

GODLY SERVICE REPORT

NEW DELHI

(WCCPGC 2008 held in Om Shanti Retreat Center,
inaugurated by Dr. Abdul Kalam)

The three-day 'World Congress on Clinical Preventive and Geriatric Cardiology (WCCGCP) 2008' was held in the peaceful atmosphere of Om Shanti Retreat Center (ORC), Manesar, Gurgaon. About 2000 experts from the field of Cardiology from across the globe participated in the conference. The WCCPC was inaugurated by **Dr. A.P.J. Abdul Kalam, former President of India.**

In the inaugural session, Dr. Kalam threw light on the different aspects of prevention of heart diseases. He was very much concerned with a drastic change in the Indian lifestyles over past few decades.

He stressed on the inclusion of lifestyle guidelines in the schools' curriculum, as the prevalence of heart disease is increasing rapidly among the kids. He also urged Cardiologists to come forward and to give treatment free of cost or at subsidized rate to the under- privileged cardiac patients.

While speaking on behalf of **Rajyogini Dadi Hirday Mohini, Addl. Chief of Brahma Kumaris, Mount Abu, and senior brother B.K. Brij Mohan**, wished for a grand success of the conference. Beside paying attention towards exercise and diet for physical well-being, he underlined the importance of awareness about the mind. He clarified that as physical blockage and blood clot endanger the heart, likewise there are thought clots and mental blockages in the form of ego, anger, greed, etc. which are injurious to mental health which ultimately effect one's physical health.

Quoting the words of John F. Kennedy: '*Greater our knowledge increases, greater our ignorance unfolds*', **Dr. H.K Chopra, the organising Chairman of the event as well as the Chairman of World Heart Academy, and Secretary**

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General of International Medical Sciences Academy (I M S A) W o r l d Headquarter, said that the objectives of this conference are to focus on 'Prevention to Intervention and Intervention to Prevention, Consensus 2008, create guidelines for preventive strategies and create heart attack eradication programme.' He also stressed that Rapid Urbanization; Globalization, Industrialisation and Health Transition are the main factors for pre-mature heart attacks. He also warned that if drastic step in lifestyle optimisation and timely medical check-ups are not undertaken, the morbidity and mortality with the premature heart attacks will rise to very high level of red alert.

CHENNAI

(Dadi Gulzar's Visit to Chennai)

Revered Dadi Gulzar, Additional Administrative Head, Brahmakumaris, visited Chennai for two days. Dadiji was accompanied by Sis. Neelu, Bro. Ramesh (Mount Abu), Bro. Christian

(France), Sis. Jasu (London) and Bro. Brij Mohan from Delhi.

There was a get-together for V.I.P.'s on 2nd Sept. in which nearly 300 V.I.P.'s participated. Dadiji and Bro. Brij Mohan enlightened the audience with their thoughts on the topic "Experiencing God's Power". Thereafter, Dadiji guided one and all to a very deep experience of peace through meditation. The prominent personalities included Mr. Ajit Saxena, Chief Traffic Manager, Southern Railways, Mr. Ponnaiyan, former Finance Minister, T.N., Mr. Kumarswamy, I.P.S., former Vice President, Sports Development Authority, T.N., Dr. Chitti Babu, former V.C., Annamalai University, Mr. Krishnakumar, GM, Hotel Green Park, Mrs. Hemalatha Vijayakanth, President, DMDK.

On 3rd Sept. at 10 a.m., Dadiji laid the foundation stone of the Retreat Hall, 'Sadhana Bhawan', at Happy Village, Brahma Kumaris Retreat Centre near Chennai. Dadiji

laid the first brick of the building. This was followed by flag-hoisting. Dadiji also unveiled the foundation plaque. There was tree plantation at nearly 21 places. Dadiji and about 50 V.I.P.'s were present. The eminent among them were Mr. Ponnaiyan (former Finance Minister of Tamil Nadu), Mr. R a j a r a m , I. A. S. (Commissioner, Tourism Dept., Govt. of T.N.), Mr. Acharya, M.D., Chennai Petroleum Corporation, Mr. Dhar, G.M., Indian Bank. On this occasion, nearly 2000 Brahmins from all over T.N. Zone were present.

BANGKOK

(New Lotus House)

The B.K. centre at New Lotus House had a special outdoor spiritual gathering at "Perfect Place" lake side. The gathering started with a deep meditation to the "nature" and *"one minute for world peace."*

This was followed by Peace Walk at **Peace Harmony Garden**, Harmony House Ashram, with powerful vibrations, followed

by one hour *satsang* comprising God's remembrance and churning of the meaning of "**Seven Core Values of the Soul**" and **Yoga Power**. An innovative seven rainbow colours "**Pin Wheel**" was made as a spiritual gift souvenir for each other. This represents the spinning of discus of self realisation of the soul.

USA
(Peace Village)

On the occasion of the World Gujarati Conference, 2008 held on 29th to 31st, August, B.K.Dr. Kala, Director, Peace Village, gave spiritual message to the vast gathering of about 8000 people and made them undergo a beautiful experience of Rajyoga. B.K. Hansa, sister-in-charge of Sacramento centre, gave speech and shared her experiences in the seminar on 'Relevance of Spirituality in 21st Century be Empowered through Spirituality'. Several people visited the conference area and understood our exhibition pictures. A talk was arranged for B.K. Dr. Prem Masand of Global Hospital, Mount Abu at the 'Second Inning Adult Day Care Centre', Whippany during his stay in NJ, U.S. 25 souls attended it.

B.K. Dr. Prem Masand also gave a talk on 'Live Life Light' at the 'Golden Era Adult Day Care Centre, Edison'. 80 souls were given a message. ■

CONTENTMENT

Contentment is like an underground river whose course just cannot be daunted. On the surface, people are stamping, pushing, pulling; the ground is cracking or left derelict, but underneath, the river is flowing even if at some point it is only a trickle in the darkness.

Water on the ground level is always at risk of pollution or being dried up, used, drunk, drawn on, but subterranean water is untapped. Contentment is the same. It is constant unseen movement forward. Not oblivious to challenge, but when the landscape of the mind, the surface of life undergoes some upheaval, the river responds, changes, flows in and around, even though still unseen. It just never dries up.

A profound understanding is needed for someone to be content a need to know and gently anticipate the movements of the mind and also to feel the pull of the destination that lies beyond everything. Contentment is a study of life, not just a blind acceptance of it. People say: "Don't think too much", but to be content, you have to enjoy thinking very deeply, watching very carefully, responding very quietly, and moving with the times. And more than anything, the water needs the force of the current to move through the strange humps and bumps of the sub-conscious. Without the current there can be intelligence, but there will always be depression, a feeling that you may just get stuck.

The current is spiritual force. ■

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