeneration, and he himself trained women to be the harbingers of the new era. Following his example, myself and all BKs consider each female person to be Jagatmata (world mother) and give them utmost reverence. The topmost female role models for me have been

Divine Mother Mateshwariji, Dadi Prakashmaniji, Dadi Jankiji and Dadi Hirdaya Mohiniji.

Readers often wonder why some of the articles in 'Purity' carry no byline?

The articles published in 'Purity' are derived from the Godly wisdom revealed by Supreme Soul Shiva through Prajapita Brahma. Hence, we believe the ideas cannot be attributed to any person. We do not want any personality or cult following. The purpose of our articles is to bring readers closer to universal spiritual truths and to their eternal source - God. Our regular authors prefer to share such wisdom under the common byline 'Purity Bureau'. Articles containing deeper insights on a single topic are published as 'Purity Features'. However, authors who wish to share their views under their name are always obliged.

What are your plans for future?

We want to publish more concise, meaningful, practical and inspiring articles on spirituality in an interesting and simple form. It is our constant endeavour to give due importance to all aspects of spirituality and to strike the right balance between profound subjects like spiritual philosophy and ethical issues and relevant topics of practical wisdom, anecdotes, humour etc. We shall be happy to get feedback and suggestions from our readers about how to make the journal better. ■



Om Shanti Retreat Centre, Gurugram: Dadi Ratan Mohini, Jt. Chief of Brahma Kumaris, with 10 Brahma Kumari teachers (garlanded) after their surrender ceremony. Also in pic. are BK Chakradhari, BK Asha, BK Shukla and BK Sharda.

It's time for Liberation from 'Karmic' Bondages

Attaining liberation or salvation is considered as the final goal of life by yogis and *sanyasis* who undertake austere penance and spiritual practices to shed their mortal bondage. Since ages, saints and hermits have wandered to deep recesses of forests and climbed intractable heights to meditate and renounce the *samsara* (the world) in the hope of attaining liberation.

Every soul comes into the world to play its role. Without a body a soul is like an unused battery without a device to power. A soul is an actor and it needs a costume and a stage to perform. Even to perform good, elevated and noble actions a soul requires a body. Spiritual principles too cannot be practiced without a body. Then why is it that some humans seek liberation from the cycle of birth and death?

The truth is that no one wants to die. This is why people celebrate birthdays and feel blessed to be alive. Everyone wants to live a long life, and people go to great lengths to maintain their physical health and have a longer life.

In reality, liberation is sought from suffering and not from life itself. One would like to be liberated from hell but no one would ask for liberation from heaven. What is the use of liberation or moksha if one cannot experience that liberation? Without a body a soul is an inert entity that cannot experience anything, not even the freedom and joy of liberation.

The desire for liberation is also spurred by the mistaken belief that the soul has to take birth in 8.4 million species before it gets a human body. The thought of being born as an animal or insect in the next birth drives many to seek liberation in order to escape such a fate. In truth, the human soul always takes a human birth. All souls, including those of other creatures, take birth within their species.

Before we come in this world to play our role, all souls live in *paramdham* – the soul world. When they descend from soul world they are pure. As a result of the law of entropy everything – souls and matter go through *sato*, *rajo* and *tamo* stages. In the beginning, in *Satyuga*, all souls and elements of nature are *satopradhan* (super perfect). There is purity and harmony in relationships between humans and nature. Pure souls enjoy a liberated relationship which leads to positive actions and happiness for all.

This period is remembered

Liberation is a state that all souls pass through before they come down to this world.

in various cultures and faiths as Heaven, *Vaikunth*, *Bahisht*, Paradise etc. and it lasts for two ages. Gradually after many rebirths souls get attached to the body and material world in successive births and lose their purity. They become body conscious. Vices like lust, anger and greed take root in their minds and they start sinning. Souls and matter become *rajoguni* and then *tamoguni* (corrupt and imperfect).

At the end of *Kaliyuga* (Iron Age) when all souls have become *tamopradhan* (completely impure) life is an unending saga of struggle, suffering and temporary pleasures. Relationships between human souls are filled with selfishness and falsehood.

In bondage and suffering human souls turn to God and seek liberation from this world of sorrow. Some human souls are so repulsed and troubled by sin and suffering that they start seeking *moksha* – permanent liberation – from the cycle of birth and death. They stretch the concept of liberation to permanent liberation from birth and death. The concept of *moksha* does not hold true because all souls have their individual imperishable roles to play in this world drama.

When a cycle of time ends, souls are liberated from their bodies and go to *Paramdham*. It is here that they are in a state of liberation. This state is one of freedom from physical bondage and any other influence. Being bodiless, the soul cannot experience anything or perform any action. It remains suspended in this inert state until it returns again to this world at its appointed time to take birth in a body and begin to play its role in the drama of this world.

Thus, liberation is a state all souls pass through before they come down to this world. The fundamental nature of a human being is freedom and peace but today we live in fetters – we live in self-imposed confinement.



BK Sister Shivani receiving 'Nari Shakti' Award, the highest civilian honour for women in India, from H.E. the President of India, on International Women's Day - 2019.

Everything that we do in our life is only towards our ultimate liberation because the original state of every soul is liberation.

So what can a human being do in order to shift from bondage to liberation?

Living in the awareness of soul or being soul-conscious is the fundamental step that helps us to stop creating more karmic bondages in day-to-day life. When we are body-conscious we are always thinking and acting under the influence of sensory pleasures, pre-conditioned emotional patterns, *sanskars* tainted by vices and negative memories and desires. We are trapped in limited identities of self and others and all our efforts are aimed at preserving this limited self which then becomes our greatest bondage. We are constantly pulled by likes, dislikes, ego, attachment, fear and greed. Actions driven by these influences create more and more bondage for the soul and it sinks into deeper

levels of suffering and negativity.

Another doorway to become free from burdens and bondage is deep love and surrender to God. When we sincerely seek God's companionship, His love and guidance with a pure heart, we experience immense peace and contentment. We experience lightness of being and taste the liberation we had in our eternal state of being. When we offer to Him even our daily acts; when we dedicate to Him with love and sincerity everything we consider as ours, we are liberated.

Deep meditation or loving remembrance of God absolves our past sins and helps perform good actions without ego and selfishness towards the benefit of others. Being generous in giving co-operation and support to everyone without any expectations, without bias, likes and dislikes – doing good no matter whatever obstacles or problems come in life also keep one from creating more bondages. ■

(Purity Features)

Pearls of Wisdom

- Ignorance makes you believe that life functions haphazardly.
- Circumstances are like objects. They are not alive; you bring life to them.
- Values are related to each other as if they are members of a great family.
- To be peaceful you have to see yourself as a peaceful being.
- Firm faith and self-confidence in your goals determine your destiny.
- Teach your eyes to have an elevated vision and your mind will be relaxed.



Editorial—

Wake up, India!

Rape cases are on a steep rise in India. Also, they are getting more and more bizarre. Some of the recent cases include a husband's brother criminally assaulting his wife on their wedding night; a minor being raped and beheaded by her brothers and uncle, and an ICU patient being raped by the hospital staff.

In the past few years, the horrific trend of gang rapes has not just become more common, but the details of many such cases are chilling beyond imagination. We do not need to be reminded of the Nirbhaya case, and of the many similar ones that ensued. In some incidents, the victims were little children who were held captive for days and had to endure unending torture until they were found or passed away.

Some very sad stories have come in from villages where broad-minded and courageous fathers let their daughters go to school, even if it meant paying more, travelling more. But their hopes of a bright future were mercilessly crushed by gangs of miscreants. Sometimes the girls were picked up on their way back from school, sometimes when they had gone to relieve themselves in the fields in the early morning hours.

The victims and their families are inconsolable. After the bitter experience of a brutal assault on their life and dignity, they face the wrath of an indifferent system and patriarchal society. Just imagine the plight of parents whose daughters go missing. They spend days looking for them, only to be stunned by the greatest grief of their life. Their struggle does not end there. At the police station, in the hospital, and the courtroom, they answer humiliating questions. The legal recourse is too long and ties them with those experiences. The perpetrators dump the blame on the victim, and many times the society sides with them. In the end, the victims and their families have nowhere to go.

There are many such tales, most of them unreported, never heard. But whatever little reaches the public gaze is bad enough.

The question that simmers in the hearts of young girls and their parents is – why isn't anything being done about it? How can we, as a society, simply go about our business each day as if nothing ever happened, as if our conscience has been numbed. With such a flood of crimes, why are the authorities still taking baby steps? The scenario is one of moral, legal and social emergency, then why are we still stuck in our first-aid approach, blame games and piecemeal solutions. If we don't make a real change, then who will?

At a time when we should be together, up in arms, working towards making our country safe for women, this issue does not even figure in election manifestos. The fact that this is an agenda barely discussed this election season shows how misplaced our priorities are.

Gender crimes are not just crimes against women but against the whole of humanity, for they stifle our aspirations of having a just, safe and progressive society. The efforts that we have been making since independence towards a free and forward nation suddenly fall flat. They snatch away the basic right of citizens to lead an honourable life, and paint a bleak picture in young minds.

The news of such crimes and everyday harrowing experiences of girls and women in offices, homes, public spaces and public transport create a fear psychosis. They know at the back of their minds that their education, economic independence or social status do not bring with them a guarantee of safety. They will continue to live in a world of preying men who can go to any lengths of indecency.

When over half the population of our country is caged in fear and anxiety, and their dreams dwarfed by the anticipation of being harmed, what meaning does economic and scientific growth have for us? When life and dignity become so cheap, nothing else matters.

It is time for us as a nation to wake up, truly wake up, and to shake ourselves out of this damaging attitude of indifference and carelessness. If we just watch as mute spectators while our daughters are being disrobed, what right do we have to call ourselves a civil society? We appeal to the authorities to approach the cases of gender violence with zero tolerance and build a culture of respect for women and children. ■

Gleanings from the press

Plant cellulose may be used to create bone implants

Scientists have used plant cellulose to develop a strong, lightweight sponge that could be used as bone implants in future. Researchers from the University of British Columbia and McMaster University in Canada have developed an airy, foam-like substance that can be injected into the body and provides scaffolding for the growth of new bone. It is made by treating nanocrystals derived from plant cellulose so that they link up and form an aerogel that can compress or expand to completely fill out a bone cavity. "Most bone implants are made of hard, brittle ceramic that doesn't always conform to the shape of the hole," said Daniel Osorio, a PhD student at McMaster. *(News Report)*

Exercise can treat high BP

Exercise can lower blood pressure and reduce visceral body fat at least as effectively as many common prescription drugs, according to two important new reviews of relevant research about the effects of exercise on maladies. The new studies support the idea that exercise can be considered medicine, and potent medicine at that. But they also raise questions about whether we know enough yet about the types and amounts of exercise that might best treat different health problems. While drugs face extensive testing before they can be approved and prescribed, exercise studies have tended to be relatively small and short-term. *(NYT News Service)*

Millions to die prematurely by '50 due to pollution

Flagging the deadly impact of air and water pollution that annually claim at least nine million lives globally, a new UN report calls for urgent action to save humanity from the disastrous consequences of environmental degradation. It warned that cities and regions in Asia, West Asia and Africa could see millions of premature deaths by mid-century if the nations fail to drastically scale up environmental protection measures and noted that water pollution will become the foremost cause of death by 2050.

(Times of India)

Cell therapy may replace need for kidney transplants

Regenerating damaged tissues using therapeutic cells may prove to be a promising new approach to treat chronic kidney disease, scientists say. Researchers from the Wake Forest Institute for Regenerative Medicine in the US found that harnessing the unique properties of human amniotic fluid-derived stem cells could potentially help recover organ function in a pre-clinical model of kidney disease. Amniotic fluid-derived stem cells can be used as a universal cell source because they have the ability to become different cell types as well as the ability to be anti-inflammatory, making them a potential source for regeneration. *(News Report)*

Human brain finds it tougher to forget than to remember

Choosing to forget something uses more brain power than trying to remember it, according to a study that could lead to treatments to help people rid themselves of unwanted memories. The findings, published in the 'Journal of Neuroscience', suggest that in order to forget an unwanted experience, more attention should be focused on it. "We may want to discard memories that trigger maladaptive responses, such as traumatic memories, so that we can respond to new experiences in more adaptive ways," said Jarrod Lewis-Peacock, an assistant professor at The University of Texas. *(PTI)*



Bhoola Bhai

And our friend Bhoola Bhai on Temple Street says that if you have your sight, you are blessed. If you have insight, you are a thousand times blessed.

The World's Family Tree of 5,000 Years

Using simple statistics and math, researchers have found that all 7.7 billion people on earth today have one or more common ancestors who lived only 2,000 to 5,000 years ago.

The calculation is simple. Every person has two parents, four grandparents and eight great-grandparents. If we keep doubling back through the generations – 16, 32, 64, 128 – within a few hundred years we have thousands of ancestors. By the 15th century we have a million ancestors. By the 13th we have a billion. Sometime around the 9th century – just 40 generations ago – the number crosses a trillion.

But how could anybody alive today have had a trillion ancestors in the 9th century? The answer is, they didn't. In fact, most of the people who lived 1,200 years ago appear not twice, but numerous times on our family trees, because there were only 200 million people on earth back then. Simple division – a trillion divided by 200 million – shows that on average each person back then would appear hundreds of times on the family tree of everyone living today.



Each one of us is really connected to every other human on earth by family ties, however distant.

When we keep going back in time, there are fewer and fewer people available to put on more and more branches of the 7.7 billion family trees of people living today. It is mathematically inevitable that at some point, there will be a person who appears at least once on everybody's tree, according to Steve Olson, whose book *Mapping Human History* traces the history of the human species.

PRIDE

- Pride ruined the angels.
– Emerson: *The Sphinx*
- Pride and weakness are Siamese twins.
– Lowell
- The infinitely little have a pride infinitely great.
– Voltaire
- The proud hate pride – in others.
– Franklin: *Poor Richard's Almanac*
- They are proud in humility, proud in that they are not proud.
– Burton: *Anatomy of Melancholy*
- The ring always believes that the finger lives for it.
– Malcom de Chazal
- Of all the causes which conspire to blind man's erring judgement, and misguide the mind, What the weak head with strongest bias rules, Is pride, the never-failing vice of fools.
– Pope: *Essay on Criticism*

LIFE

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

This finding is proof of the common saying that the whole world is one family. It also proves that the human lineage began from a small group that lived not more than 5,000 years ago.

Thus, mathematically the researchers have reached a conclusion the Brahma Kumaris have been propounding for the last 83 years. God has revealed that the history of humanity is cyclical, with each cycle lasting 5,000 years.

Every cycle begins with the Golden Age, where a small number of humans live on earth in complete peace, purity and prosperity. As the world passes through the Silver, Copper and Iron ages, the human family tree keeps growing. At the end of the Iron Age, cataclysmic changes take place in the world, in which most humans die. Then a new cycle begins with a small number of surviving humans.

The implications of this finding are worth pondering upon. What it means is that each one of us is really connected to every other human on earth by family ties, however distant. These ties may not only go back several centuries but also span over many continents, races and religions.

In effect the entire humanity is one family with its members professing different faiths, having different cultures and political views and living in varying circumstances.

But being ignorant of our very real brotherhood, we divided ourselves on the basis of nationality, religion, race and class. The result: countless wars over the course of history, unspeakable cruelty as evidenced by the Holocaust and more recent massacres of

civilians in military conflicts, mutual hatred and complete disregard for fellow human beings.

While the researchers' work mathematically proves a fact our ancestors encapsulated in the term 'vasudhaiva kutumbakam' (the world is one family), it would be wishful thinking to expect their finding to change the way humans behave.

In an increasingly consumerist world, the universe for a growing number of people does not extend beyond their own self or their immediate family members and friends. What happens beyond this circle is of no concern to them, unless it influences their circumstances or way of life.

How can one expect the idea of universal brotherhood, even when it is proven to be real, to change a society in which brothers are killing each other and children are murdering their parents over money?

At present, during the climax of Kaliyuga, man is so strongly in the grip of vices that no amount of exhortation can change his ways. That is why God has to come on earth to awaken us to our true spiritual identity, and the fact that all of us are not merely distant blood relatives but also brother souls – the children of the one Supreme Soul.

This spiritual awakening lifts us out of all the divides we have created among ourselves. Then God teaches us to remember Him, by which practice the soul is gradually rid of the vices and becomes pure. This purity entitles souls to enter heaven, or *Satyuga*, the Golden Age that dawns after the end of *Kaliyuga*. ■

(Purity Bureau)



Oxford, UK: Visitors browsing through books at Brahma Kumaris' 'Inner Space' shop and Drop-in Meditation Centre.



Mysore : Lighting lamps at International Women's Day Celebrations are Prof. K.S. Rangappa, former Vice Chancellor, Mysore University, BK Lakshmi Didi, Prof. Indumati, former Vice Chancellor, Davangere University and others.



Bhopal : BK Asha Didi, Chairperson, Administrator's Service Wing, along with BK Avdesh Didi, National Coordinator, receiving memento from Mr. Avdesh Pratap Singh, Principal Secretary, Vidhan Sabha and Dr. Sanjay Goyal, MD, MPEB.



Bangalore: At 83rd Trimurti Shiva Jayanti Celebrations, BK Padma Didi presenting a frame of 'Shiva' to Mahaswamiji.



Borivali (West), Mumbai: BK Bindu (3rd L) at International Women's Day celebrations held at Hira Matushri Charitable Trust. Also in pic. is Sarita Bhosle, Asstt. Police Inspector, awardee for Courageous Work by Maharashtra Chief Minister and others.

Raipur, Chattisgarh : Lighting candles at International Women's Day celebrations are Ms. Chhaya Verma, MP, Rajya Sabha, BK Kamla Didi, Mrs. Sharda Devi Verma, Chairperson Distt. Panchayat and others.

NEWS IN PHOTOS



Jagannath Puri : Group photo of Principal Chief Conservator of Forests, Head of Forest Forces with Senior Administrators (IFS Officers), Govt. of Odisha along with BK Nirupama, BK Pratima and Er. BK Sharad Bhai after a spiritual get-together in Godly Rajyoga Retreat Centre (GRR).



Mohali : S. Balbir Singh Sidhu, Punjab Minister, BK Prem Lata, BK Rama, Dr. S. Aggarwal, DGHS, Mr. G.S. Saran, former Distt. & Sessions Judge and others inaugurating Shiva Jayanti Celebrations at Sukh Shanti Bhawan.

Warangal, Telangana : Group photo of participants in seminar on 'Meditation and Psychological Well-being' held at Vishwa Shanti Bhawan. Seated in front row are BK Usha Didi from Mt. Abu, BK Kuldeep Didi from Hyderabad, BK Savita Behn, Dr. Y. Sridhar Raju, Dr. A. Sirinivas and others.



Managing Time is Managing Life

B.K.Brij Mohan

Time and tide wait for no man. Time is life and so, managing time is managing life. Our life is made up of so many thoughts, and so a thought is the smallest denominator of our time and life. Thoughts have the fastest speed known to man. Everything is just a thought away! The speed of light, considered fastest by science, is no match for the speed of thought.

Effective time management depends upon proper understanding about the importance of time. Time is a unique resource and has certain unique features. Time cannot be saved or stored. If not utilized, it gets wasted. Unlike other resources, it cannot be even replaced. It can't be substituted either. It is the only resource each one of us has in exactly the same amount. And remember, time always moves forward.

How much a person accomplishes in, say a day, depends on how much he utilizes his time. By proper time management, he may be able to achieve as much as three average persons would. One important thing is to stop wastage. Time being a primary resource, those who waste time would also tend to waste money and energy.

Some of the major time wasters are lack of planning, failure to delegate, interruptions etc. More subtle reasons are seeded in our own nature. Adoption of wrong values causes maladies like jealousy, hatred, anger

Where are you most effective in the use of time? Where are you least effective? Decide which areas need improvement.

and ego, resulting in time-wasting activity. Wrong attitudes lead to carelessness and extroversion, causing laziness, failure, lack of enthusiasm, lethargy and procrastination.

Friends are also known to be stealers of time. Prejudices, dependencies, leanings, attachments as also worries and tensions leading to sickness of the body and mind also eat away a lot of our time. So do not put off till tomorrow what you can do today. I would say, do not put off till the next moment what you can do right now. Particularly in our present times of uncertainty and sudden, untimely death.

Time Log

Better time management starts from knowing where time goes or how time is being spent. Keeping a time log is a useful device for

discovering what is wasting your time. When you begin to keep an inventory of your time, you may have some surprises.

A time log can be a simple but valuable tool. Keep a record of your time. Spend a few minutes at the end of each day for this purpose. The record so kept will give a more accurate indication of time usage.

Evaluate and analyze your time. Where are you most effective in the use of time? Where are you least effective? Decide which areas needs improvement in time management.

Set up a target for each day. List the targets you want to achieve and arrange them in order of priority and importance. Delegation is a wise tool for effectiveness. It not only frees you from trivia but is also a process of preparing people to take up higher responsibilities.

So, identify the time wasters, recognize the possible cause, and develop solutions. While time wasters are universal, causes must be identified within one's situation and solutions would emerge from one's own inner abilities.

Since most of our time wasters are the result of our own personality traits, Rajyoga meditation can go a long way to enhance your inner powers to rescue you from the task trap. ■

Who Created Devil?

One of the most intriguing and troubling questions that often pops up in people's mind is where did evil originate? Many believe that evil has existed since eternity and the figurehead of all evil is personified as the devil. But then where did devil come from? Devil is personified as Satan, Shaitan, Ravana etc.

In the famous English epic Paradise Lost, the devil is described as an archangel, a top angel, who was thrown out of Heaven because he challenged God's authority and fuelled rebellion against Him. Satan is defeated and punished for his perfidy to live in Hell, perpetually burning in the fire of humiliation and hostility.

The allegorical story does not end there. Hereafter begins the human connection with the devil. It is said that the malicious fiend then schemed to avenge his disgrace by making God's best creations, Adam and Eve, sinful and getting them expelled from Paradise. Many theologians and common people believe that God created devil because He is the Creator. Many have argued that the devil was born when he was banished from Heaven by God. There are others who subscribe to the belief that God created devil so that humans would realize by contrast that

Even bad people feel bad when someone behaves badly with them.

value of God and goodness, also it would give them reason to live by goodness and to shun the devil.

To understand the origin of the devil, we must understand what goodness and evil actually mean. Why is it that we tend to resist all that is bad and like all that is good? Even bad people feel bad when someone behaves badly with them. Why does every human being, including the worst ones, expect respect, trust, honesty, love and forgiveness for themselves and their near and dear ones? We term something as bad when it dissonates with our innate self. People burn the effigy of their enemy. Every year people burn the effigy of Ravana in India as he symbolizes evil.

When people act in an evil manner, their reasoning, will power and feelings are completely overpowered by a vicious emotion

and they cannot feel that it's wrong, but when it comes from another person, they perceive a negative feeling because they are normal or rational at that time.

This leads us to the understanding that we like feelings of joy, love, truth etc. because our true nature is made up of these values. Truth means that which is eternal, and hence vicious feelings are not part of our original nature. Just as absence of light is termed as darkness and absence of health is termed as disease, similarly, absence of our innate goodness manifests as evil. We can remove darkness by switching on the light. We can remove evil by realizing our innate goodness.

The devil is not a person or a being infested with evil powers. It is only a name given to vices like lust, ego and anger, which rule human conduct today. God did not create the devil. The devil was born due to human weakness. When the body is weak, it is infected by disease. When we went far away from God and our goodness, we lost our spiritual power, and instead of virtues, vices began to influence our actions.

As we souls continued our journey in the cycle of time through repeated rebirths, we lost touch with our eternal truth.

We became more attached to the material objects around us. Our ignorance gave shape and strength to the illusion called the devil, and we all started believing that he was controlling us, not realizing that the devil is the creation of our ignorance and weakness.

God is most merciful and benevolent. As souls we are His children. Why would He create something that would trouble us so much? God is the liberator who gives us the wisdom and power to free us from the clutches of the devil. Through His wisdom we are enlightened, and through His love we are empowered to realize our eternal goodness and conquer the devil that rules within each of us.

When we become aware of God and experience goodness inside our heart, the illusion and power of the devil are destroyed. ■

(Purity Features)

Pause 'n' Ponder

- As you wake up, the first thought is your foundation for the rest of the day.
- You search for something you know exists because you have experienced it in the past.
- To be peaceful is to be free from expectations and to want nothing from anyone.

Managing Self Esteem

In each of us there is an enormously powerful need to feel good about ourselves. We need to feel valued and cared about. If our beliefs and values are clear to us and we consistently act accordingly to these, then this becomes a source of self-esteem.

Life is dealing blows to our self-esteem and then rebuilding it again. When we supervise other people, we need to know how to manage self-esteem issues.

There are essentially four sources of self-esteem and by managing these four sources we can re-build self-esteem and help achieve fulfillment for ourselves and others.

The need for self-esteem governs much of WHAT we do and HOW we do it. Each of us strives to increase our level of self-esteem or at least prevent the current level from decreasing. Why? Because when our self-esteem rises, we experience joy and self-fulfillment. We feel powerful, wanted and experience purpose in life. On the other hand, when we lose our self-esteem, we may feel pain, guilt, depression, fear, grief, loneliness, worthlessness, bitterness, hopelessness, rage, or other negative emotions.

The four main sources of self-esteem are:

Achievement – visible achievement and accomplishment of goals and objectives, especially those goals and objectives we individually had an input into establishing.

Influence – evidence of increasing personal power, control and influence over events significant to us as unique individuals.

Being valued – a clear sense of being valued and cared about as a worthwhile human being by someone important to you.

Acting according to one's values and beliefs – opportunities and permission to behave in ways congruent with deeply held value and belief system, e.g. values such as honesty or religious beliefs.

It is important to attain our self-esteem from all four sources. We can and often do compensate for a failure of esteem from any one source, by concentrating our energies on the others. For example, a deteriorating relationship may encourage some to try to overly-achieve at work, or seek excessive sources of entertainment or sensual gratification. But these are only short-term solutions for each type of self-esteem is regularly necessary for us to feel essentially good about who and what we are.

Achievement and Accomplishment

For achievement and accomplishments to have a

When our self-esteem rises, we experience joy and self-fulfillment, we feel powerful, wanted and experience purpose in life.

real impact on our self-esteem, we need to set the goal, or at least have a recognizable influence on it. We must own the goal in a personally committed way. Reaching some objectives set by others, or forced upon us, is not very satisfying or esteem producing.

Participative management practices are filtering through organizations because it has been recognized that when people have a greater say in the setting of objectives, they take ownership. This results in greater commitment, higher self-esteem and increased productivity.

To enhance self-esteem, goals should be challenging yet not so difficult that success is virtually impossible. There also needs to be regular feedback so we know how successful we have been.

Personal Power Control and Influence

When something happens to us or is done to us, we may feel very hurt, angry or frustrated. It's not so much the event itself, but the fact that we had no control over what happened. And such an inability to be able to influence, degrades us as unique human beings, discounts us as worthwhile and effective and reveals us as powerless.

This is why an announcement of a change in the way people are to be treated in an organization may result in conflict or hostility, even when the imposed changes are obviously an improvement for the individuals concerned.

Each individual would do well to learn ways to empower themselves, such as using certain skills. Managers should actively encourage participation in all levels of decision making and ensure that everyone feels free to give their ideas.

Evidence of Concern and Being Cared About

When we feel loved and cared for as individuals, we feel good. When that is taken away, we feel pain

Blessings



Humility and self-respect come from knowing what you were originally and who you are eternally. Also, always think of yourself as a continual learner. Never think that you have found everything, done everything and know everything. Never entertain negative feelings or biased ideas about people. Keep your heart very open and clean. It is through humility that the heart opens to the most beautiful truth: We have a right to God's love.

-Dadi Janki

or hurt. We need evidence of caring not so much for what we do, but for who we are. We need to know that other people of real importance to us care for and value us, that we are appreciated for what we are.

Behaviour Consistent with Values and Beliefs

There is a core set of values and beliefs that guide much of our behavior and by which we judge ourselves and others. If our beliefs and values are clear to us and we consistently act according to these, then this becomes a source of self-esteem.

The reverse is also true. If circumstances or our own weaknesses lead us to act counter to such basic values, then we feel bad about ourselves and we can become sad, depressed or angry.■

(Purity Bureau)



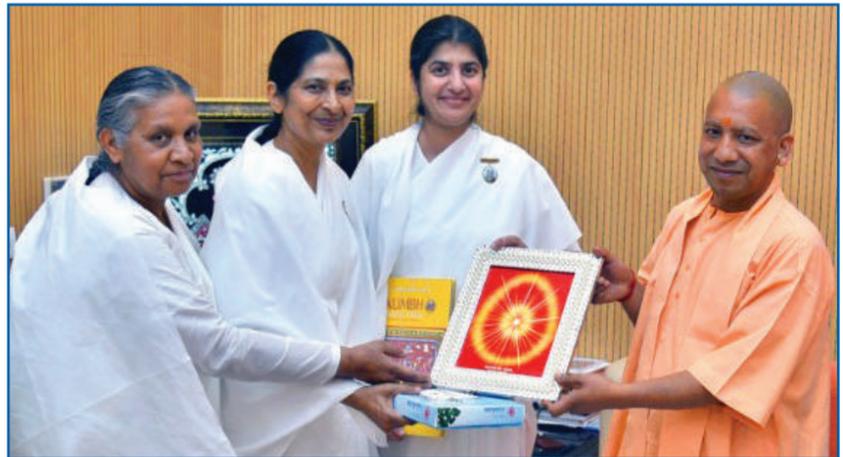
Shantivan, Abu : Celebrating 83rd Shiva Jayanti by lighting candles are Dadi Janki, Dadi Ratan Mohini, BK Nirwair Bhai, BK Sister Jayanti and others.



Moscow, Russia : Brahma Kumaris centre celebrating International Day of Poetry with a programme, 'Discover the Self and Eternity'.



Agartala: Lighting candles to inaugurate Silver Jubilee and Mahashivratri celebrations are Prof. Kaptan Singh Solanki, Hon'ble Governor of Tripura, BK Sister Kavita, Dr. Arunadoy Saha, Ex. Vice-Chancellor of Tripura University, and BK Bharat Bhushan from Panipat.



Lucknow: Yogi Adityanath, Chief Minister of Uttar Pradesh, being presented a picture of God Shiva by Brahma Kumari Sisters.



Om Shanti Retreat Centre, Gurugram: Inaugurating National Conference of Business and Industry are BK Brij Mohan, BK Yogini Didi, BK Asha Didi, Ms. Sarita Nagpal, Technical Advisor, CII, Ms. Neena Ahuja, Director, Ahuja Consultancies, Mr. Basant Bansal, Founder Chairman, M3M Group, and Mr. Ghanshyam Das Gupta, Chairman, Zever and Zever Group.

Cuttack: Hon'ble Chief Justice of Odisha, Mr. Kalpesh Satyendra Jhaveri, being presented Godly gift by BK Sulochana.



Kathmandu, Nepal: Mr. Raghubir Mahaseth, Hon'ble Minister for Physical Infrastructure and Transport, being presented a picture of Shiva by BK Raj Didi and BK Kiran on the occasion of Mahashivratri.



Chandigarh: Flag of God Shiva being hoisted by BK Amirchand Bhai, BK Sister Ultra, Hon'ble Justice Mrs. Daya Chaudhary, Judge, Punjab and Haryana High Court, and others during Mahashivratri celebrations.

Mr. Wise

Mr. Wise?

Yes.

Good is good and bad is bad?

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

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

I cannot say.

♦♦♦♦♦♦♦♦

And Mr. Wise?

Please continue.

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

Let me think...

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

I cannot say.

♦♦♦♦♦♦♦♦

Lastly...

Now what's it?

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

Good logic.

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

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

♦♦♦♦♦♦♦♦

Tailpiece



Five surgeons were discussing who made the best patient on the operating table. The first surgeon says, "I like to see accountants on my operating table, because when you open them up, everything inside is numbered."

The second responds, "Yeah, but you should try electricians! Everything inside them is colour-coded."

The third surgeon says, "No, I really think librarians are the best; everything inside them is in alphabetical order."

The fourth surgeon chimes in: "You know, I like construction workers... those guys always understand, especially when you have a few parts left over at the end, and when the job takes longer than you said it would."

But everyone had to agree when the fifth surgeon observed: "You're all wrong. Politicians are the easiest to operate on. There's no guts, no heart, and no spine, and everything else is interchangeable."

♦♦♦♦♦♦♦♦

International Conference at IG Stadium, New Delhi



Performance by BK Goreth Dunningham from Brazil.



Magician BK Harry Wong from Hongkong



Chinese Dance by BK Wang Xue Ying, China



Bishop Philip James Huggins of Anglican Church of Australia speaking at a Talk Show.



Mr. Paulo Marcelo, Motion Graphics Expert from Brazil sharing experience.



Hindi Songs Concert by 'Desert Rose' artists from South Africa.



BK David Kilowski from Australia playing Flute along with BK Alex from Brazil playing Sitar during meditation experience.



Delegates from 122 countries holding placards on stage with BK Sister Elizabeth Padilla from USA singing, 'We are One Family...'



Sectional view of the audience seated in the arena of Indira Gandhi Indoor Stadium.