



Purity

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Living on the Fast Lane

Greed and speed are destroying our world. To fulfill ever-growing desires humans are hurrying and scurrying as if there is no tomorrow. We are living in an instant culture that demands everything to be done right now. Our world revolves around fast cars, fast food, fast music, fast communication and so on. This fetish for fast living has become so strong that in our rush to achieve everything fast we are actually missing out on the very things that we want to live for.

Right from the moment we wake up till we go to sleep, we move through the day like a whirlwind. Our day is filled with activities that must be done in order to keep up with the world. The result is that we hardly have time to sit down, relax and enjoy what life has to offer us every day.

We are all aware of the flip side of fast living. Anything that works at high speed has a higher risk of accident, wastage and damage. When we try to do more things at a fast speed we are in fact cutting down the quality of our performance. More is not always the best, the lesser the thing, the greater the quality.

This also applies to the food we eat. Fast food may appeal to our senses and whet our appetite greatly but it has been scientifically shown that such items are poor in nutritional value and high in calories, fats and sugar that are harmful to our health.

If this is true for fast food, then the same holds true for the kind of food our mind feeds on. Too much and stale food leads to indigestion and disease. Fast thinking leads to stress, confusion, inefficiency, anxiety, loss of reasoning abilities and emotional imbalance. Fast thinking is negative and wasteful thinking. When we are positive our thoughts emerge at a steady pace, we are in control of our senses and sensibilities.

The negative quality and fast pace of our thoughts are detrimental to our physical health. Negative thinking at a fast pace triggers imbalance in various systems of the body which manifests as disease in the long run. Our vitality and vigour are lost and we begin to age faster than we normally would.

Fast thinking leads to fickleness, restlessness, loss of purpose and inconsistency. We are unable to engage in any activity for a long time and the mind keeps yearning for instant pleasures. We burn out at an early age. Boredom, ennui and meaninglessness cloud our existence. Gradually depression sets in and the whole life is ruined.

Another danger of fast living is that it often leads to crime and sin. In order to achieve everything as soon as possible we easily sideline all principles and values that bind us morally. We ignore our own conscience and justify our wrong actions by gloating about our achievements. In turn we ruin our relationships with people, nature and ourselves. We exploit everything and everyone to deliver what we want quickly. This leads to social and environmental degradation.

Our materialistic culture thrives on fast living. More and more things are being produced to keep pace with our demands for fast pleasures and the need to get things done quickly. Since machines can work faster than humans, we have little time for fellow humans. We treat each other mechanically. As long as they deliver, they are good and as soon as they fail to do so, they are dumped aside.

There is no reason or season for the way we humans are living today. Everything has a time - time to grow, time to become ripe and time to decay and die. When we respect time, time delivers the best fruits. Life's journey becomes much smoother when we flow with the time. When we do so we are in control of time and our life but when we try to outrun time, we are punished by it, i.e. with time our Karma catches up with us.

Speed kills. Let us drive carefully on the lanes of life. We will soon begin to enjoy the beauty of simple things that we missed before.*

(Purity Bureau)

Florence Nightingale Nursing Award to Brahma Kumari Rupa



The President of India, Ram Nath Kovind, was the Chief Guest at the International Nurses Day Celebrations organized by the Ministry of Health and Family Welfare at Rashtrapati Bhavan, New Delhi. At the function, Mr. J P Nadda, Hon'ble Union Minister of Health and Family Welfare, conferred the Florence Nightingale Awards to 35 nurses from across the country in presence of Mr. Ashwini Kumar Choubey, Hon'ble MoS for Health and Family Welfare.

BK Rupa Upadhye, Chief of Nursing Services, Global Hospital, Mount Abu, was one of the awardees. The award carries a medal, a certificate, a citation certificate and Rs. 50,000 in cash to each of the awardees.

The President congratulated the award winners and said that they display India's unity in diversity. He further stated that nursing plays a vital role in keeping the country healthy. "Any nurse, in a remote village, who is helping a person fight a serious illness, is a nation builder," the President said.

Mr. J P Nadda congratulated the award winners and appreciated their exemplary services. Acknowledging the strong caring and compassionate attitude of the nursing community, the Health Minister said that we are proud of all the winners and wish that they will be an inspiration for all the nursing personnel in the country and motivate them to provide quality nursing services and standards.*



BK Rupa with Florence Nightingale Nursing Award

He who serves selflessly is loved by God.

Seven Spiritual Wonders

The Seven Wonders of the world are well known. There are many lists of these wonders that catalogue the spectacular monuments and natural structures. These are called wonders because they represent magnificence, beauty, workmanship, artistry and creativity of humans. The Great Wall of China, Colosseum in Rome and the Taj Mahal in India are all listed as new wonders of the world. The ancient Seven Wonders of the World lists some ancient structures of which most have got destroyed with time.

While lot of humans know about these physical wonders of the world and have seen them, very few people on earth are aware about the seven spiritual wonders. These spiritual truths are called wonders because they fill us with a sense of awe, a sense of our own infinity, our grand exalted self and the magnificence of the entire human journey, and above all an overwhelming sense of gratitude and love for the benevolence of God, the Creator. These spiritual wonders or truths have been revealed by God, the Supreme Soul, Himself.

Soul: Perhaps the greatest wonder is of our true identity – we are not human beings but we are spiritual beings – soul – an infinitesimal point of light, sentient and alive. The soul has three subtle faculties – the mind, intellect and sanskars – through which it performs its role in this world. It is the soul that animates the body and expresses itself through the sense organs and creates thoughts, emotions, ideas, beliefs and attitudes. It is a wonder that a tiny being of energy moves a big physical form, in fact a lot of physical conditions are influenced by the soul's energy in the form of its thoughts and sanskars. Even the kind of body that a soul gets birth after birth depends on the sanskars of the soul.

God: The one Being who is revered and remembered by most human beings is God – the Soul who is Supreme amongst all

These seven spiritual wonders are available for experiencing right now in this life.

souls. He is the eternal Father, the Almighty Authority, omnipotent, omniscient, the Liberator, Guide and Purifier of all creation. God is beyond the bondage of life and death, karma, joy and sorrow but He knows everything about our human condition and restores it to its original pristine stage through His wisdom and love. The greatest wonder about God is that He manifests in a human medium to purify the old impure world into a new world of peace, happiness and purity – Heaven or Satyuga. He is the most incognito subtle spiritual powerhouse who performs the greatest act of liberating human beings from the cycle of sin and suffering yet very few human beings know Him.

Soul World and Subtle World: None of the human beings know where they have come from and where they will finally arrive at the end of their earthly journey. God has revealed that there are three worlds. All souls live in the incorporeal soul world – Paramdham – far beyond this physical universe. It is a timeless eternal world where souls live in their absolute original identity as pure points of light energy – silent, pure and liberated. No soul can go back to the eternal home unless it gets purified at the end of Kaliyuga when God guides us back home. The subtle angelic world is a world where human beings exist as angelic beings after finishing all earthly karmic accounts and becoming completely pure. From here they help in God's task of world transformation through their powerful pure vibrations of peace and compassion.

World Drama: The most

wonderful secret revealed by God is about the interplay of souls and matter in the physical world called Drama. According to the truth revealed by God the World Drama goes on in a cyclic time frame lasting 5000 years which is divided into four equal ages or yugas and a fifth age Sangamyuga which is a confluence of Kaliyuga and Satyuga. God comes and rejuvenates the world in this special fifth yuga. Moreover this Drama repeats identically after every cycle, i.e. 5000 years.

Karma: The law of Karma is also a spiritual wonder because it acts as a great balancing force levelling all the actions being performed by humans on earth. Good actions beget good experiences in life and bad actions are followed by suffering and misery. The law of Karma works infallibly, without any partiality or bias towards anyone. It brings divine justice to the entire Drama and makes humans responsible for creating their own destiny by acting according to good values. God does not punish or reward us, it is this law of karma that operates automatically to balance our good and bad deeds.

Satyuga: The new world that God creates is called Heaven or Satyuga. Only pure human souls exemplifying divine virtues live

there. Everything in that world is perfect. There is no trace of sorrow or anything negative. Everyone is healthy, has a long lifespan and abundant resources. Everything in that world, including human birth happen by soul power. *Hum So So Hum*. Most humans pray to God in order to seek peace and happiness in their worldly life. But God comes and reminds us that once upon a time we souls lived on earth as deities and we can again become a deity by following God's directions to purify the self.

Yoga: The most amazing and powerful tool that God gives us is Rajyoga – connecting ourselves wholeheartedly to God. This is possible only when we become soul-conscious and surrender our attachment and ego and live in this world as God's child or as His instrument eschewing all vices and imbibing all virtues – live as a Karmayogi. It is through the power of yoga that God helps us to become pure again and change this Kaliyuga into Satyuga. Who can imagine that such a subtle and incognito act of staying in constant loving remembrance of God can bring upon such an incredible transformation of the entire creation.

These seven spiritual wonders are available for experiencing right now in this life.★ (Purity Bureau)



Pause 'n' Ponder

Time

Our days are identical suitcases – all the same size, but some people pack more into them than others.

Gossip

Anyone who will gossip with you about someone else, will gossip about you with someone else.

Wisdom

Wisdom isn't the acquisition of knowledge. It's knowing which knowledge is worth acquiring.

Character

Image is brass, reputation is silver, character is gold.

Worry

Worry is the interest paid by those who borrow trouble.

Success

When everything is coming your way you're probably in the wrong lane.



Abu Road, Manmohini Complex: Inaugurating State Level Tobacco Cessation Training Programme are BK Nirwair, Secretary General of Brahma Kumaris, BK Dr. Nirmala Didi, Director, Gyan Sarovar, Mt. Abu, Dr. Sushil Parmar, Chief Medical & Health Officer, Sirohi, Dr. Pratap Midha, MS, Global Hospital, Mt. Abu, Dr. S N Dholpuria, Rajasthan Nodal Officer, NTPC, Dr. Sachin Parab and others.

National Launch: 2018 as Year of Enlightenment Truth as Revealed by God of Gita



Dr. Mahesh Sharma,
Hon'ble Union Minister of State



Hon'ble Justice L. Nageswara Rao,
Judge, Supreme Court of India



Justice V. Eswaraiah, former Acting
Chief Justice, AP High Court

The Brahma Kumaris are celebrating 2018 as the Year of Enlightenment. Marking the national launch of programmes and activities on the theme, an all-day event was organised at Talkatora Stadium, New Delhi, on May 13. The event also explored the true knowledge of the Gita.

BK Brij Mohan, chief spokesperson of the Brahma Kumaris, said: "In simple words, enlightenment means to see everyone and everything as they are. Once we are free of falsity, we are able to take accurate decisions and choose the right way forward. As a result, everything else falls into place automatically." He said that usually a few enlightened souls are expected to empower rest of the humanity. But the truth is that any soul can become enlightened as it is the natural quality of all human beings.

Chief Guest of the programme, Honourable Justice L. Nageswara Rao, Judge, Supreme Court of India, said the word enlightenment was first used to refer to the 18th Century movement in Europe that stood for personal liberty, right to free expression, and reasoning. But in India, he said, the Bhagavad Gita had provided enlightening knowledge long before that.

He said, "However rich or humble a human being may be, he is searching for inner peace, and meditation is the answer to that." He said the mind is like a computer and can be programmed to stay balanced both in happiness and sorrow through self-awareness and meditation. This is also a form of enlightenment.

BK Asha, Director of Om Shanti Retreat Centre, Gurugram, said that enlightenment means living in one's truth. When we lose touch with who we really are – an immortal spiritual being – and mistake ourselves to be the perishable body, we are overcome by five kinds of violence of lust, anger, greed, attachment and ego. These vices are the root of all suffering and darkness. On the other

hand, if we lead our lives as soul-conscious people, our relationship with the self and others improves, and the light of peace, happiness and prosperity shines on us.

She also said that the Brahma Kumaris are working towards creating a world of united natures.

Swami Chidanand Saraswati, chief of Parmarth Niketan, Rishikesh, in his video address said the Gita is the mother of true wisdom and light. When implemented, it puts one on the path of happiness. He explained that by adopting a pure and *sattvic* lifestyle, and through selfless service, as explained in the Gita, self-enlightenment can be attained.

Justice V. Eswaraiah, former Acting Chief Justice, Andhra Pradesh High Court, said that India, which was once full of health, wealth and happiness, is today burdened with cases of corruption and crime. Now, by understanding the tenets of the Gita, we can bring enlightenment and transform our times. He later added that the present era, when truth is conspicuous by its absence in every sphere of life, is the time of God's descent on earth

The next two sessions of the day were focused on dispelling myths and discussing the truths mentioned in the Bhagavad Gita.

BK Usha, eminent Gita exponent

from Mount Abu, said the present era shows the same symptoms of extreme unrighteousness and moral degradation that are referred to in the Bhagavad Gita as the peak of Iron Age. In the Gita, the Almighty promises to descend on earth during this time to salvage humanity. Therefore, she said, we are currently experiencing the repetition of the Gita episode, after which humanity will head towards a golden period.

Dr. Mahesh Sharma, Union Minister of State for Culture, and Minister of State, Environment, Forest and Climate Change, said the essence of the Gita is that we understand our own divinity and recognise the light within. "If we look at the Gita in a limited sense, only as what was recited during the war of Mahabharata between Pandavas and Kauravas, we are likely to miss its message in totality."

He said we must recognise the spiritual power within, as it is the source of peace and bliss, and spread these values around the world through the medium of Rajyoga. He called upon everyone to become givers and contribute to the society by adding smiles and reducing pain in people's lives.

Earlier, in the beginning of his address, the Minister spoke of his connection with the Brahma Kumaris. He said the Brahma

Kumaris was a family that had supported him towards value-based transformation, and had provided a sense of direction, light and inspiration in his field of work. He also congratulated the organisation for becoming an international spiritual movement through a journey of several decades.

Dispelling myths about the knowledge, Dr. Pushpa Pandey, eminent Gita scholar from Jabalpur, said the Bhagavad Gita was written much later than when the knowledge was actually recited. Also, several chapters had been added by various authors as the time passed. As a result, the original truth had been lost to misunderstandings and multiple interpretations.

Contradicting omnipresence of God, she said the concept was more of an emotional understanding of the subject. She also clarified that the soul and Supreme Soul are two separate entities.

BK Prem from Gulbarga said that in the Gita, Arjuna is never asked to kill his kin, rather he is told to conquer the five vices of lust, anger, greed, attachment and ego. So the war depicted in the Gita is symbolic of a soul's victory over evil. By misunderstanding symbolic statements as actual happenings, a lot of confusion had surrounded the original knowledge of the spiritual text. "It is time to explore the essential tenets of the Gita, and to understand them in the right perspective," he said.

BK Veena from Sirsi, Karnataka, said: "The Bhagavad Gita is the only text in which God speaks in the first person. Though the present version of the Gita may have a lot of mixture, but the truth is still there." She also clarified that the Gita is a *yoga shastra* and not a *yudha shastra* as it guides us to connect to God and stay in His remembrance.

The programme was interspersed with various cultural items, and came to a close with a meditation experience and a colourful skit.★

(Purity Report)



New Delhi : At National Launch of 2018 - Year of Enlightenment are Hon'ble Justice L. Nageswara Rao, Justice V. Eswaraiah, BK Brij Mohan, BK Asha, BK Chakradhari, BK Pushpa and BK Sapna.

2018 as Year of Enlightenment

Learn to See the True Nature of Things

Enlightenment is that state of awareness in which one sees the true nature of things, which enables one to understand why things are the way they are and respond appropriately. Now, perhaps more than at any other time, the world is in need of enlightened decisions to deal with the myriad problems confronting humankind.

A lot of information is easily available to most people through communication technology. But, as the Bhagwad Gita says, mere intellectual knowledge does not lead to enlightenment. It cannot grant one supreme peace and freedom. It is only when one has achieved complete self-mastery and has intense faith and devotion, does true knowledge dawn within and one attains liberation and freedom from weaknesses and the suffering they cause.

Intelligence, unless it is guided by spiritual insight, can create problems instead of solving them because intelligence is not necessarily accompanied by virtues that constitute wisdom. Hence, intelligent decisions can be short-sighted or guided by selfish motives.

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Because of the lack of enlightenment, human activity is slowly taking the planet towards an environmental catastrophe. Poverty, inequality and wars are results of lack of enlightened thinking.

An enlightened soul guides by example, demonstrating how to think, speak and act in ways that benefit all, so that one's actions promote peace and happiness. Such a soul inspires others to rise above selfish attitudes and see the entire human family and nature as one's own.

Abridged from Speech

Union Minister Dr. Mahesh Sharma

Om Shanti! I have had the privilege of connecting with the Brahma Kumaris family. There has been a value-based transformation in my life, and I have received direction and inspiration from this family. I received it all from that source of divine light.

God created human being thinking he was His superior most creation. But man deviated from his path, and we did many experiments on nature. We started finding ways to improve the variety of crops and breeds of other species in order to fulfil our growing needs.

But who would improve the breed of human beings? Who would take up the responsibility of improving human values? The Brahma Kumaris started in 1936, and today it has over 4,500 centres in 136 countries. This itself is proof of its consistency. Generally, all organisations have to cross four stages of R-A-M-A.

When the founder of the Brahma Kumaris, Dada Lekhraj, created the organisation, I believe many questions must have arisen regarding the purpose of its formation. That would be the first stage of R – outright Rejection. After some time passes, and an organisation is able to fulfil some of people's expectations, it goes through the second phase – A for Accusation.

Then, after another 30 to 40 years, there comes a phase of M – Mellowing down. The Brahma Kumaris has now crossed a journey of several decades under the consistent leadership of seniors like Dadi Janki and Dadi Hridaya Mohini. There must be some special strength in the organisation that it is still going steady and has

now been accepted by people of 136 countries.

Then arrives the last stage of A – final Acceptance. Today the Brahma Kumaris movement has gone way beyond this stage. Not just in our country but around the world there is acceptance for its work of spreading human values. And the organisation is doing so not as a dharma guru but as a torch-bearer and a spiritual educational institution.

I remember the first time when I entered the operation theatre as a healthcare professional, the patient was in a critical condition. My senior teacher at that time sat for a minute in remembrance of God. Who was the God he remembered? Was it Lord Krishna, whose picture we find on the Bhagavad Gita?

We now know the difference between the soul and body. The soul is metaphysical, egoless and incorporeal. So how can we find that incorporeal Supreme Soul? The Brahma Kumaris believe Shiva to be the incorporeal God. Shiva is believed to be the creator of Brahma, Vishnu and Shankar. He has been worshipped in different forms all over the world.

The common person's understanding of the Gita is that it was recited during the war between the Kauravas and Pandavas. If we had the facility of videography during the war of Mahabharata, we would have recorded it and that would become the Gita. But the Gita is not limited to the conversation between Lord Krishna and Arjuna. Its message is beyond that. So many names have been given to the divine light which is the source of this knowledge,

The love, kindness and generosity of an enlightened soul spread the light of hope to those who are in sorrow, giving them the courage to bring about change within to help them overcome their suffering.

The enlightened soul does not discriminate or judge, going into who is right and who is wrong. It unconditionally gives its good wishes and pure feelings to all, helping to heal wounded souls and resolve situations.

Such a soul keeps giving its cooperation and support even when no acknowledgement is received. It does not hanker for praise or applause: it does what needs to be done and moves on, happy to have been of help and ready to go where its services are needed next.

But a handful of such souls cannot change the world all by themselves. Enlightenment is not only an attainment; it is also a choice. We can all choose to be more empathetic and less selfish. This change in attitude

is the first step towards rising above ordinariness and living an elevated life.

Many enlightened souls have come from time to time to change the world, in ways big and small. But their messages have been diluted over time, perhaps by those lacking the will and strength to attain the same spiritual heights.

But enlightened living need not be difficult. All it requires is genuine spiritual effort. When there is honest introspection, a realisation that one needs to change, and where there is the will to effect that change, one is already on the way to success.

There is also a time for enlightenment, when, as mentioned in the Gita, God comes to this world to uplift the righteous, destroy evil and re-establish *dharma*. All those who heed the spiritual knowledge given by God and live by it, become enlightened. It is this that changes the world from hell to heaven. ★



and which has guided us to move forward.

To realise the 'I' within, to recognise the power and divinity inside me, is what enlightenment truly is. To bring the self to such a state of awakening is a task taken up by the Brahma Kumaris. The organisation has declared 2018 as the year of enlightenment.

It is really the need of our times that we awaken that hidden source of divinity within. Another thing we must do is to become givers. We may not be able to become God, the ultimate bestower, but we can become God-like. A book on Kaal Chakra says that 80-85 per cent of the human life is spent as a seeker. We keep asking for something or the other from God, such as people pray for a good job or to have a son. It is only during some 15-20 per cent of our lifetime that we are in a position to give back to society. If we do not utilise even this 15 per cent, we remain beggars for all of our lives.

Today, God is giving us a chance to bring light to others' lives. When I

became a doctor, I realised that I have two responsibilities – to heal others' pain, and to bring a smile on others' face. The medical profession is all about dealing with one thing – pain. It could be pain of the heart, stomach, appendix, liver or eyes. If we are able to contribute to the Godly work of healing others' pain and bringing a smile to them, we are likely to fall in the category of people who utilise 15-20 per cent of their lifetime as givers.

Today we know the power of that Ultimate Source of Light. It is also the source of knowledge, love, peace, power and bliss. The Brahma Kumaris have taken a pledge to transform crores of people by drawing from this source of light through the medium of Rajyoga. We all can become ambassadors of the same power and spread it to all corners of the world. This, I believe, is the message of the Gita.

If there is global acceptance of any scripture, it is the Gita. Once again, I surrender myself to this thought and movement of spreading light to all. ★