



Purity

Vol. 38 No.6 Pages 12



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

Regaining Ancient Glory of Bharat

India that is Bharat was once known as a golden bird because of its natural wealth, the prosperity of its inhabitants, and its established socio-economic systems since ancient times. The wealth of India attracted traders and invaders for centuries.

Accounts left by foreign travellers give an indication of conditions in India in ancient times.

Megasthenes, a Greek historian and diplomat, visited India as an ambassador of king Seleucus I to Chandragupta Maurya, probably between 302 and 298 BC. He wrote of gold, silver, copper and iron being abundant on Indian soil, and fertile, irrigated plains. No famines ever occurred in India, he wrote. The law treated everyone equally and banned slavery.

About 700 years later, Fa-hien, a Chinese pilgrim, visited India during the reign of Chandra Gupta II. From his records, it has been inferred that the administration of the Guptas was liberal, the people enjoyed economic prosperity and the burden of taxes on them was not heavy. There were few quarrels or disputes and the people rarely felt the need to approach the judiciary. People were free to move from one place to another. The government servants were paid in cash and were barred from taking presents or bribes from the people. Monasteries, temples and their property were free from taxes. Public highways were secure and free from thieves and dacoits. The kings and wealthy people had built rest-houses where every convenience was provided to travellers. They had also built hospitals where free medicine was distributed to the poor.

Estimates of gross domestic product made by experts present a similar picture. In 1 AD, experts estimate that India accounted for 32 per cent of the global GDP. Britain, France and Germany together had a share of 3.7 per cent. In 1500 AD, India's contribution to the global economy was somewhere around 24.5 per cent, equal to all of Europe's share.

Colonial rule saw India's share decline drastically, to 12.2 per cent in 1870, while the Industrial Revolution boosted the share of the three European countries to 22 per cent. When India became independent, its share of global GDP was just around 4 per cent.

Today's India presents an entirely different picture from that of ancient times. The



Varanasi, Uttar Pradesh : Mrs. Sushma Swaraj, Hon'ble External Affairs Minister of India, being presented a frame of Shri Lakshmi and Narayan by BK Sister Aruna Ladva from Kuwait after participating in 3-day Indian Diaspora Celebrations.

country is now home to the largest number of poor people in the world. In global surveys it regularly ranks among the most corrupt countries, and the figures for disease and crime are equally depressing.

What brought about this downfall? Many people point to the centuries of foreign invasions and rule, including colonial rule, as being largely responsible for the draining of India's wealth.

While several external factors can be debated as being responsible for India's current plight, the fact is that this downfall could not have occurred without a prior spiritual decline.

The earliest history of India, only bits of which remain in the form of myths and legends, tells us that divine beings once walked on this land. They were completely virtuous, totally devoid of vices, and were non-violent. They lived in palaces of gold studded with gems, the land was abundant in all resources, man and nature existed in complete harmony with each other, and sorrow was unknown to those divine beings. The quality of those souls, which was at its zenith, was manifested in the form of a perfect world.

Gradually, a time came when those people lost their divinity and became ordinary humans. They no longer were virtuous as before, and the vices began influencing their thoughts, word and actions. This loss of purity was manifested in nature and the condition of the human society.

As vices and vicious actions grew, so did sorrow, as per the universal law of cause and effect, action and reaction, or the law of karma. The present state of Bharat is a manifestation of the inner state of its inhabitants.

This decline of Bharat is foretold in the Gita, where God says that whenever righteousness declines and unrighteousness grows, He incarnates Himself in this land to protect and uplift the virtuous, destroy evil, and re-establish a righteous order.

Complete peace, power, prosperity and happiness cannot exist where there is spiritual poverty. India can once again regain its past glory only when it first attains the spiritual heights it once occupied. Our thoughts, attitudes and actions create our external reality. To make Bharat great again, we must begin the change in the minds of its people. ■ (Purity Features)



NEWS IN PHOTOS

Raipur, Chhattisgarh: Mr. Bhupesh Bhaghel, Hon'ble Chief Minister, being presented a memento by BK Kamla Didi.

St. Petersburg, Russia : After launching of 'Garden-Like City' project by eminent personalities (L-R) Prof. Vladimir Golovkin, Ms Nadezhda Okhotnikova, Ms. Anastasia Zemskaya, Prof. Arkady Gorbunov, BK Santosh Didi, Prof. Yaroslav Vasilkov, Rev. Vladislav, Prof. Larisa Koroleva, Mr Anatoly Konstantinov, and Mr. Mangalam A. Dubey,



Chennai, Tamil Nadu : BK Sr Beena being honoured by 'Shawl' at 35th Rotary International Distt. Conference on Celebrating Humanity.

*Education,
experience and
memories are
three things
no-one can take
away from you.*

Rajkot, Gujarat : Lighting candles at Golden Juilee celebrations and inauguration of 'Pavan Dham' are Mr. Vijaybhai Rupani, Hon'ble Chief Minister, BK Sr Jayanti from London, BK Bharati Didi, BK Sr Maureen from Hongkong, and BK Sr Dorothy from USA.



Thailand : BK Sr Usha from Mt. Abu was felicitated with Moral Award 2019 by the Princess of Philippines Maria Amor and Queen Mother of Ghana.



Mumbai : Overbridge named after Rajyogini Brahmakumari Brijindra Dadiji by Muncipial Corporation of Greater Mumabi



Om Shanti Retreat Centre, Gurugram : Group photo of 'Latino Retreat' with 86 guests and 45 BK participants from 17 Latin American countries, Spain and Italy. Faculty in front row includes BK Br. Ken O'Donnell, BK Sr. Moira Lowe, BK Sr. Denise Lawrence and BK Sr. Asha.

Meditation and Medicine

With the current advances in technology, there has been unparalleled progress in the fields of diagnosis and therapy. Undoubtedly, this progress has brought great benefits to mankind across the world. Unfortunately, the benefit of scientific progress does not reach five-sixths of the human race living in developing countries, for the high cost of technology is beyond their reach. Even in countries like the UK and USA, the spiralling cost of medical care has focused the attention of health care professionals on meditation and yoga as complementary therapy.

Renewed Interest

The brain has limitless potential and all the mysteries of its functioning will, perhaps, never be unravelled. The brain is not considered a static and unchangeable entity. In fact, it is an organ capable of being transformed and utilized in remarkable new ways through meditation. Meditation was and is still practiced in India by yogis and monks who demonstrate their powers through extraordinary physical and mental feats, healing techniques and other dramatic events. The focused effort of scientific investigators at Harvard University, Boston, USA on Tummo meditation of Tibetan Buddhist monks has confirmed their ability to raise skin temperatures dramatically in cold weather. The publication of this study has brought meditation into sharp focus in recent years. There is renewed interest in the complementary role meditation plays to modern medical methods.

I had the privilege of operating on a Yogini, the spiritual head of one of the centres of the Brahma Kumaris institution. In the post-operative period, she never once complained of pain and did not need the use of sleeping pills. "You have performed such a wonderful operation that I have no pain", she would say. I knew, however, that it was not my surgical skill but her powerful positive thoughts that had completely changed the responses of her body.

Evidence from the interdisciplinary fields of clinical medicine, physiology, psychiatry, psychology, religion, philosophy and athletics has underscored the remarkable human capacity of achieving beneficial results by meditation. Meditation leads to the relaxation response and maximises the potential of the mind. It is the physiological door which opens the way to change — change in thought patterns and eventually life. Brain activity which increases communication between the left and right hemispheres of the brain is encouraged, as demonstrated by increased coherence of alpha and theta waves on the EEG of both sides.

Remarkable Responses

Meditation alters the physiological and psychological response of the body remarkably. Reduction in the heart and respiratory rates, and a drop in blood pressure suggests reduction in the level of sympathetic activity.

A number of studies have critically investigated meditation for treatment of hypertension, diabetes, asthma, migraine, pain, anxiety, depression and psychosomatic diseases.

Meditation reduces the requirement of medication for pain and sleep etc. It is reported to be effective in de-addiction from drugs, alcohol and tobacco, can enhance decision-making skills, help overcome irrational fears and phobias, and expand one's spiritual life.

How does this occur? There are 100 billion

A meditative physician
and meditative patient—
is it a Utopian dream,
or can we make it
a reality?

neurons in the brain and each neuron makes about 1,000-50,000 synapses with other neurons. There is an incomprehensibly staggering number of these connections for neurons to communicate. In spite of the tremendous advances in the study of anatomy and physiology of the brain and neurotransmitters, it will take a significant amount of time to unravel the mysteries of the mind and thought processes. The current explanation of the effect of meditation is based on alterations of neurotransmitters and the interneuronal communication of the brain. The brain is a bicameral structure with the left half of the brain dominating in right-handed individuals. The function of the left, dominant hemisphere is related to analyzing, interpreting and communicating or verbalizing information received from outside. The left hemisphere has directed society to become logical, analytical and verbal. The functions of the right brain are related to the development of intuition and aesthetic and artistic qualities.

Meditation brings about the harmonious functioning of the two sides of the brain by commissioning and establishing new intraneuronal connections between the right and left half of the brain. The harmonious functioning of the two sides of the brain brings peace, happiness, harmony and a decrease in conflict. In other words, meditation helps in stress-related disorders due to the predominant functioning of the left brain.

Powerful Effect

What then is meditation? Meditation is the concentration of the mind. There are various methods in vogue, like concentration on a phrase or mantra. Rajyoga meditation practised and

Dr. Ashok Mehta, Surgical Oncologist, Mumbai

taught at the Brahma Kumaris World Spiritual University worldwide is, in essence, communion of the mind with the Creator while sitting in a relaxed posture in quiet surroundings. One's thoughts pass passively by. By concentrating on the Supreme, the mind gets focused and divine qualities start flowing in. Doing this practice and gradually increasing the time from five to 45 minutes would result in manipulation of the mind and bringing into operation the right side of the brain. At this point, one's thoughts are positive and the effect is powerful. These thoughts alter the physiological and psychological functions of the mind and body, which would favorably receive and reduce stress.

It is time to think in a radical, rational and holistic way. Commensurate with progress in medical technologies, stress on the human body and mind have increased proportionately. It would be less expensive to reduce stress and treat stress-related diseases with meditation. The primary objective of medical science is to reduce suffering and to promote physical, mental, social and spiritual well-being. It is, therefore, prudent that we should not only treat the physical illness but also direct our efforts at the complex human organism which is not only the body but has a mind, intellect and social interactions. Technologically advanced nations, having recognized the powers of meditation, are today clamoring for eastern techniques.

Meditation changes the internal response to external demands. Mental and physical relaxation can be achieved in a short period of one to three weeks. Meditation permits one to understand and rectify factors causing personal stress. Meditation evokes a relaxation response, which stops the emotions that prod the interbrain and forebrain into misbehaviour. External events do not result in mental tension, but repeated thinking, consciously or unconsciously, in the waking hours or sleep is responsible for stress. Control over the mind to stop this brooding helps to rechannel our minds into a positive and blissful direction and enables us to become tolerant, positive and creative.

Rather than relying on drugs, resorting to meditation can relax the mind and enhance the effects of treatment. The dictum of "physician, heal thyself" is really applicable to all of us as much as to the patients whom we treat. A meditative physician and meditative patient — is it a Utopian dream, or can we make it a reality? ■



Om Shanti Retreat Centre, Gurugram: Dr. Ashok Mehta (standing, middle) at Cervical and Breast Cancer Prevention programme for 250 gynaecologists from all parts of India.

Spiritual Response to Poverty

According to a UNDP report, some 1.3 billion people live in multidimensional poverty, which is almost a quarter of the population of the 104 countries for which the 2018 multidimensional poverty index (MPI) was calculated. Of these 1.3 billion, almost half — 46 per cent — are thought to be living in severe poverty.

The root causes of poverty are not only lack of access to basic necessities of life, such as water, food, shelter, education, or health care. Poverty is also caused by inequities, including gender or ethnic discrimination, poor governance, conflict, exploitation, and domestic violence. These inequities not only lead a person or a society into poverty but can also restrict access to social services that could help people overcome poverty.

The places most entrenched in poverty are fragile states, where children and communities face higher rates of poverty due to political upheaval, past or present conflict, corrupt leaders, and poor infrastructure that limits access to education, clean water, health care, and other necessities. Poverty also appears in many forms: as endemic mass poverty in the poorest and least developed countries; as sudden impoverishment due to natural or man-made disasters; and temporary poverty due to job lay-offs; or as the persistent long-term poverty of the marginalised, performing menial work for little or no pay.

For someone to get out of poverty, they need opportunities such as an education, clean water, medical facilities nearby, and financial resources. Without these basic elements, poverty becomes a cycle from one generation to the next. If families are too poor to send their children to school, their children will have a difficult time earning an income when they grow up. If a community lacks clean water, women will spend much of their day fetching water instead of earning an income. If medical facilities are far away, a parent loses income every time they take a sick child to the doctor.

Why are we poor? If we study poverty closely we realise that it is not just lack of wealth, resources or opportunities but rather it is born out of mismanagement and wastage of all these things. Most of the resources and wealth generated by the world today are not being spent on the welfare of the people but are being sucked out by greedy, warmongering people. Most nations spend a huge amount of money on arms to compete with

To end extreme poverty, the U.N. estimates that the total cost per year would be about \$175 billion, less than one per cent of the combined income of the richest countries in the world.



the military prowess of the rich nations. The powerful nations, on their part, keep the competition hot by triggering wars and forcing weaker nations to buy their arms.

In this mad race for power and pelf, the poor nations are saddled with huge debts. Apart from spending huge sums on national and internal security we spend a lot of money on the security of individuals like political leaders, film stars, sports stars etc. Apart from securing politicians from bullets, money (in huge amounts) also secures them precious ballots in elections. The lust for power and the resultant disintegration of allies in power sets off frequent elections, which are enormously costly affairs to organise. Apart from wars and political skirmishes, there are numerous other problems created by our wasteful ways and lopsided policies. One of these is environmental pollution. It is a very well-known fact that our excessively consumerist society and plastic lifestyle has led to overexploitation of nature and the consequent ecological imbalance.

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In the absence of true joy, peace and contentment, humans are driven further into the vortex of negativity and they violate the rights of others. An immense amount of time and money are spent by individuals and states in litigation. Some of the cases drag on for years, causing immense loss and misery to the affected people.

Poverty, hence, is born in the mind. It results from poverty of values and character. We are poor because of our poor thinking and poor actions. When we are poor in values such as peace, love, joy and respect, we become selfish and greedy. Consequently, instead of sharing we start taking or demanding from others. This in turn makes us poorer because the law of karma enunciates that as you sow, so shall you reap. If

instead of sowing seeds of good deeds we 'take' the fruits by wrong means, then we become poorer in wealth and character, and if we do not share what we have, then it will not grow.

So, instead of treating the symptoms it will do us good to treat the root cause of poverty. The root cause lies in the wastage of our resources, and the most valuable resource we have is thoughts. If we can plug the wastage of thoughts, it will create wealth of character, which in turn will stop the wastage of time, energy, material and skills. Cleansing the mind of vicious tendencies such as greed, selfishness, ego and attachment, and developing higher values such as compassion, generosity, cooperation, honesty and responsibility, will help create fair opportunities for all.

Physical wealth is a reflection of the innate wealth of pure feelings and virtues. It is a well-known saying that if wealth is lost, nothing is lost, if health is lost, something is lost, and if character is lost, everything is lost. So it ensues that wealth truly means the experience of joy, peace, bliss and love. Even to enjoy physical wealth one needs to have a good stock of charitable deeds.

Charity means to be generous-hearted and to share something good with others in our thoughts, words and actions. The basis of charitable actions is true love and respect for everyone. When we look at every human being as a soul that is innately good, we can have constant goodwill and respect for them. If the mind is free from negative and wasteful thoughts, then the wastage of time and energy are automatically checked, and with proper use of time there is more productivity and success. The benefit that we give through accurate and good actions multiplies our resources and there is a lot of goodwill for others.

Also, actions that stem from innate virtues and powers of the soul accrue a lot of goodwill and fortune for the doer. Wealth

comes from sensible investment. If we invest wisely in good karma, we would never be poor. Actions performed as an instrument of God aimed at the maximum good of the maximum people are the most charitable ones and they bring manifold rewards for the doer.

But all these efforts at becoming wealthy will be incomplete if we do not invest our time and thoughts in our spiritual progress. Fine-tuning the mind, heart and intellect with spiritual wisdom and linking them with God will enable us to overcome all wastage and negativity as well as empower us to perform truly altruistic and beneficial actions. ■

(Purity Bureau)

In Lighter Vein

- Take my advice. I don't use it anyway.
- As I said before, I never repeat myself.
- Every loss is a gain, when you are dieting.
- When you breathe, you inspire, when you don't, you expire.
- It's alright to have an open mind if you know what to let in.
- Today, even the future isn't what it used to be.
- Please Lord, let me prove that winning the lottery won't spoil me.
- The trouble with being an expert is that you can't turn to anybody else for advice.

A rose lives amongst thorns, yet never gets injured.

Magical Powers for Spiritual Progress Light, might and divine Insight

BK Brij Mohan, New Delhi

The fastest speed of travel known to science is the speed of light. But this is a physical phenomenon and no match for the metaphysical phenomenon of the speed of the human mind, which is the thinking faculty of the soul. Ever checked on the speed of thoughts? It's instant. Isn't it magical! Thoughts can travel even to the past and future! The mind knows no barriers of time or space. And thoughts continuously keep on arising, all the time.

Everything begins in the form of thoughts. Hasn't it been said that wars are born in the minds of men? Not only wars, everything. All actions originate in the mind as thoughts. Actions of the right type require the right type of thoughts. The word right has several meanings, which include truth and birth-right. Taking a spiritual birth (re-birth, actually) as an immortal child of God, the Supreme, removes the illusion of mortality and of body-consciousness. This bestows on the human soul its triple God-Fatherly birth-right of light, might and divine insight.

Light and Might

In the physical world, light is a vital power. Light makes it possible to see things as they are. It saves us from confusing a piece of rope with a snake! And vice versa! Without light there is nothing but stumbling and groping in the dark. That's why in the event of a blackout, speed is curtailed and movement is slowed down. Else, there would be accidents.

In the same way, spiritual light or enlightenment is an essential prerequisite for the human soul's journey towards

Actions of the right type
require the right type
of thoughts which the
third eye envisions.

perfection. Without this enlightenment, there is a blackout (fuse blown, or confusion) in the mind which impairs the ability to distinguish between right and wrong. This results in stumbling, groping, fear, confusion and accidents, which means grief and suffering.

Light alone is not enough. It just helps a pathfinder to take to and remain on the right course. Speedy progress calls for the thrust of might. Else, there would be obstacles and obstructions coming in the way. These time-consuming halts will neither permit non-stop journey nor full-speed acceleration.

Divine Insight

The crucial factor is divine insight. The eye of conscience, also called the mind's eye or the third eye, must always remain open to envision every event and situation in its right perspective. A far-sighted, holistic vision that takes into account all aspects of time and space and the influence and the consequences of thoughts, words and deeds will develop and become a part of one's nature. A universal

outlook and an impartial attitude will liberate you from a narrow-minded and self-centred approach. The eyes will not be jaundiced by pride and prejudice and you will be free from fears and favours. Divine insight will give you the power of premonition and forewarn you about bad weather and coming storms in life. In the physical world, when there is a thick fog, visibility becomes poor. If there's a dust storm or the police tear gas, one's vision is temporarily impaired, even though the eyes are very much there. In the same manner, the dust of *maya* (illusion) or the thick fog of confusion does not allow the mind's eye to function.

So, let's safeguard and put to use this triple God-Fatherly birthright of light, might and divine insight so that we always do the right thing at the right time at the right place and in the right manner. Then we'd fly towards our goal of perfection at Godspeed. The third eye envisions every event and situation in the right perspective. ■

Pearls of Wisdom

- Greed grows by what it breeds on.
- Inwardness is the path to inner peace.
- Introversion paves the way for all virtues.
- Let God always be in your heart and soul.
- The soul is the king of senses.
- Happiness is the best diet.

Enhancing Mental Power Through Meditation

The ability to bring your vision into action rests on your mental powers... your inner self-management. As the external environment becomes more unpredictable, your inner powers of awareness become more important.

The first power of the mind is **to focus**. From focus come concentration and clarity. Focus yourself in a powerful awareness again and again so that you can concentrate at will. As you exercise the mind in this way, you can direct the mind consciously towards the experience that you want. As the mind becomes focused, the latent inner powers emerge.

Power of **anticipation** is the second power of the mind. It is like having a radar or sonar. You can see things from a distance. You can sense in advance what is going to happen. You can't have a set plan for change; you need to be highly tuned to your surroundings and discriminate accordingly. The secret to anticipation lies in simplicity and clarity. Keep your line clear and catch the subtle signals. With anticipation you will never be unprepared for anything, you can be free from nasty surprises. The power of anticipation makes change exhilarating and fun. It allows you to become like a dolphin... the seas become your playground.

The power of the mind to make **decisions** is one of the greatest resources at your disposal. It is in the moments of decision that your destiny is shaped. Right now, you can make decisions that will influence the rest of your life. Using the power of decision gives you the capacity to get past any excuses to change any and every part of your life in an instant. Truly making a decision means to commit to a course of action and to cut off the other alternatives. The way to increase your power of decision-making is to practise, make and commit to more of them.

Serenity of the mind is a great power. You can stabilize yourself in stillness within a second. In this time of massive change which is having such a big impact on people, it is essential to find stillness, silence and non-

change. Ships need regular repairs and to put down anchor. Serenity means to go beyond the waves of change. Dive to the bottom of the ocean. There are waves above, but it is still down below. In silence all answers come. Serene people don't mind the waves.

Trust is an inner power that helps you enjoy the journey of change. Whatever happens at any time is the best thing to help me learn and grow. There is benefit in everything. Look back over your life. Always – when one door closes another open... and some of the hard lessons have been the best lessons. With the power of trust, you lose fear and tension. Trust makes big change easy... it takes away the worry. Two ways to develop trust: I am powerful and can meet any challenge... the world is helping me get where I need to go. ■

(Purity Bureau)



Shantivan, Abu Road: Inaugurating 'National Conference on Mind-Body-Medicine' are Dadi Janki, Chief of Brahma Kumaris, Prof. Rajkumar, Vice Chancellor, Uttar Pradesh Science University, BK Brother Nirwair, BK Sister Chandru from San Francisco, BK Brother Amirchand, Dr. Pratap Midha, and BK Banarsi Shah.



Editorial—

Green is the way forward

An animal rights activist made an offer to His Holiness Pope Francis this past month: abstain from taking an animal diet during Lent, the 40-day period of penance and fasting, and in return receive a million dollars for a charity of choice. The Million Dollar Vegan Campaign promoters said their appeal was meant to set an example of how each one could align principles of caring and compassion with one's actions.

The Pope, they said, was chosen for the noble initiative not just for his overwhelming influence over the 1.2 billion Roman Catholic community across the world, but also because of his ongoing support for a pro-planet lifestyle to fight climate change, and his encouragement for love for nature and animals. The young campaign leader said in an open letter to the Pope that "moving towards a plant-based diet will protect our land, trees, oceans and air, and help feed the world's most vulnerable". She emphasised the importance of acting in the required direction.

A major study, released just a month before, had calculated that only a stringent plant-based diet could feed the 10 billion people expected to inhabit the planet by 2050. Many other studies have already confirmed animal agriculture to be a leading factor pushing the planet to the edge because of its major contribution to pollution, global warming and heightened consumption of earth's resources. Another man-made activity that is seen as paving the way for a catastrophe is development and use of weapons of mass destruction by various countries.

These scientific findings are tangible proofs of spiritual truths that govern our universe. The law of cause and effect ensures that our results are determined by the direction of our efforts. It is impossible, thus, for the human race to flourish after wrecking its relationship with the environment that sustains it. In fact, our predicament clearly demonstrates that the one who silences other sentient beings ends up digging his own grave.

As our food, so is our mind. Meat is procured through immense violence and betrayal of the conscience. Participating in such acts and consuming such low-energy food sows into our minds vices of cruelty and brutal indifference, which then subtly seep into our behaviour, dealings and relationships, and go on to bear bitter fruits at the individual and global levels.

A heart that sheds no tear at the loss of 'other' lives loses its capacity to mourn the loss of its own kind. The growing conflict and bloodshed within and between countries can be traced back to our collective acceptance of violence against other species.

Science is clear in telling us that in order to fix our world, we need to restore our harmonious relationship with nature. And spirituality states that unless we train ourselves to align with our original nature of kindness, and learn to respect life in all forms, we will continue to create newer ways to annihilate ourselves. Both science and spirituality are, therefore, unanimous in their verdict: it is time to put an end to animal slaughter, and to switch to a plant-based diet.

There is no use of global summits on food security, environment and climate change, unless we decide to do something about what we already know. We are too late in starting, so, as the young vegan campaign leader wrote in her letter, "...we must act". We need to walk the talk, without waiting for others to take the lead.

There are many pressing reasons to go green, but the need to return to our original nature is the biggest one. Love, purity and kindness are our core virtues. They form the base of our connection with the self, others and the natural world. If we lose this life-giving foundation, what else would matter?

There are no 'others' for the virtue of kindness. A kind soul wouldn't even treat matter with roughness, let alone fellow earthlings that make our planet beautiful by their very presence. To adopt kindness as a way of life, we must go green. It is the only way forward. Let's respect life, and in return, save our own. ■

Gleanings from the press

How sleep helps your body fight germs

German researchers have discovered one way sleep improves the body's ability to fight off a cold. Sleep, it seems, strengthens the potency of certain immune cells by improving their chances of attaching to and eventually destroying cells infected with viruses. Researchers focused on T cells, which battle infections. When T cells spot a virally infected cell, they activate a sticky protein known as an integrin that allows them to adhere to that cell.

(Reuters)

Don't listen to music on headphones for more than 4 minutes



Health experts at the United Nations have warned of the increasing dangers of exposure to loud sounds. Experts say about 1.1 billion people aged 12 to 35 are at risk of permanent hearing loss due to prolonged exposure to loud noise, particularly music from personal audio devices. As per the WHO, an MP3 player (typical volume 75-105dB) produces 105 decibels of noise in four minutes, against the permissible level of 60 decibels. (News Report)

Artificial leaf

Researchers from the University of Illinois at Chicago have developed a new leaf which can take up carbon dioxide from the air, almost 10 times more than natural leaves, and convert it into carbohydrates. (The Hindu)



Scientists develop an all-weather fabric



Scientists have created a fabric that can automatically regulate the amount of heat that passes through it, helping a person stay cool or warm depending on the weather conditions. When conditions are warm, the fabric allows heat to pass through. When conditions become cooler and drier, it reduces heat escape. (PTI)

How our diet can impact memory

The food you consume could impact your memory, suggests a new study. A team of researchers discovered that cholecystokinin, a satiety hormone which is highly expressed in memory formation, could, at higher levels, decrease a person's likelihood of developing Alzheimer's disease by 65 per cent, said the study, published in the journal *Neurobiology of Aging*. (IANS)

Eating nuts may slash heart disease risk

Eating a handful of tree nuts daily may reduce the risk of cardiovascular disease among people with type 2 diabetes, scientists reported in a study published in the journal *Circulation Research*. (PTI)



Bhoola Bhai

And our friend Bhoola Bhai on Temple Street has been wondering why did we let ourselves be fooled by the 'theory' of evolution when there is a mass of evidence to suggest there have been powerful civilizations in the past. "And look at the condition society has arrived at", he exclaims!

Go beyond your physical dimension.

Purity brings divine powers.



Wisdom of Dadi Janki

Chief of Brahma Kumaris

The spiritual life is a life of truth, of recognizing those things that are eternal and of connecting to those things. The sorrow and breakdown in the material world are a part of the natural cycle of life, and the restoration of purity and integrity in the world is the task of God alone.

At this time, God is calling us back to truth. As the Ocean of Peace, Happiness and Love, He has ignited the light of truth and it's shining - even in the darkness, reminding us of our true eternal nature and of our fortune to belong to Him and to the vast imperishable brotherhood of the human family.

In silence we can know ourselves, and in silence we can feel His presence and catch His subtle signals. Remove your focus from that which is temporary, and concentrate on His eternal love. This is the time of our renewal. And we are all lamps of hope for the world.

- Your thoughts should be pure and peaceful. Stay in



Dadi Janki presenting a picture of Golden Age to Mr. Sudhir Mungantiwar, Maharashtra Minister at a grand assembly of BKs in Mumbai.

peace. Stay in love. For this, use yoga power. Remain honest; don't waste anything. Use your time, breath and thoughts in a beneficial way. Remember, if you first benefit yourself, then many others will take benefit. We need to understand what we have to do for the world now. Keep yourself healthy and you will be able to do a lot of

service.

- Thinking too much is a habit. There's no need to think a great deal. Teach yourself to stay in peace, happiness, love, and bliss. Free yourself from thinking negatively. Then you will become an embodiment of bliss. This is the highest service we can do at this time: give light; give peace; give happiness.

- Many of us experience a persistent restlessness inside. The cure for this restlessness is the virtue of being patient. Tell your mind, "Have patience, mind."

Patience can be said to be the main virtue. Whilst sitting, walking and talking, check to see if you are maintaining patience as you are moving along. If you have even a trace of anger or irritation, you spoil your inner state. Give regard to your own self by not allowing yourself to become angry. Become very sweet. In fact, it is remembrance of God that will take care of your anger and make you very sweet.

- This is a time for happiness. The way to maintain your happiness is not to allow yourself to experience anger, greed, ego, attachment or desire. If anger is present inside, it shows on your face. If you make a mistake, don't blame anyone else. Have the realization of your mistake, and make the change inside. Have the aim to remain in happiness. ■

Answers by B.K.Shivani



□ **To be happy always is every one's wish. But is happiness just a wish or is there a practical possibility to be happy always?**

■ We can create happiness every moment, all our life. It is a choice to make. Happiness does not mean a state of excitement, it only means a comfortable state of mind. It is a feeling created by our thoughts. It is experienced whenever we create the right thought. When our thought is good, we will feel nice. That is

happiness. When our thought is not good, (for example, when we create thoughts of stress, irritation, anger, fear, jealousy) we do not feel nice. And whenever we are not feeling nice, we are unhappy. So, our every thought decides whether we feel happy or unhappy.

Most of us look for happiness in qualification, money, position, possessions, success and relationships. Each is only a stimulus to which we responded with positive thoughts, and they result in happiness. To be happy always, we need to internalize these truths about happiness:

- Happiness is independent of people and situations. It is only dependent on us. It depends on the thought we create about our situation, even in the most challenging circumstance.
- Happiness is not in accomplishments. It is not to be postponed until our goal is reached. It is in our way of thinking along the way, while working towards the goal.
- Happiness does not come from possessions. Everything physical is designed to give physical comfort. Happiness is emotional comfort. Let us buy whatever we want for their utility but not to seek happiness from them.

□ **Family worries, pecuniary limitations, professional jealousy and comments there of create a hurt feeling in us. How to get out of such sinking feelings?**

■ A challenging situation can come as an illness, conflicted relationship, issues at workplace, financial crunch, crisis or tragedy. A person can insult, disrespect, ignore, betray, be jealous, harm physically or exploit financially. Both situations and people are outside of us, they cannot enter our mind. Our emotions of worry, anger or hurt are our creation, our choice.

Suppose someone is jealous of us, one option is to request them to change. But if they don't change, we continue to live in emotional pain. The other option is to counsel our own mind - "That person did what he wanted, but I used his words to hurt myself. I created hurt with my thoughts. Let me change my thoughts." When we change our thoughts and understand they have a reason, they must be in some pain or insecure to behave that way, our hurt starts healing.

Nobody is responsible for creating our emotions or making us feel a certain way. We create our own emotions, in response to people's words/ actions, or in response to situations. But we mistakenly think they are responsible for how we feel.

□ **What exactly is Awakening? How can anybody become a Realized being?**

■ Awakening is about becoming aware of ourselves and our inner potential. With awareness comes our attention about emotional, spiritual, mental, social and spiritual wellness.

'Realized being' as a term sounds heavy and difficult. The journey of awakening is simple. Today we have over 10 lakh families globally engaged the whole day, managing family and work, and still continuously aware of their true identity, qualities and inner powers.

Remaining in the state of Awakening happens with a little practice and attention. Spiritual and emotional empowerment, combined with study and meditation, enables anyone to reach that stage. An hour a day to nurture the self is all it takes to awaken the greatness within us. Moreover, they can all be done at the comfort of our home or office.

All are welcome to walk into their nearest Brahma Kumaris centre and fix a time convenient to them to learn Rajyoga meditation.

Centres in India: www.brahmakumaris.com/centers

Centres outside India : brahmakumaris.org/centre-locator

New Leadership Skills

Leading people and helping them move through change has become important. Everywhere we feel the need for leadership and yet in practice true leaders seem to be thin on the ground.

Much of it has to do with the emotional side of change. The new leaders are aware of the emotional requirements of change and the requirements of people to become engaged with the head and the heart. The emphasis is definitely away from control and towards enabling people and so much rest on the trust and commitment that people in leadership roles can engender.

Once everything was set down in the manual with set policies and procedures and that was OK because the outside environment was relatively stable. Then as change became faster, we became more strategic as a more subtle and powerful way to effect change. Now we are going further into the psyche or mythology of our organizations and people to tap their best potential.

Many times leaders implement a structural or systems change and just expect people to carry it out.

Leaders help people make sense out of change.

The new leaders are:

Managers of self – able to cope with paradox, ambiguity and new problems.

Managers of paradox, willing to stand up for one's own values, whilst working with the values of others.

Managers of actions who have alignment between their high ideals and their action. They lead by example.

Managers of reflection who review the dance in which they are engaged and create new patterns, new ways of seeing and understanding.

Attempting to bring growth and change in others without first growing and changing yourself won't work... conversely your own development and growth is true leadership to others. ■

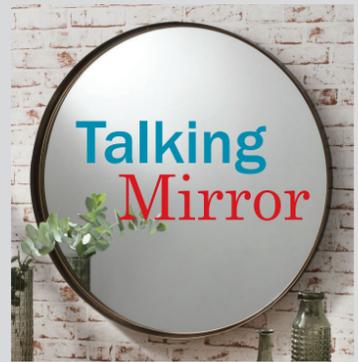


Karol Bagh, Pandav Bhawan, New Delhi : Lighting candles at 'Know thyself for Happy Living' programme for Judges and Advocates are BK Pushpa Didi, Mr. Rajneesh Bhatnagar, Dist. & Session Judge, Mr. Vinod Kumar, Dist. Judge, Mr. Vishnu Sharma, Secy. Bar Council of Delhi, Adv. Ram Ratan Saini and others.



Deglur, Maharashtra : Mr. Sudhir Mungantiwar, Hon'ble Maharashtra Minister of Finance and Planning, presenting 'Mahatma Gandhi De-addiction Seva' prize to Brahma Kumari sisters.

A King and A Saint



A king was very much interested in a young man who always remained underneath a tree, sitting silently. Every night the king passed around the city in disguise to see whether everything was right or not. He always found that young man sitting like a statue, without any movement.

Finally, he could not contain his curiosity. He stopped his horse and he said, "Young man, forgive me for disturbing your meditation."

The young man opened his eyes and he said, "There is no need for any apology because I am not meditating, I am always in meditation — nobody can disturb it. But whatever your curiosity is, please fulfill it."

The king said, "I would love you to come to my palace. I will take care of you. There is no need to sit under this tree. I have fallen in love with your silence, your gestures, your utter undisturbed state. I invite you to come with me to my palace. I am the king."

The young man simply stood up, and he said, "I am coming." Immediately the whole scene changed. The mind of the king was thinking, "What have I done? This man is still interested in the luxuries of a palace, being the guest of a king. This is not a great saint." This fellow has suddenly fallen from his sainthood, in the mind of the king. But now it was too late. He could not take his word back.

But the young man was watching everything. He didn't say anything. The king provided for him in the best part of the palace — and he accepted everything. With each acceptance he was falling down in the scale of saintliness: what kind of saint was he? He accepted all the delicacies.

The king said, "My God. What kind of a stupid person am I? This man has deceived me. It seems like he tricked me. Just sitting there every night, he knew I passed at that time, sitting silently like a Buddha, he knew that I would be caught — and he caught me. He is inside the palace."

After six months, one day early in the morning when they were taking a walk together in the gardens, the king said, "It hurts me to ask, but I want to know what is the difference between me and you. You also live in the palace and enjoy all the luxuries... what is the difference?"

The young man said, "I knew that this question was going to arise one day. I can answer your question but not here. You have to come with me outside the boundary of your kingdom."

Just a few miles away was a river, the boundary of his kingdom. Both went past the river. Standing on the other shore, the young man said, "My answer is that I am going ahead. Are you coming with me?"

He said, "How can I come with you? I have a palace, I have a kingdom, I have a wife, my children... I have thousands of worries and problems to solve. How can I come with you?"

The young man said, "Do you see the difference? I am going. I don't have any palace, I don't have any attachments, I don't have any problems. I was as happy under a tree as I have been in your palace — not a bit more or a bit less. My awareness is the same whether I am in a palace or in a forest." ■

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Feature on Mahashivratri

When Shiva opens His third eye

Mahashivratri is celebrated every year on the 14th night of the waning cycle of the moon in the month of Phalgun in the Hindu calendar, corresponding to late February or early March.

God Shiva has a unique place in the Hindu pantheon. He alone is not represented by an idol. Being incorporeal, Shiva is best symbolised by the oval Shivlingam.

The 'tripundi', the three lines on the Shivlingam, signifies the tasks of creation, destruction and sustenance performed by God. They also symbolise his titles of 'trinetri' or one who has the third eye of wisdom, 'trilokinath', the master of the three worlds, and 'trikaldarshi', the one who knows the past, present and future.

An eye is shown in the middle of the lines, and it is believed that when Shiva opens this third eye, destruction takes place. There are several mythological tales about Shiva opening the third eye, causing destruction of Kamadeva and others.

The third eye of Shiva is not a physical attribute, as Shiva, the Supreme Soul, is incorporeal. It is the eye of wisdom, which He imparts to human souls.

How does Shiva open the third eye, when does He do it, and what does it destroy?

Shiva, the benefactor, is beyond the influence of vices, and so never gets angry. The task of destruction attributed to him, therefore, has to be beneficial, not harmful.

Shiva incarnates Himself in a human body, an occurrence that is celebrated during Shivratri. Shiva's incarnation is associated with 'ratri' or night because He manifests Himself in this world when it is enveloped in the darkness of ignorance and evil, at the end



God Shiva actually creates a new, spiritual consciousness that acts as the seed from which a righteous world order emerges.

of Kaliyug the last epoch in the cycle of time before a new cycle begins with Satyug.

Omniscient Shiva dispels the darkness by giving humans the light of knowledge.

In the Dharma Samhita part of Shiv Puran, it is said that at the end of Kaliyug, a magnificent light revealed itself, blindingly

luminous, radiant and eternal, and the world was created through this light.

The Shiv Puran also tells us that Shiva said: "I will reveal myself from the forehead of Brahma." Further, it's mentioned that Shiva had mercy on the beings of the world and incarnated Himself in the forehead of Brahma to recreate the world.

God Shiva actually creates a new, spiritual consciousness that acts as the seed from which a righteous world order emerges.

He performs this task by giving power to His children. He reminds humans that they are spiritual beings, His children, and that their sorrows and suffering would end if they remained aware of being souls and remembered Him, the Almighty. This remembrance empowers the soul, enabling it to overcome the influence of vices, which have gripped all souls at the end of Kaliyug.

It is for destroying the evil forces of vices that these children of God are remembered as Shiv Shaktis, the slayers of demons, who are also embodiments of purity, love and wisdom. They are not supernatural beings but humans with divine qualities. They foster these qualities in their fellow humans, nurturing a new, elevated consciousness, and thus serve as instruments in God's task of creating a righteous world order.

Shivratri is a commemoration of the arrival of God in this world to salvage humanity. This is the event referred to in the Bhagavad Gita, where God says that whenever righteousness declines and there is a rise in unrighteousness, He manifests Himself for the protection of the good, destruction of the wicked, and re-establishment of a righteous order. ■

(Purity Bureau)



Mumbai, Borivali: Inaugurating 'Secrets of Happiness' programme are BK Sister Jayanti from London, BK Divya Prabha, Mr. Gopal Shetty, Member of Parliament, Dr. Shailesh Shrikhande, Dy. Director, Tata Memorial Hospital, Ms. Manisha Chaudhary, MLA, and Mr. Dhanraj Pillay, Retd. Hockey Player.



New Delhi, Talkatora Stadium: Inaugurating Global Summit on Environment are Mr. A.R. Meghwal, Hon'ble Union MoS for Water Resources and Parliamentary Affairs, Mr. H.P. Chaudhary, Hon'ble Union MoS for Coal and Mines, BK Mruthyunjaya, BK Shukla Didi, BK Pushpa Didi, Mr. Ernesto Castellanos from Mexico, and Mr. Golo J. Pilz from Germany.

Short Story

You're in London's Heathrow Airport. While you're waiting for your flight, you notice a kiosk selling cookies. You buy a box, put them in your travelling bag and then you patiently search for a vacant seat so you can sit down and enjoy your cookies. Finally, you find a seat next to a gentleman. You reach down into your travelling bag and pull out your box of cookies. As you do so, you notice that the gentleman starts watching you intensely. He stares as you open the box and his eyes follow your hand as you pick up the cookie and bring it to your mouth.

Just then he reaches over and takes one of your cookies from the box, and eat it! You're more than a little surprised at this. Actually, you're at a loss for words. Not only does he take one cookie, but he alternates with you. For, every one cookie you take, he takes one.

Now, what's your immediate impression of this guy? Crazy? Greedy? He's got some nerve?! Can you imagine the words you might use to describe this man to your associates back at the office?

Meanwhile, you both continue eating the cookies until there's just one left. To your surprise, the man reaches over and takes it. But then he does something unexpected. He breaks it in half, and gives half to you. After he's finished with his half he gets up, and without a word, he leaves. You think to yourself, "Is this really happening?" You're left sitting there dumbfounded and still hungry.

So, you go back to the kiosk and buy another box of cookies. You then return to your seat and begin opening your new box of cookies when you glance down into your travelling bag. Sitting there in your bag is your original box of cookies – still unopened! Only then do you realize that when you reached down earlier, you had reached into other man's bag, and grabbed his box of cookies by mistake. Now, what do you think of the man? Generous? Tolerant?

Seeing things from a new point of view can be very enlightening... ■

Respect is Fulfilment

Give it a space in your heart!

Valuing the existence of one's own self and the existence of others, as they are, for what they are, is respect. True respect is not connected to a person's social position or role, nor simply to their capacities or talents but rather it is directly related to the individual unique human actors on the world stage.

To give value or respect to myself involves a process of acceptance and evaluation of the self as I am and as I would like to be. But, for that to take place successfully, without fear or pressure, here is a need to see myself from a spiritual perspective. For that is the point of reality from which it becomes easy and possible to develop my specialities, without falling into ego, and to diminish my weaknesses, without negativity towards myself.

Difference and Harmony

Respect comes to the self when there is faith in the self; a faith which gives me internal peace and stability – creative and necessary assets in this modern world. When there is such faith, it automatically frees me from fear, jealousy or irritation because of another's difference. When there is no respect for the self, then difference creates intolerance and chaos, whereas it is a means of appreciating others roles and significance – it is a basis for harmony and unity.

Exercise what we certainly need today is respect for both self and others. When we have respect for others, then communication happens at a deep and fulfilling level. Talking is not communicating. Communication is the art of creating and extending friendship, an art quite lost today because of, firstly, our dependence on pseudo communication techniques and, secondly, our inability to move out of ourselves and listen to the other, we are often too busy with ourselves to stop, be quiet and listen, in fact, we do not even listen to ourselves but rush, work, talk, overload ourselves into a jumble of noise and relationship which do not permit communication.

The purest fruit of genuine communication is love. Love listens, understands and heals but only if it is clean – non-possessive, unattached and unconditional. Those who respect themselves know how to love, they do not think about the how of it, as it is as natural to them as the rays of light coming from the sun.

One who genuinely loves, shares himself without losing, without compromising and without imposing, since you can love properly when there is completeness within.

This completeness or harmony of beings is called self-respect and people arrive at such

What we certainly need today is respect for the self and others.

a state when they accept to learn and change themselves for the better. Of course, only those who realize the necessity for personal change can create this miracle within. "The miracle within" is the achievement of a spiritual consciousness which allows me to balance myself with all things and all people, maintaining my innate dignity and purity.

When human beings are trapped in desires for pleasure and power, every thread of respect for the self and others is lost because no allowance is made for the natural and rightful order of things. Love or necessity?

We can see this more clearly when it comes to nature. Now there is a concern for the environment because humanity and nature have reached an obvious crisis point, to escape disaster, a return to respecting the laws and rights of nature is taking place. Obviously, this respect, to a greater degree, is not the result of a genuine love of nature but something which has come about of necessity. Love and necessity generate different types of respect.

The natural religion of nature is a rhythm of balance and order. Her patterns and laws should sustain our lives, but disrespectful human

interference and disregard is now producing sickness of all kinds – physically, environmentally and even psychologically.

We realize that respect for nature should not come just from a deep fear of the consequence of not doing so, but from a humility which humans need to understand and apply. Humility is the openness to learning and makes us flexible, egoless enough to realize that there are laws about humankind; laws which are the standards of life and in turn protect human life.

It is good to realize we do not know it all – there are still things to discover, we cannot own the earth or the sky or sea; it is ours when we respect it and do not seek ownership; in fact, everything comes close to us, whether people or nature, when we do not seek to possess or inevitably manipulate.

And for sustaining and enhancing respect for both self and others it is necessary to note the significance of respect to God. No necessarily the traditional concept of God which, with its fear and punishment and guilts associations, has alienated humankind from Him, but a God who is the divine giver, the coordinator of spiritual harmony; the One who facilitates the distribution of these values to anyone who, with honesty and respect for his fellow beings, wishes to be and do that which is right.

In silence we are also able to come close to ourselves, to nature and to the Supreme Being and through this we are able to gain the understanding and the divine strength to integrate and realize the spiritual values of life by consciously bringing them into our life and actions. ■ (Purity Bureau)

Humour

"This crime was the work of a master criminal", said the prosecutor, "and was carried out in a skilful, clever manner." Blushing, the defendant rose to his feet. "Sir, flattery will get you nowhere. I ain't gonna confess."



Judge: "The last time I saw you, I said I didn't want to see you again."

Prisoner: "That's what I've been trying to tell these policemen."



A man charged with theft told the court he blamed it on the fact that he had two blood transfusions and later learned that the donor was a habitual thief.

Wise Sayings

All human virtues increase by practice. —Socrates

There's nothing so kingly as kindness, And nothing so royal as truth. —Alice Carry

Assume a virtue, if you have it not. —Shakespeare

What is the freedom of the most free? To do what is right. —Goethe

If you tell the truth you don't have to remember anything. —Mark Twain



Mysore, Karnataka: 'Mahashivalinga Darshan' by Brahma Kumaris at Jatra Jubilee Celebrations of Sattur Sri Shivaratiswara Shivayogi was inaugurated by Suttur Peetadeeshwar and Aadi Chunchanagiri Peetadeeshwar along with BK Prabhamani and others. BK Lakshmi Didi (speaking) is also seen in the picture





Brahmapur, Odisha : Lighting candles at 'National Conference and 2nd Anniversary of PURC' are Mr. Amerdra Mishra, Mr. Ranjan K. Swain, BK Mohan Singhal from Mount Abu, BK Sr Manju, BK Sr Mala, Mr. Sarat Choudhury, Mr. Arun Sahu and BK Ramesh Pattnaik.



Kolkata: BK Kanan Didi during the inaugural ceremony of Saraswat Central Public School Ajani Saoner.



Bhopal, Madhya Pradesh: Inaugurating 'Mera Desh Meri Shaan' campaign are Mr. Shivraj Singh Chouhan, former chief minister, Mr. A.P.Singh, Chief Secretary, Vidhan Sabha, BK Avdesh Didi and others.



Malaysia: BK Brother Amirchand from India in conversation with Bishop Bernard Paul at Johar Bahru.



The Lion King with cubs.

Mr. Wise



Mr. Wise?

Yes.

Crisis of human values is the cause of all crises?

Yes, but precious little is being done to restore these values.

Because the powers-that-be are not clear how to go about it? I cannot say.

♦♦♦♦♦♦♦♦

And Mr. Wise?

Yes?

What if the values are introduced in education?

Praiseworthy, but how will the students practise them in a value-depleted society?

I cannot say.

♦♦♦♦♦♦♦♦

Lastly...

Come on.

Can't the all-powerful media help in this?

It can, but owing to greed it is playing villain and destroying whatever little is left of the values.

Then the only hope lies in the likes of Brahma Kumaris, who are practical role models?

Perhaps you are right.

♦♦♦♦♦♦♦♦

Tailpiece



A villager, first time to the city, was advised by his urban friend to always offer half the quoted price while bargain-shopping. And so...

"What price this hanky?" he asked.

"Ten rupees," quoted the shopkeeper.

"How about five rupees?" offered the villager.

"You can take it for seven rupees", counter-offered the shopkeeper.

"Make it three-and-half," suggested the villager as per his friend's advice.

Annoyed, the shopkeeper said, "Have it for free!"

Happy to hear this but remembering his friend's advice, the villager said "Give me two!!"

♦♦♦♦♦♦♦♦

"Your methods of cultivation are hopelessly out of date", said the youthful agricultural college graduate to the old farmer.

"Why, I'd be astonished if you got even ten kilos of apples from that tree".

"So would I" replied the farmer. "It's a pear tree".

♦♦♦♦♦♦♦♦

Prayagraj Kumbh Mela 2019 in Photos



Sadhus in queer postures.



Devotees participating in Royal Bath (Shahi Snan) on Makar Sankranti.



Shankaracharya Vasudevanand Maharaj, Janmejay Sharan Rasik Maharaj at Sant Samagam by Brahma Kumaris.



Durga idol at BK pavilion.



Kavi Sammelan held at Brahma Kumaris pavilion.



Jharkhand Governor Hon'ble Draupadi Murmu at jurists' meet.



Divine Light Cultural Troupe from Russia, which performed at Ganga Sabha Manch, seen with BK Santosh Didi from St. Petersburg, BK Sister Manorama from Allahabad, and BK Sister Radha from Lucknow.