

|| From the mighty pen of Sanjay ||

EDUCATION FOR HARMONY

The demand for harmony between various communities, castes and regional, linguistic and other inter-caste groups, is on the top of the nation's agenda. There has been a heightened awareness that, in the absence of harmony, all energy, money, and attention is wasted either in efforts to prevent worsening of relations between various antagonistic groups or much efforts have to be made to bring to normalcy the conditions of law and order even after a brief episode of disturbance in relations between various communities or groups has occurred.

The society, as it is constituted, today, is so clearly knit that a disturbance caused by one factor in one sector, sets waves of disturbance in other sectors of the society also. The society is one whole, even if we divide it in parts in order to understand how they work. An act of disharmony, wrought by science, technology, education, art or religious worship, in fact by any aspect of the society's life, can upset harmony and let loose the forces of disturbance in all or most other fields as well. Disharmony in the form of environmental degradation is an example.

It is, therefore, essential that all types of institutions and all aspects of an organized society should work in unison to create holistic harmony, else incongruous step by one or a de-synchronized tune by another can disturb the total harmony or break the rhythm of the total system. Education is one of the most important sectors which contribute a lot to the well-being and smooth functioning of the society.

In order to create a healthy and happy society, in which there is social, political, and economic justice and harmony, education must enlighten the educands on the need to inculcate human values and divine qualities in their life. Presently, this element in education is neglected. The result is that even many highly educated people do not know how to live a peaceful life and how to face their problems without much mental tension. It is found that the present system of education does not cultivate the qualities of tolerance, self-control, humility, service, co-operation, concern for the well-being of society, and responsibility for one's own actions.

Also, students are not given a clear knowledge of the value of
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FOCUS ON EXCELLENCE

Happiness is thy name but you are so elusive... The human race, in a way, has evolved in many ways and unleashed great inventions and wonders to keep us occupied and entertained. However, human search for excellence in life never ends. We mostly remain busy with self-exploration, self-study and self-development. Whether our research is connected with physical sciences, meditation, astronomy or any other form of science, it requires decades and decades to find the truth and means to evolve. The results have always been very beneficial in contributing to the betterment of humankind.

However, while the scientific or medical discoveries have proved to be miraculous, humanity has suffered a lot at the claws of greed and exploitation. As a result, except for a small percentage of the rich, the rest of humanity lives under pressure and tension due to lack of proper care and facilities for their well-being. As they say, "There is enough for need, but not enough for man's

greed..." This pathetic situation all around, especially in Bharat, Nepal, and neighbouring developing countries, demands our immediate attention for salvation of society. This could be seen at the recent upheaval we witnessed through public hue and cry in the whole of Bharat when respected Gandhian, Shri Anna Hazare, went on a hunger-strike against corruption. This was a phenomenal step by the people of Bharat. Everyone's attention was focused on the most horrific evil of corruption that has gnawed away at the very vitals of human conscience, forcing horrendous numbers of public servants (at all levels) to become easy prey to corruption.

Anna Hazare's *satyagraha* reminded everyone of the evils of foreign slavery of political nature. The present situation is very similar but with a difference, as we are robbing our own sisters and brothers (*Hum us desh ke vaasi hai, Jis Desh me Ganga behti hai...*). Many decades back, Prajapita Brahma Kumaris Ishwariya Vishwa Vidhyalaya discovered

and realized the evil consequences of corruption due to the evil effects of coming to power through corrupt means, and then retaining power through further corrupt means. The Institution then embarked on a mission to reform society through a variety of Conferences, Seminars, Exhibitions and Spiritual Fairs-cum-Meditation programmes for the masses in all parts of Bharat, Nepal and neighbouring countries.

The most recent of these was a Secondary and Senior Secondary School Teachers' Conference-cum-Meditation Retreat on 'Values and Spirituality for a Better Society', held at Shantivan, Abu Road, from 1-5 September 2011, organized by the Education Wing and Brahma Kumaris.

HERE IS A BRIEF REPORT OF SAID GREAT AND TIMELY CONFERENCE:

The enthusiasm and growing interest in spirituality of people from all sections of our society can be judged from the number of participants, which multiplied to more than 5000 from different parts of India and Nepal.

The Conference-cum-

Meditation was conducted in three separate sessions each day i.e. the Morning Sessions from 10.00 a.m., Afternoon Sessions from 2.30p.m. and Evening Sessions from 6.00p.m. All three were held in Diamond Hall with the idea that all participants should have the opportunity to listen and interact with each and every speaker. The main aim of this retreat was to focus on the need for values and spirituality in the present context, and how teachers can reverse the trend of depleting values.

***Mr Rajinder Singh Chib, Hon'ble Minister for Technical Education, Youth Services & Sports and Medical Education, Government of Jammu & Kashmir,** graced the retreat as Chief Guest. He laid emphasis on imparting quality education to the youth, and instilling in them a spiritual sense of duty, not just towards themselves and society, but humanity at large. An Electronics Engineer, who has served the nation as Pilot in the Indian Air-force and has seen action in two wars against Pakistan in 1965 and 1971, Mr. Rajinder Singh Chib proved a brilliant source*

of inspiration for his selfless service to the nation.

*On 2nd September 2011, **Rajyogini Dadi Jankiji, Chief Administrator of the Brahma Kumaris,** blessed the participants with her benign presence. Dadiji emphasized the need for selfless service of humanity. A teacher must be a role-model not only to his or her students but also to society. A teacher should have the courage to stand for the truth. The Supreme Soul, who Himself is Supreme Teacher to His children, is an ocean of inspiration to human teachers in rendering unconditional sustenance and guidance to the world.*

***Rajyogini Dadi Hriday Mohini, Additional Chief of Brahma Kumaris,** blessed the participants in the Valedictory Session on the evening of 4th September: "As guides and role models of your students, teachers should never lose their true sense of being happy and contented. These are the qualities one gains directly from God Almighty, and losing them would mean losing faith in Him. God, Almighty Shiva, Himself a Teacher, never gets angry or disappointed with His children. Rather, He*

continues to encourage us with love, and addresses us only in an affectionate, respectful manner. We, as human teachers, should emulate Him and instill these virtues of happiness and contentment not only in ourselves but in the students too".

The Retreat offered the participants a rich feast of stimulating lectures. Senior brothers and sisters of the Brahma Kumaris like B.K. Nirwair (Chairperson, Education Wing), B.K. Mruthyunjay (Vice-Chairperson, Education Wing), B.K. (Dr) Nirmala (Director, Gyan Sarovar), B.K. Sheilu (HQs Coordinator, Education Wing), B.K. Harish Shukla (National Coordinator, Education Wing), B.K. Pandiamani (Programme Director, DEP) addressed different sessions of the retreat and charged the atmosphere with enthusiasm, and an powerful urge to adopt values and spirituality in educational practices.

Some of the other speakers consisted of Prof. Ved Guliani (Hisar), Mr. A.K. Pattnaik (Delhi), Mr Jaydev (Ahmedabad), Mr M.N.Raju

(Hyderabad), Prof Rajiv Sharma (Indore), Dr B.K. Harinder (Varanasi), Dr R.P. Gupta (Mount Abu), Dr B.K. Seema (Ludhiana), Dr Loganathan (Coimbatore), Prof. M.K. Kohli (Gurgaon), Dr S.Vijaya Kumar (Mehboobnagar), Dr Mamta (Ambaji) etc.

The retreat had a befitting conclusion in the form of a cultural programme (dances, songs, poems and puppet show), presented by the

participants themselves to mark Teachers' Day on 5th September. B.K. Mruthyunjay shared his best wishes, and motivated the teachers to take initiative in following the footsteps of not only the great teachers of our age, but also those of the Supreme Soul and Brahma Baba who stand before us as perfect Teachers of all time.

This Conference has great significance for education in Values and Spirituality, which is

why it is organized each year to commemorate **Teachers' Day**, being Sarvepelli Dr Radhakrishnan's Birthday (first Vice President of India and subsequent second President of India). He was a great teacher and philosopher who set the example as a "Guru" by focusing on Values and Teaching-par-excellence. May every teacher of Bharat follow his footsteps and help rebuild Bharat of our dreams!

- B.K. Nirwair

RAJYOGINI DADI JANKI CONFERRED HONORARY DEGREE OF DOCTOR OF LETTERS (Litt.D)

Rajyogini Dadi Janki, Administrative Head of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya was conferred **honorary Doctorate Degree (Litt.D) by the GITAM University** President (Chancellor) Dr. M.V.V.S.Murthy and Vice Chancellor Prof. G. Subrahmanyam, in the presence of Vice Chancellor Dr. Prof. D.Harinarayana, Registrar, Prof. M. Potharaju, Heads of Institution and Departments, Faculty and Staff, Graduates, Invitees, Press and Electronic media, eminent citizens and invited Brahma Kumars and Kumaris, at the second

convocation of GITAM University, Visakhapatnam, on Saturday, 20th August 2011.

Some other dignitaries who were also conferred this honour included **Dr. Vijay Kumar Saraswat**, Scientific Advisor to Defence Minister, Government of India, with Doctor of Science, famous actor **Akkineni Nageswara Rao**, with Doctor of Letters and **Dr K.I. Varaprasad Reddy**, Chairman and Managing Director of Shantha Biotech with Doctor of Science.

Rajyogini Dadi Janki, Administrative Head of Brahma Kumaris and Spiritual Leader, defeating her

advancing age (95), gave a brief speech by motivating all to develop their intellectual and spiritual wisdom. This would enable individuals to serve society by promoting values and spirituality, and presenting themselves as role models for the masses. A citation of her achievements was presented in the packed Convocation Hall.

Dr M.V.V.S Murthy, President of GITAM University, while conferring the Doctorate, said, "Dadi Jankiji has been a source of inspiration for many. One must realize that her intellectual acumen, spiritual power and presence of mind have not been only better than

others but a marvel of many scientists & psychologists. It is an honour for the University to have offered her this degree of D.Litt. The University feels obliged that she accepted our gesture of good wishes with her gracious presence”.

It was a wonderful scene when Dadiji embraced Prof. Smt. P. Sheela who read the citation of her achievements,

and the justification for conferring the Doctorate upon Dadiji. Dadiji also danced on stage with the famous 86-year old actor Dr Akkineni Nageshwar Rao. It was a thrilling experience for the audience, who also joined in by clapping and cheering. Dadiji ended with “*Vande Mataram, Vande Bharat Mataram*”.

The proceedings of the

convocation were covered live by T.V. channels; news was flashed on all major channels, including E-TV, TV-9 and TV-5, Sakshi etc. in Andhra Pradesh and print media including The Times of India, E-Nadu, and Hindustan Time etc.

**On Godly Services,
B. K. Mruthyunjay
Executive Secretary
Brahma Kumaris, Mt. Abu**

**Citation presented on conferring
HONORARY DEGREE OF DOCTOR OF LETTERS
*Rajyogini Dadi Janki ji***

Dadi Janki ji, Chief Administrative Head of Brahma Kumaris, is very special whose thoughts and actions inspire us to divinity, and inculcate virtues and values in our lives. She is God’s ambassador of peace. Her personality overflows with Godhood and spiritual might. Her every action embodies love, sweetness and divinity. Dadi Janki has dedicated more than 70 years of her life in the service of the Brahma Kumaris World Spiritual University.

She established the first Brahma Kumaris Centre

outside of India, in UK, inspiring self-reliance and the development of spiritual values in western society. Her vision and drive saw the organization’s teachings carried into more than 126 countries. Dadi is a pioneer of a modern form of the ancient art of Rajyoga. Dadi Janki’s published books include Companion of God, Wings of Soul, Pearl of Wisdom, Inside out and Spiritual Greatness. Her age, wisdom, and experiences in life make her a unique inspiration for anyone looking to live a happier, more peaceful, and more

meaningful life.

GITAM University is indeed privileged to confer the Honorary Degree of Doctor of Letters on

Dadi Janki for her distinguished and outstanding contributions to spirituality and her devoted and dedicated services to millions of people across the world.

We wish her a happy and prosperous life.

**Board of Management
GITAM**

**Visakhapatnam
20th August, 2011**

GOD SHIVA—THE SUPREME TEACHER

— B.K. Ranjit Fuliya, Associate Editor

Since ancient time, teachers have been given high regard in Indian culture as they have great role in shaping the personality of the students and channelizing their energies in the right direction. In a sense, the teachers are the builders of a nation, as they give positive direction to the students. Mother is also highly respected for her special role as a guru of the child. The fifth day of September is celebrated every year as Teachers' Day in our country. It is because on this day was born a great teacher, an icon of education and a great patriot. He was late Dr. S. Radhakrishnan, the first Vice-President of India and second President of India. He gave tremendous importance to education and did a lot for various reforms in education.

As school and college education is necessary to have around development of personality, so is the spiritual education to provide full meaning and purpose to life. As the study of various subjects taught in the educational

institutions prepares the students for leading life, spiritual education is required to build a pure character. There are various universities to provide formal education in India and the world where students learn the basic skills which help them pursue different professions and areas of their interest.

One of the most important centres of spiritual education is Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. The teachings and services rendered by this organization are provided free of cost and these are universal in nature, as there is no differentiation based on caste or creed, gender or age, country or community . The fundamental teachings of this organization highlight the role of the Supreme Soul as the Supreme Teacher, who descends from the Soul World at the present Confluence Age to guide the souls on the path of liberation from vices, by which they purify themselves and become instrumental in world transformation. Also great and unique is the role of Brahma Baba, who becomes the human

medium for dissemination of the esoteric knowledge and spiritual wisdom.

In the words of Rajyogi B.K.Jagdish Chander Hassija, human beings can perform extraordinary feats of spiritual enrichment with the help of spiritual wisdom:

Spiritual wisdom is that art and science which is not learnt in schools ; it comes from one's sincere and meticulous practice of purity, goodness, virtue, serenity and above all, yoga-meditation. It is the art of living and the science of good actions and culture of royalty and grace. It is a divine and most precious attainment that leads a person to something higher than fulfillment so that one has no desires, cravings, guilt-consciousness or sadness.

People around the world worship God but they do not have true knowledge about who God is, where He resides, what His functions are and what is the time of His descent. Many people believe God to be omnipresent. If this was the case, the world should have been free from vices, sufferings, violence, confrontation, natural calamities and various other negativities. God Almighty is the Supreme Soul, as revealed by Him through the corporeal medium of Prajapita Brahma , He is incorporeal and a

conscient point of light. He has no body of his own. Being the Liberator and Purifier of all mankind, He is called Shiva, i.e., Benefactor.

In the glory of the Supreme Soul, who is the Sun of Knowledge, great poets from various parts of the world have expressed their hearty dedication. Awareness of the One pervades the mind of Sir William Jones and his emotion touches the most sublime point when he says:

*My soul absorb'd One only
Being knows,
Of all perceptions One
abundant source.*

*The poet further
experiences bliss in the
same spiritual ecstasy:*

*Whence ev'ry object ev'ry
moment flows:
Sun hence derive its force,
Hence planets learn their
source:
But sun's and fading words
I view no more:
God only I perceive: God
only I adore*

God Shiva is the perennial source of all divine virtues. He is Spiritual Father and Teacher of all the souls. Souls come in the cycle of life and death but the Supreme Soul is immune to it. He resides in the Soul World,

Paramdham or Brahmlok. We can reach Him only through meditation, with pure and positive thoughts. This sublime communication of the soul with the Supreme Soul enables it to be victorious over the five main vices, viz. Anger, Lust, Greed, Ego and Attachment. This spiritual knowledge will usher the new era of Purity, Peace and Prosperity. Through this spiritual education taught by the Supreme Teacher of all souls, we can claim our sovereignty of the forthcoming *Satyug* or Golden Age.

The main aim of the spiritual

students of this Godly knowledge is to become viceless and completely virtuous like Shri Narayan and Shri Lakshmi, the first prince and princess respectively, of the Golden Age. This divine inheritance is our God Fatherly birthright which can be obtained now, in the present *Sangam Yug*. If we can purify ourselves and be a source of inspiration for our fellow brethren—that would really be a fitting *guru-dakshina* (a tribute to the teacher) from our side, to our Most Beloved Shiv Baba, who is also our Teacher and Satguru.

Sweet, Kind, Loving – Dadi Prakashmani

– **B.K. Manick**, 132, Oakborough Drive, Markham, Ontario

The immaculate embodiment of love
The lady of decency and decorum-
Prakashmaniji has to the world of effulgence
Departed for peaceful forum.

Her actions inspired all of us
Her words purified even the vices
Her love spiritualised the souls
Dadi taught us to deftly play our roles

She made the world to understand
Brahmakumaris' spiritual stand
She worked for the people to reap
The benefits and to a higher life leap.

We called her Dadiji with reverence
And followed her path of perseverance
She glows in our hearts and motivates our goal
So that we play well our spiritual role.

THE MIRACLE OF REMEMBRANCE



– B.K. Surendran, Bangalore

Remembrance is a natural process happening in life. Without remembrance there is no life. When one has remembrance of himself and his surroundings, he is aware of what is happening in his life and experiences it. When one remembers happy moments, he becomes easy and light and enjoys that moment. At the same time, if he remembers his bad days, life becomes heavy and sorrowful. When a doctor examines a patient, it is important that he should remember the medicine to prescribe. When a lawyer puts up his case before the Judge, he should be able to remember the provisions of the laws which could substantiate his arguments. Similarly, even though a student has studied well for a year, it can be proved only when he remembers the answers to the questions in the examination. Success or failure of a person, therefore, definitely depends on the capacity of a person to remember what is necessary at each point of time.

Therefore, remembrance has a major role in setting the standards of life.

Power of Remembrance for Success in Life

However we should remember to do good things in life, to spread peaceful, loveful and happiness prone mental vibrations. We should also remember not to remember unpleasant situations and events of the past. We should remember to forgive all those who have created obstacles in our life, who have pulled our legs, who had made life very worrisome for us in the past. The moment we remember a person, our thought vibrations will reach him instantly. Therefore, forgiving all those who had opposed and tried to destroy us will release ourselves from further botheration of such people and we get rid of their remembrance which if not controlled will create disturbance in our mind. It is, therefore, imperative for us to forgive, forget and learn from such situations. Whenever we remember such people, we

should make it a point to remember the lessons we learnt from such situations which will further help us to tread the path of life successfully.

Miracles of God's remembrance

There is lot of difference between the remembrance of human beings and that of God. It is also possible that when we remember a particular person, today, there may be little sweetness, but tomorrow it will turn out to be sour and so on. But even if it is little sweeter, that will not uplift us in any way in terms of physical or mental well-being. But, God's remembrance creates miracles in our life. No other remembrance has so much of magnetic force. When we start remembering Him, we experience sweetness and it gives us super sensuous joy. The thirst of remembrance increases as we keep on remembering Him constantly. The act of remembrance opens up an abundance of treasures. The moment we remember the Lord in soul consciousness, we are automatically connected to Him and the energy of peace, happiness and bliss starts flowing to us. This energy cures the mind and body and, the intellect and the sanskars are divinised. In the process, we also restore our ancient spiritual

wisdom.

There is no extra effort in remembering Him because remembrance is a natural process. God's remembrance creates positive, optimistic and pure thoughts. God's thoughts themselves create better vibrations and the mind and intellect become pure and purer as time passes by. The state of mind becomes stable and thus there is stability in life. We enrich the attributes and powers of God. Since we have His full introduction, His remembrance becomes very easy and natural. Because He is Almighty, even though He abides in Paramdham our thoughts and feelings are instantly communicated to Him and our sins are purged. One becomes a self sovereign and that stage will qualify one to a state of world sovereign. Each and every second of remembrance of the Lord becomes an occasion for positive and constructive investment. The moment we start remembering Him, He will also remember us. Since He is personally helping us to remember Him and Him alone, He has also suggested a series of additional remembrance tips such as remembering the New World of Heaven, Incorporeal World, Subtle World, the Confluence

Age, the mouth born progeny of Brahmin clan, the 84 births and the philosophy of karma and so on and so forth. This keeps us naturally in the track of remembrance in a quiet and easy way constantly. In this process, our conscience is slowly unfolded to understand the subtle reality of human existence.

The Specific Miraculous Achievements

Even though people boast of many achievements through education, training and practice, it is found that the following achievements cannot be fully experienced and constantly made part of every day life by such education, training and practice. Some of the achievements cannot be even dreamt of through man made techniques.

ACHIEVEMENTS

1. To achieve freedom from vicious, waste and negative thoughts. We can experience the positive, pure and truthful thoughts charged with peace and love, and its vibrations spreading to our surroundings. Those who come in contact with us also naturally experience the effect of such thoughts. Our thoughts will start materialising. We are able

to convey peace and solace to those needy. We are able to read the thoughts and understand the intentions and expectations of others.

2. To improve mental and physical health. We all know the effect of thoughts on body. The thoughts are constantly carrying the 7 core virtues of the soul to the different vital organs of the body. As the mind produces positive, pure and truthful thoughts its vibrations have the unique capacity to ensure mental, physical and spiritual health.
3. To improve the power of concentration, decision making and memory. Remembrance of God is a constant concentration exercise naturally being practiced. There is always the power of clarity at work because of clear focus and silence.
4. To achieve constant learning capability, maturity and finer wisdom. As the knowledge is constantly being used in day to day life, and the light and might from the Lord also is being drawn to the self, it refines the level of wisdom.
5. To develop ability to create better inter human relationship. Remembrance of God is an act to establish

constant relationship with the seed of humanity. When there is harmonious and loveful remembrance of the Lord, indirectly we are establishing a loveful link with one and all in the world. When we think that everybody belongs to us and we belong to them, harmony in relationship is experienced at all levels.

6. To become the master of pleasant experiences in life. Remembrance of God gives us super-sensuous joy which cannot be experienced from any other person, field or source.
7. To develop capacity to maintain high self esteem. It is said that 'when God is with you, who can be against you'. High self esteem is maintained due to the fact that we are living with the Lord. We are not alone in the World.

If you miss an opportunity, do not cloud your eyes with tears. Keep your vision clear so that you will not miss the next one.

ANGER MANAGEMENT



– C.S.Chakravarthy (Advocate),
Tarnaka, Secunderabad

Anger is one word short of danger. People with short tempers are also vulnerable to heart related ailments. Anger could be triggered by stress, lack of sleep, crash diets and insufficient water intake. How can we reduce anger?

- ▶ Practise relaxation exercises and breathing techniques to calm the mind and body.
- ▶ Learn to resolve conflicts through effective communication minus outbursts.
- ▶ Use problem-solving techniques such as goal setting and time management to reduce stress levels.
- ▶ Eating well and at regular intervals helps to keep energy levels in check.
- ▶ Get at least 6 to 8 hours of sleep, so that you don't feel irritable and grouchy.
- ▶ Take a break when you are tired. This can help you rejuvenate.
- ▶ Keep yourself upbeat by indulging in a hobby.
- ▶ Compartmentalise your work and personal lives.
- ▶ Nurture your support systems, like family and friends.
- ▶ Regular exercise helps to keep the mind and body fresh.
- ▶ Seek counselling for inter-personal conflicts.
- ▶ Be assertive instead of aggressive.

STRATEGIES TO CONTROL AGGRESSION:

- ▶ Accept that being angry is perfectly normal.
- ▶ Identify your source/trigger of anger.
- ▶ Shift your focus from 'what was done to me' to 'what I can do'?
- ▶ Create positive self-talk.
- ▶ Identify your irrational beliefs.
- ▶ Think of a more rational and adaptive plan of action.
- ▶ Change thoughts that provoke anger, interpreting the situation from a different (less provocative) point of view.
- ▶ Write down angry thoughts.

Focus on gratitude – make a list of things you are thankful for.



THE SPIRITUAL QUEST



{Rajyogini Dadi Hriday Mohini answering the questions of senior B.K.Teachers}, Kullu, 3rd July.2011

[Rajyogini Dadi Hriday Mohini, Addl. Administrative Head of the Brahmakumaris organisation, has been a source of inspiration for B.K. brothers and sisters and new aspirants alike. She is the medium through which the "song divine" or Murlis are being spoken by the Almighty. Master of a cool head and a calm mind, Dadi ji here satisfies the spiritual quest of the souls]

Q. no. 1: *In the latest Murlis, Baba has been emphasizing to set aside time for Mansa Seva or service through the mind. While we realise its importance, yet the required seriousness and determination are lacking. How can we do mansa seva more efficiently?*

Ans. no. 1: Baba has said that for any task, a firm determination is required. You understand its importance and also have a thought to do it, but the intellect becomes busy with service plans and service tasks, the attention gets diverted and the determination dwindles. Hence, in the daily routine, check your thoughts five-six times a day. While having breakfast, during meals and at tea time, we are free; at that time we can do *mansa seva*. As we consider other tasks to

be important and allocate time for them, similarly give due importance to this too and execute it. Revise it four-five times a day. During meal time of 15-20 minutes, we can take out five minutes for *mansa seva*. There should be a follow-up action, otherwise, that thought remains just a thought. We ought to strictly adhere to our timetable. If we fix up a time, then at that time we would automatically be reminded to do *mansa seva*. We don't have to take this lightly and have to put sincere efforts.

Q. no. 2: *Baba has asked us to fix a time for mansa seva . Can we do it whilst walking and moving around? If some other important task comes up at the fixed time, which we have to attend urgently and are unable to do mansa seva, then is it important to fix up a*

time for this?

Ans. no. 2: We can do *mansa seva* whilst walking and moving around also. But Baba has asked us to fix a time because if we don't fix a time, then we might become slack and careless. Suppose some service is pending, don't you take out time for it? Similarly, if we were unable to do *mansa seva* on the fixed time due to some urgent work, we need to decide a time to do it later. Note whenever you miss it; take out time and definitely do it later on, during the day.

Q. no. 3: *What is the exact method of doing mansa seva? Should we first take powers from Baba and then give it to the souls or serve them directly through the vibrations?*

Ans. no. 3: The souls of the world are experiencing deep sorrow because there are some or the other problems, unfulfilled desires or lack of attainment. Emerge the distressed souls in front of you and give them the *sakaash* (searchlight) of happiness at that time. Stabilize yourself in the state of super-sensuous joy and then give them *sakaash*. That is not the time to take from Baba but give what you have received. When I stay in that donor stage, then they receive

those vibrations. If I am unhappy or I cry, then seeing me others also feel like crying; those melancholic vibrations reach them too. Do we want them to cry? When people go to a place of happiness, they receive the vibrations of happiness. There is no other form of giving. We have to give through vibrations and for this a lot of practice is needed. If I take from Baba at that time and then give, this also consumes some time. Therefore, take out time for uplifting your stage, the best time for which is *Amrit Vela*.

Q. no. 4: *What practice is needed for giving sakaash?*

Ans. no. 4: If I have to give happiness, first I should be seated in that stage of happiness. I should be able to emerge that stage whenever I want. I must allot time to do this, also determine to give, but at that time, if a thought of service or some other point of knowledge is entertained, that would not be called an accurate stage. So, let me first create such a stable stage, that I should be able to remain stable in the desired state. Practise this drill.

Q. no. 5: *Earlier it was easy to be stabilised in such a donor stage. Nowadays practice and attention is needed again and again; why*

is it so?

Ans. no. 5: Nowadays, we create a lot of thoughts in making service plans—to increase the service, number of centres and students etc. Our mind is replete with such thoughts, hence, our intellect is drawn in that direction and this practice decreases. So now increase this practice during the whole day. I should be able to stabilise myself in that stage whenever I want, in a second, without being lax.

Q. no. 6: *According to scientific research, one can concentrate on one thought only for one or two minutes. We need to focus our mind for mansa seva, so how do we set about doing it? How much time should we take out for mansa seva?*

Ans. no. 6: Concentration is separate and becoming an embodiment is a different thing. For example, if I have to give someone money, then I can give only if I have the money, isn't it? Similarly, if I have to give power, I can do so only if I have power. First, I should have the practice, and then I can remain in that stage. If I have to give

happiness, but I am able to remain in the stage of peace or love, but not in the stage of happiness – then how can I give? So, first I need the authority to stabilise in my stage; concentration of mind is a different aspect. The stage is ours, if I can't instinctively remain in that stage, then I can't do *mansa seva*. It is this practice that will be useful in the final moments. Impure souls, body conscious souls will come with different visions and attitude; at that time our elevated vision, benevolent attitude and perfect stage would be able to transform their attitude and vision. Now such souls are not in front of us, they are distant; so we have to give them the rays (the searchlight). Hence, we have to be in that stage of equanimity and dignity. Then only we would be able to give them the rays (*Sakaash*).

Q. no. 7: *Baba asks us to give the sakaash through mansa seva to five elements too. How can we do so?*

Ans. no. 7: First, give rays to the souls and later to the elements of nature.

Easier Than It Seems

Learn to create silence in your mind, and, peace will flourish in your soul. To be internally silent, do not think too much. Trust yourself. Trust others. Trust life.

You will find it is easier than it seems.

SPIRITUALITY IN EDUCATION

– Amit Kumar, Lect. (Maths),
Swami Ramanand Inter College, Farrukhabad (U.P.)

Every year in India, 5th September is celebrated as Teachers' day, which is the birthday of philosopher, educationist and former President Late Dr. S. Radhakrishnan. Teachers' Day reminds the teachers of their moral duties towards students so that they may develop good character and fulfill their duties for the country with honesty, dedication and firm determination. In fact, teachers must keep on playing their part for the overall development of the students.

There is great need of harmony in relations and a healthy environment between parents and children, teachers and the students, and amongst family members and various segments of the society. These days, trivial or petty matters very easily trigger big fights between students. Under these circumstances, the responsibility of teachers

becomes more important. Since a teacher is an important pillar of the society, on him depends the future of a family, a society, a state and finally, the nation. Along with giving the knowledge of their chosen subject, it is imperative that they should develop in their pupils, moral character, sense of responsibility towards their parents and society, so as to ensure their overall personality development.

However, in the present day world of glamour and westernized lifestyle, we cannot keep the students completely away from the current trends in society, but we can surely impart them all round knowledge so that the students can safeguard themselves from the ill effects of negativity. For their overall development, it is necessary that we teach them spirituality from a younger age, along with giving them knowledge of their

curriculum. It may be inferred that by practising yoga, our great saints and philosophers like Swami Vivekanand, Dayanand Saraswati, Mahatma Gandhi and many others achieved remarkable success in their fields and brought tremendous fame and honour to the country.

At this time of immense degradation of values in our society, the governments must think about introducing the techniques of 'Rajyoga' to the students and teachers. The spiritual knowledge provides us the true identity of souls and the method how to remember our true Father, Supreme Soul God Shiva. The practice of Rajyoga develops in the students the right attitude to lead a disciplined life. And this spiritual knowledge should be taught to them, right from the beginning, so that they may have complete control on their mind, body and soul and their wavering minds become steady and they pursue their goal with great determination, zeal and enthusiasm because they are the future of a nation as well as of the world.

Determination and Patience

Determination is the strength that will enable you to pass the barrier of useless thoughts in order to create positive thoughts and to be successful in whatever you wish. It comes from within and its partner is patience. Patience teaches you not to push but rather to wait and appreciate the game of life instead, knowing that nothing remains the same, and everything will change at some point.

MAKING OF A TRUE LEADER



– B.K. Digesh Davda, Mumbai

Dadi Prakashmani: the jewel of light, an embodiment of virtues and practical proof of God's teachings. To me, she is an epitome of spiritual success.

Dadiji was a strong, fearless, egoless and selfless leader whose only management tools were unconditional love and respect for one and all. The key indicator of her success was that she won the hearts of everyone without expectation. She made every single individual feel special. She was given the name 'Kumarka' due to her quality of being a fearless authority, but at the same time she possessed an equally softer side, that of having constant love for God and His task. 'Complete surrender to Him' became the foundation of her life. She was God's gift to humanity, an angel who always maintained the silent determination to reveal God to the world. Dadiji's only priority was to take the divine task of world transformation to new heights.

Her constant practice of soul-

consciousness and God consciousness was of such a high quality that a simple gaze from her enabled souls to go beyond. Her sweet *drishti* and beautiful smile were so uplifting that souls would forget their sorrow in a second. She received unconditional love, respect and co-operation from every soul of the divine family. She was a generous-hearted yogi who bestowed blessings in abundance and was never behind in claiming the same. The spiritual love she showered on souls inspired them to engage in any type of Godly task. In her eyes, all were equally important, whether it was her senior service companions (the Dadis) or an ordinary worker in the campus of the spiritual university. Individuals experienced her unlimited warmth in some way or the other. For her, every individual was God's child and had the right to claim His inheritance. These are the signs of a true leader!

Dadi had a wonderful balance of being the master and

the child. She never applied the concept of 'majority wins'; even if a single person disagreed to a given proposal, she rarely went ahead with it unless everyone was convinced and had given their consent happily. The finest leaders in the world have always made sure that everyone in their team is happy. The Heads of different departments completely trusted Dadiji and never fell short of giving their best because she had immense faith in the divine family, and its members. When people see their leader having complete faith in them and their abilities, they are able to give their best towards delivery of results. Dadiji never learnt modern-day management techniques nor did she attend a business school, but she was able to extract the best out of people simply by trusting them.

She not only used her specialities in Godly service but also spotted the talents and specialities in other members of the divine family. A true leader never walks alone, nor does he work in isolation, and beloved Dadiji was one who understood this very well. She spearheaded her team by devoting significant amount of time in encouraging souls, guiding them to move forward, and injecting them with power, zeal and enthusiasm. Whilst doing all this,

she reminded everyone that she was only a humble instrument of the Supreme: it is He who is leading all of us. It is He who is getting it done. It is He who is giving us loving sustenance.

Dadiji had a great quality of being light and easy-natured. In spite of holding position of Head of the institution, she would always sit until the end of each cultural programme just to show her appreciation and encourage the participants. She was available for everyone; if you happened to drop in while she was having a snack or a meal, she used to offer something from her plate like a loving mother... If it rained heavily during morning class, she would call for the brothers of the kitchen department instantly and request them to prepare snacks for everyone! Picnics were planned at the spur of the moment. When kids gifted her toys she would become like them and play with the toys just like an innocent child.

Dadiji was a true mother who put the spiritual family before her own needs, and instilled in everyone a great sense of belonging. She was a tireless server who dedicated her entire life for the betterment of humanity. She always referred to the five continents as five fingers of God; she never

digressed from inspiring souls to help change this old world by applying the *mantra* of self transformation, renunciation, intense meditation, practice of purity and selfless service. Her purity was such that upon seeing her one's negative or waste thinking would come to a full-stop. Problems were no longer problems, and solutions came to light in her presence. Dadiji was a powerful catalyst to bring about change in the lives of thousands of individuals.

Once a brother had misbehaved with Dadiji, and some of the senior brothers approached Dadiji asking her to remove the brother from the campus. She gently replied that this was God's family and a Father doesn't send anyone away from their home! At times, she had no choice but to make firm decisions, which were not always appreciated by everyone. However Dadiji made it a point to greet and call on even those who did not want to come in front of her. Dadiji believed that even if children sulk sometimes a mother should make them understand with love. She always gave teachings with love and tact. Her interactions were not just limited to the department heads; she believed in connecting with everyone.

Dadiji was an embodiment of generosity. She aimed to satisfy each and every individual in the family. She would openly ask the gathering if anyone needed or wished for anything, and was always concerned about their comfort. She liked seeing everyone busy in service, but also cared to see that the family was taken on picnics and recreational activities.

I would like to share an incident of Dadiji's humility. I had a chance to speak to a brother who is part of the security team in Pandav Bhavan. Once in winter, when this brother was on duty, Dadiji came up to him and asked him why he wasn't wearing sufficient warm clothes. The brother replied, that he was wearing additional clothes on the inside and that it was enough to safeguard him from the cold. Dadiji asked the brother to immediately go and wear some more warm clothes. The brother said, "Dadiji, I will finish my shift in another 15 minutes. I shall then go to my room and wear some more woollens". Dadiji then firmly asked the brother to leave stating she was going to take care of his duty until he returned! Dadiji was so concerned that the brother might fall ill. Have you ever seen a better example of love,

care and humility? How many leaders or heads of organizations would do the same?

Dadiji was an exemplary leader who became a role model for many others. Until her last breath, she continued to serve by bestowing love and respect. I consider myself fortunate to have seen Dadiji in this lifetime; I have never seen a constant yogi like her. Nobody ever saw sitting in special yoga to make individual efforts. She did not have to as her remembrance was natural, due to her intense love for God.

Her elderly age resulted in her having to face some health problems. However, Dadiji's powerful stage did not allow her to experience any form of pain even whilst going through serious health conditions. There were never signs of fear, sorrow or even grumbling. When I had gone to meet Dadiji at the Mumbai hospital, Bro. Nirwair introduced me to Dadiji and started to share little more about me. But I noticed that Dadiji was really beyond and absolutely detached from the old world in a powerful, bodiless stage. She became a true leader by fully imbibing teachings of the Supreme.

On 25th August 2007, Dadiji departed to go on and play a new role in another costume. But she left giving us a final teaching in the form of a divine gift: "*Stay in your self-respect and give respect to others*".

My salutations to that great World Mother!

Good News For Health

HOLISTIC HEALTH CARE PACKAGE AT GLOBAL HOSPITAL FOR DIABETES PATIENTS

Prevention and promotion of health is an important aspect of health care. Diabetes Mellitus is a lifelong disease, which affects almost the entire body if uncontrolled. It ultimately causes dysfunction and failure of the heart, kidneys, eyes, nerves and blood vessels of the body.

Today diabetes has become an epidemic. Unlike other diseases, diabetes patients require not only proper medications, but also balanced and ideal diet, regular aerobic exercises, relaxation therapy, de-addiction, behavioural management, regular thorough check-ups and therapeutic education.

Considering the importance of prevention and control of above facts, Global Hospital has designed a Holistic Health-Care package for ideal balanced healthcare and control of diabetes. We are pleased to inform you that Global Hospital is starting a 4 day-health package for the diabetes patients to give the patients a comprehensive care from October, 2011 onwards.

Global Hospital & Research centre at Mount Abu presents a holistic model of healthcare. The hospital has a well-equipped Diabetic Clinic with state-of-the-art technology, ICU, operation theatres, wards and almost every type of diagnosis investigations facilities. We have a full-time diabetologist and a team for complete care of the patients being situated in the nature's lap of Aravali Mountains; diabetes patients can experience closeness to nature and enjoy the comfortable stay & care with a spiritually charged atmosphere.

For further details, please contact:

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[Direct from School]

THE PECULIAR CASE OF TWINKLE

— Jissy Thomas, Baroda

I enjoy teaching Play School kids most of the time. Occasionally, though, some cases do crop up where I am at my wit's end as to how to and what to do. Twinkle's (name changed) was one such case.

In my teaching career of ten years, I have never seen any other child throwing tantrums. Everyday, as soon as she used to enter the class room, Twinkle would start crying. She never sat on her place. She used to run out of the class room every now and then. This went on for a few days. I was really upset because all the other students had settled whereas some of those too would start crying when they saw her throwing tantrums. I told my assistant teacher that this matter had to be sorted out soon, else the class would never settle. I went home and planned to deal with the child.

Next day, as soon as Twinkle entered the class, the same routine started. She cried and started to walk out of the class. I said to my colleague, "Please take care of the other kids, I

will handle Twinkle only". I went and stood near her table. She tried to get up from the side where I was standing. I held her hand and made her sit on her chair. She tried coming out again and I made her sit again. This continued for some time. Then she tried to walk out from the other side, thinking that I may not be able to catch hold of her then. But the result was the same. I held her hand and made her sit on her chair forcibly. Then she said "Mane poori do." (In Gujarati, "Lock me up.") I was stunned.

When it was time to eat snacks, she would not open her box. I took it out of her bag and opened it. She continued crying and closed the box. I opened it and she closed. This went on for quite some time. I lost the count. But I saw to it that I opened the box every time she closed it. Ultimately, she got fed up and, as a final measure, banged her head against the table. That's when I lost my cool and bet her. Had I not done that, she would have injured herself. "Spare the rod and spoil the

child." I thought. After a lot of forcing, she finally agreed to open the box. Then I told her that she should eat at least a few pieces of the snacks that she brought from home. I kept four pieces on her palm and she finished them off within seconds. I was happy because she had made a beginning in the right direction. But still we decided to call for her parents to discuss this matter.

The next day her mother came. I told her that she brings the same snacks every day. Mother should send different items. I also stated that, had she not thrown tantrums and banged her head, I would not have called her parents at all. But it was only when she discussed her problem that I realized that I was being judgemental about Twinkle. Mother stated that her daughter was not so stubborn before. They lived in a joint family. Her sister-in-law had some dispute with her husband after which she had come to her mother's place with her kids. Those kids were very stubborn and Twinkle was learning the same habits from them. At times, she lost temper and beat Twinkle and would warn her that if she didn't listen, she would be locked in the room. (Now I knew the reason why she had stated that I should lock her.) About food, she said that

whenever she made something for her daughter, her mother-in-law would pass negative comments. Her sister-in-law had upper hand in everything. When she made something for Twinkle, sister-in-law's children ate it without giving it to her. I told her that she should tell her mother-in-law that teacher has advised that Twinkle should be given good food. And I also told her that, with Twinkle, beating won't work. She should make her understand things with lot of patience and loads of love.

The next day, after taking Computer class, I went to Play School. As soon as I entered the room, I asked my colleague whether Twinkle was absent because I did not hear anyone cry. She laughed and replied that Twinkle was sitting on her place and that my dose had worked. Even now, she cries occasionally but she sits on her place and opens her Tiffin box, the colleague further informed. I told her that I was glad, as my persistence had borne fruit.

Working with kids has made me more sensitive towards dealing with people. I know that appearances are often deceptive and that there is always scope for improvement. Wish everyone realized this!

I feel that parents should spend quality time with their

children. And if they are able to show kids that they love and care for them through personal example, then kids would understand things better. Sometimes, parents have to be stern in refusing certain things. But I have noticed that when both the parents are working and are not able to spend time with kids, they compensate that with material things. That's a dangerous trend because such an attitude results in kids becoming more demanding and taking everything for granted. Sometimes, kids have their own tension but adults don't understand that because they don't treat kids like individuals having emotions. When parents become angry and use bad language, I tell them whether they would like to hear that kind of language from others. Then they calm down. In nutshell, we ought to understand the plight of the child too and have a condescending attitude towards them, thus empathizing with them.

In short, it's not only kids that I teach. Often, I have to teach parents too. But because I enjoy teaching, I keep on learning things. And because I keep on learning from my experiences, I feel I have become a better human being. ■

TIME APPEALS YOU TO GROW!



– **B.K Sapna (ORC)**, Delhi

God says, "Listen my son"

"Now or Never" is the slogan

Present time is most
valuable

Precious indeed like a
Diamond

So, be active and alert

O Master Bestowers!

Become completely pure

Call dear God in times of
need

He'll help you, ever and
indeed

O Master Knowledgeable
Souls!

Never be lazy or loose

World sovereignty you
choose

Never put off things, nor be
inert

Forget convenience and
comfort

Nor hanker after facilities

Surely this is Maya's show

It'll destroy your treasure
trove

Time appeals you to grow!

THE BLAME GAME!

– **B.K. Manasi Taneja**, Indore

Blames, unjust accusations are common, a very lowly kind of act in the realm of God, for we have no right to form opinions, give judgements since we too are not perfect. But we do! Humans! And this is supposedly the best self-defense mechanism. The other day I was reading the Holy Bible and I came across Psalm 109 which reflects this very common problem. The psalm is a description of the reactions of a man who has been unjustly accused. He has been set upon by those who are attempting to destroy him, yet without a cause. It clearly is a psalm of someone who is deeply, deeply disturbed. It made me really think hard, why this strange, overstated language of aggression against another human being should be included in the holy Book of Psalms?

The opening words of the psalm go like this: – Be not silent, O' God of my praise! For wicked and deceitful mouths are opened against me, speaking against me with lying tongues. They beset me with words of

hate, and attack me without cause. In return for my love they accuse me, even as I make prayer for them. So they reward me evil for good, and hatred for my love. {Psalm 109:1-5}

All of us, at some time or the other, have been unjustly accused by someone or the other and so we can understand how this man must have felt. These people are wholly unjustified in this attack. He says they do this “without a cause,” at least as far as the Psalmist can see, and we take him to be an honest man. He sees absolutely no reason for their accusations. They are afflicting him, upsetting him, and attacking him without any reason to do so. But this man further goes on to say, despite the blames thrown towards him, he has so many times overlooked their attacks and loved them, as he is an ardent devotee of Jesus. But what is he getting in return, evil for good and hatred for love. Like this man, we too understand that love can change the worst human on earth.

As I read further, I felt it so

true; the good-the bad, the pleasure-the pain are all a part of this beautiful world. We have all undergone the blame game at some time or the other, seen people twisting and turning the stories, incidents to prove themselves right, something which could pull us down to give us a feeling of dejection or depression if the deep faith in God is not strong enough to pull us up. Then...should we curse the offender, should we seek revenge or try to equal the crook? We would all do this normally, for it would be a fight of the right and the wrong...and if one doesn't retaliate...what do we hear...are you scared? Why don't you go and bash so and so and take him/her for a ride...for this is strength, getting equal is power. Is it not? Why fill yourself with negativity, why not leave the offender with his deeds, for there is someone high above to see and mend things right, and friends, this is not weakness.

And here this closing prayer of the psalm is a marvelous picture of the right attitude, the right reaction, and the right way of handling such a situation. Read this:– But thou, O' God, my Lord, deal on my behalf for thy name's sake; because thy steadfast love is good, deliver me! For I am poor and needy, and my

heart is stricken within me. I am gone, like a shadow at evening; I am shaken off like a locust. My knees are weak through fasting; my body has become gaunt. I am an object of scorn to my accusers; when they see me, they wag their heads. {Psalm 109:21-25}

See the first thing he does is to commit the cause to God, "Thou, O' God of my life, deal on my behalf for Thy name's sake!" The man understands the nature of reality. He understands how life operates. He understands the truth "Vengeance is mine, says the Lord; I will repay," Vengeance is mine! Don't you try it, don't you attempt it. Don't try to "get even" because if you do, you'll only make the matter worse. You will create a grudge leading to all kinds of difficulties both for them and for you. No, no, vengeance is mine, says the Lord. I am the only one who has the wisdom adequate to handle this kind of a problem. This man understands and gives himself to God, he also understands something else. He understands that God's name is involved in all this. When God's people are being wronged then God is also being victimized, in a way.

He committed no sin; no guile was found on his lips. When he was reviled, he did not revile in

return; when he suffered, he did not threaten; but he trusted to Him who judges justly. {Pet 2:22-23}

But we make a mistake in trying always to clear ourselves; our first reaction is to clear what is being blamed on us, which fills us with all that is negative. We should be wiser to go straight, humbly doing the next thing, and leaving God to justify us. There may come times in our lives when we shall be misunderstood, slandered, falsely accused. At such times, it is very difficult not to act on the policy of the men around us in the world. For they form their own opinions, give their own way of 'teaching lessons' But one who has faith in God and His justice pleads in the higher court and lays it before His God, asking for strength...It is a difficult thing to endure insults. It is hard, very difficult; it takes something out of you.

Now look at this man; he asks God to support him, and do it in such a way as to reveal the fact that God is doing it. He asks the Lord to give him inner strength, inner blessing, so that he can remain calm, untroubled and undisturbed in the midst of all the accusations, wants God's hand to strengthen him and make the accusers ashamed of themselves. Now he does not

mean "put to shame" in the sense of heaping scorn and humiliation upon them; he means let them be ashamed of themselves, let them see the facts in such a light that eventually they'll be sorry, be ashamed, that they ever attempted anything like this, because it is so unjustified.

"Lord, vindicate me in that way." Help me. O' Lord my God! Save me according to Thy steadfast love! Let them know that this is Thy hand;

Thou, O' lord, hast done it! Let them curse, but do thou bless! My assailants shall be put to shame, and Thy servant shall be glad! My accusers shall be clothed with dishonour; they shall be wrapped in their own shame as in a mantle!

If you are in such a situation, keep your conscience clear. Don't strike back. Don't curse, don't abuse, don't attack, and don't try to get even, don't avenge yourself; but have faith in God. Those who laugh at your good behaviour will be brought to shame, brought at last to the place where they are ashamed of themselves. The psalm closes on a note of affirmation and confidence.

sWith my mouth, I will give great thanks to the Lord; I will praise Him in the midst of the
(Contd. on page no. 27)

THE INNER TREASURE OF JOY



– Seema Mishra, Kolkata

Are you in-dependent, or are you dependent on outside sources for your joys and sorrows? Let's plan to be in-dependent in a true sense. I want to be dependent on the inner source for my joy, and not my sorrow. I want my joy and love for the Almighty to be unconditional.

This will help us to build our inner strengths. As the Indian leaders planned to build the India of their dreams 64 years ago (whether their dreams came true is another matter), let us pledge to try and build up our inner strength. The qualities and virtues we can develop to make us internally strong are:

▶ **Will-Power** – This allows us to be decisive, take quick action and overcome all kinds of difficulties. It enables us to overcome inertia and desires; it makes even the most boring or unpleasant of tasks a pleasure. With will-power, man can even move mountains. This will help us both in our worldly activities as well as our spiritual practices. For example, if I decide through will-power,

that I will awaken at *Amritvela* everyday and do meditation, inner forces will help us to wake up at the right time and sometimes, even before that. This is my experience. In our worldly duties, it will help us to do the most difficult jobs quite easily.

▶ The next virtue is **self-discipline**. In a way, as you will see, it is linked with will-power. For a student, this is one of the most important virtues, he or she can develop—getting up early in the morning and studying, or going for walk or practicing yoga. Self-discipline in eating, drinking, when to stop our play or outing with friends and go home is very essential not only for students but for everyone. Self-discipline has been defined as *yoga* by some schools of thought. It paves the way for moulding our personality.

▶ **Self-confidence** is the third virtue that we can develop. This will help us to shed our shyness, share our thoughts with others and work for society. It helps us make

friends, pass exams and even obtain jobs. On the spiritual side, it gives us confidence that our practice of Rajyoga will take us to our destination. It encourages us to continue our spiritual efforts sincerely.

▶ **Identify your strengths and weaknesses:** This is what is told to management students. Do a SWOT (strengths, weaknesses, opportunities and threats) analysis. Once we identify our strengths and weaknesses, we can build upon our strengths and work on our weaknesses to reduce them and even to remove them completely. What are the opportunities we have and how to take advantage of them consciously, and in a moral way. What are the threats both from external and internal sources and how to remove or reduce them? This is the key to success both in the external and internal world.

▶ The most important virtue for Rajyogis to develop their inner strength is **meditation**. This is the fountain of joy we turn to everyday, whether in joy or sorrow. Whether we are tired or energized, the fountain of joy envelopes us in a haze of happiness and increases our physical and

(Contd. on page no. 27)



LIFE – AN ENDLESS CELEBRATION



– S. Pramod, Hyderabad

What makes us happy? A zillion dollar question to be asked. Music to the musician, colours to a painter, flowers to bees and voice to a singer – all mean the same; HAPPINESS in one word. It's important to know where we can find happiness, as we all are social beings and we cannot survive without being happy, since it is the primary nature of life.

The quest for this happiness makes me live life to the fullest. In this process, I feel, realise, discover, explore and ultimately appreciate the existence of my surroundings. It is only when we remember that everything around us should make us happy, can we make a conscious effort towards it. In fact, we can not find happiness at any particular place. Whereas the sources of happiness are variable, only the quotient of happiness remains constant. It changes as and when our wishes are fulfilled and our goals are achieved. We try finding comfort, solace, peace and happiness in things that are not a part of us or the whole. In this

process, we tend to lose things we are already in possession of.

It sounds difficult but it is realized by many that being content is the most likely, most effective and sure shot way of being happy. Appreciating, expressing gratitude, safeguarding the goodness and niceness along with fighting the adversities-- are to be inculcated in childhood and, thus, practised forever. Small steps in this direction go a long way to help us in this endeavour of finding happiness. One of them would be learning not to complain about everything in life. When I say this, I do not mean there is anything wrong in striving hard to earn more, living better or being more successful. But the actual problem starts when greed takes over some small wishes. Let our plans not be hurdles in our daily life. Being happy or not complaining with what we have, automatically leads us to welfare because only then we concentrate how to make things better.

Greed leads to disasters and turns our happiness, balance into negative. We often complain

about things that are both in our control as well as those which are not. The ones in our control can be dealt with effort and patience but the ones which come as a part and parcel of our destiny should not be complained about. Doing so exhibits our ignorance and miserable state of heart and mind. We need to remind ourselves that certain things in life are meant to be the way they are, regardless of an explanation.

Another place we go wrong more often than not is the culture of comparing ourselves with someone we envy or don't even relate to. Different people in this world are born with different sanskars and destinies and looking at all of them with a generalized perspective would be immature. If a certain person is in a certain position, there are a hundred reasons for it. He who deserves will be rewarded by God, and thus he will be bestowed upon His blessings. But complaining only without any efforts or patience would make us a mean person and lead us to unhappiness. Therefore, be happy with what you are and what you have.

Love what you do more than just doing what you love – is the *mantra* that can help us keep going. The pleasure we derive by loving what we do is eternal

and true. It's this love towards our responsibilities, duties and jobs at work places that makes us a better performer. We have been taught in our school days about great humans who loved what they did and today their success stories are known world over.

Being happy is like sculpting a figure. Amazing amounts of love, care, tenderness and passion are required to sculpt it out without any scratches of dissatisfaction or misery. Being selfless is another way of finding immense happiness. Many great souls have adopted this way. It is this attitude that gets them closer to the ocean of fulfillment that is filled drop by drop. They consider the misery of their fellow beings as their own and leave no stone unturned to reduce one's sorrow. To see a relief on somebody's face brings them immense joy.

Finding happiness in small gestures is a great way to happiness that I personally follow. Wishing somebody on their special days, sharing joys and sorrows, lending an ear to someone in despair or showing basic cordiality with love and compassion is the greatest, easiest and practical way to spread happiness around.

**Faith is knowledge
within the heart,
beyond the reach of
proof.**

GRATITUDE BABA!

– B.K. Neena, Delhi

You are the key to my life, O' Baba
All the tears that I have had to shed
The Odds and Ordeals that I have had to tread
Oscillating between Angst and Elation
Hope and Despair, love and ire
Tossed between Tornadoes and Typhoons
You were my sole hope and Boon!
When all the doors had been closed
And I was fraught with utter Distraught
Gosh! Caught in the whirlpool of
Tumultuous self mortifying thoughts;
You held my little finger and taught
To be brave; and resurrected me-
Captured my little heart
Thus led me along the ideal path!
It was but you, BABA, who safeguarded me from
The Vampires of five Vices
Shielded me from the ill Omens of Maya
Those made me frown
For I was never bogged down
B'os that was just my Pride
As I have nothing else to hide!
And now that the tempest has calmed sans any harm
And the way is clear
'Gratitude' is all; I have to say-- Oh BABA dear!
Empower me, cuddle me, embrace me and pamper me
Forever, my Beloved, Benevolent Baba
For I'm missing you so
But won't let you go--just won't let you go....!

THE SPIRITUAL JOURNEY

– Dhavala Amita, Pune

Most of the people believe that there is no limit of knowledge. But, I feel that there is a very well-defined boundary of knowledge. In fact, it is our ignorance that has no boundaries. What we do not know is a lot more than what we know. Today we are totally immersed in body-consciousness, whereas in reality we are souls and our original qualities are those of the Supreme Soul. All that we know and we think we know are the knowledge associated with body-consciousness. But, in fact, we are not at all this body and hence all the knowledge associated with the body remains incomplete. It is just a huge set of illusions.

Our personality that we generally talk about is nothing but a mask to the inner being, i.e., the soul. The goal of our life should be to remove this mask and recognize and realize ourselves. Knowledge means to know. But mere knowledge is not going to help us rise spiritually. Execution of knowledge in life is very

important; but, how? This is exactly what we have to learn through practice. God Shiva, whom we lovingly call Shiv Baba, says in one of the *murlis* – ‘Those who do not know about the Supreme Father are like small kids. Forgive them. You atleast know, still why do you go against my stream?’ It is said for us as those who know everything yet fall prey to the worldly pleasures. It is *karma* or actions which decide the fate of the souls. Our actions, in accordance with the knowledge that we already have, make an impression on the soul which determines the soul’s spiritual level. But we care for almost every other worldly matter than this supreme truth.

It is natural for a soul to be in its original state —happy, loving, peaceful, blissful and pure. As the soul is held tightly by the ropes of *Maya*, we should unleash these ropes of Sex-Lust, Anger, Greed, Attachment, false Ego and Jealousy to recognize our original self and identify and realize our natural potential. To

set the self free in this way is the aim of human life and it also involves uncovering the mask and looking into ourselves.

You cannot afford to mistake a person for his dress. Likewise, the body that ‘I’ have is not the real ‘I’. The body that ‘I’ think ‘I’ am, is just a medium of attaining the Supreme through good *karmas*. Suppose, we are on a journey to the Himalayas and we go by bus. Now, if I fall in love with the bus, forgetting the Himalayas, how foolish would that sound? Isn’t it? Similarly is our journey in this world of action. The soul is primary and body is secondary. Everything associated with the body and the illusionary world shouldn’t be given that much priority as we do. Surely this medium is His gift which should be taken care of properly and treated as a medium to perform our part and nothing more than that. Awareness of this fact will keep us detached from the worldly conflicts we face in our daily life. Such a practice of being aware every moment gives stability in maintaining peace of mind.

The most attractive and convincing part of the philosophy being taught by Incorporeal God Shiva is that God is a point of divine light and we souls too are points of light;

their interaction through radiations is a wonderful concept which I can very well understand, being a student of physics. When all the human beings are not mere bodies but souls – points of divine light, there is no distinction based on caste or creed, country or language. The concept that we are all brothers in this spiritual way is really amazing and surely the basis of universal brotherhood, world peace and international harmony.

The brief spiritual experience that I have, has established beyond doubt that we can be relieved from all miseries, if we surrender ourselves to God. The realization that we can cleanse our impurities through having mental communion with God has given a lot of inner power. I now feel that Baba is my best friend and through *yoga* I can ‘talk’ to Him whenever I wish. This practice makes me a lot happy and calm.

To perform righteous actions and leave the result to the Supreme Soul, with complete faith and trust helps us a lot in our practical life. He is our perennial source of divine energy. Believing the Supreme Father to be our permanent friend and holding His hand tightly will give us all the confidence to face any situation, without being attached to the circumstances. I wish all the readers a pure and peaceful life, based on such a high consciousness. ■

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throng. For He stands at the right hand of the needy, to save him from those who condemn him to death.

He closes the psalm by saying that he realizes it is God who stands at the right hand of the needy, God who knows ways to work it all out without violence, without upholding hatred, without the destruction of lives; to bring truth to light and to establish the facts in such a way that even the accusers will be ashamed of themselves that they ever attempted such a thing. This is the wisest thing. Give your problems to Him, He knows more, He knows the right and the wrong, He understands what is the best for you.

(Contd. from page no. 23)

mental level of fitness. We get up totally fresh and ready to face the world. This is the source that connects us with the Almighty, which is the main aim of our taking birth. Re-establishing our connection with the divine, this internal source on which we are dependent gives us total independence or liberation from the shackles which bind us.

We are proud to be the citizens of this great country, India. Let us plan to enjoy not only our independence from foreign rule and get rid of its vices, but also pledge to be dependent not on external sources, such as money, name and fame, other ordinary mortals like ourselves, and on anger, lust and greed; but on that internal power which is within all of us and which lies dormant, waiting for centuries to be excavated like a treasure lying in a cave. So, let us be brave enough to find this cave, enter it and discover this inner treasure of joy which lies in all of us and change our lives from within. Are we ready for this internal transformation?

“The best things in life are free.”

We don’t have to pay for the things that are really valuable, like Love, Friendship and Good Health.



EDUCATION IN CONTEMPORARY TIMES



– Sonali Sangeet, Hyderabad

Education is what remains after one has forgotten what one has learned in school. – **Albert Einstein.**

Welcome to the world of ticking days and nights. Day here starts at night and night ends in the afternoon, for many of us today with the adoption of 24/7 format in many arenas around us – education, work, banking, super stores or customer care centres of high end deliverance.

But with all this goodness, we cannot be in denial of the social hazards we have created in the making of a modern society. The deteriorating educational system in the country is the best example. It has been long since we left behind a system that was laced with morals, values, and ethics and that kept it alive and fresh forever.

Today we witness a system that is very superficial. A vacuum persists between the teacher and the taught. The children at school today are no more treated as little learners and school today is no more a second home away from home, as it was believed sometime

ago. Instead, they have become battle grounds today. With the war of marks and grades, it's no less than that. Also they are places to exhibit power and influence, where the rich parents get things done with their money. How many deserving students are denied admissions just because the son of a rich or influential person needs a seat? ...the first step to learn wrong things at the right place.

Teachers today are stressed up with their lives and they no more provide knowledge with devotion or love. It has become just another job, a much better paid one now, and a lesser conservative too. Inappropriate methods of teaching, evaluating, and grading take a toll on the students' health and career. Outdated norms, unchanging systems and monotonous schedules make it impossible for the students to retain interest and concentrate on their studies. I have personally observed that

some schools are surviving only because of their goodwill and nothing else, although they do not comply with the modern day standards and needs of the present day generation. Kids today need confidence, courage and optimism in their lives to perform with efficiency from lives that are burdened with too many responsibilities.

The discussion slowly moves me away to the other equally important part of the story. Dwindling values at home have been responsible in creating stress for children today. Modern day parents have gone an extra mile to expect wonders from their children. Parents today are happy only if their children are top graders in school or college. A mark or two less and finished: you are fired at school as well as at home. We as parents are not bothered to teach kids the basic of everything, but dream of making it big financially. Pressure at home and school hampers students' performance. No care is taken to look inside the issue.

Not to forget the health hazards they face (decreased concentration, ADHD, obesity and eyesight problems). No room for discussion between parents-kids, teachers-students and parents-teachers makes it more difficult for a healthy educational system to exist in

the country. Adding to that, lack of moral values worsens the situation. We see students today using slang, stealing things, lying and disrespecting seniors. Such anomalies go undetected and flourish.

The political system in the country has adopted education as an orphan and tries to rear it in its own way. Students all over are misguided with irrelevant facts and figures so that they become instrumental in carrying out disturbances, under the disguise of students' union, students' protest march etc.

Had we been careful with our conduct at home, had we told our students and children about right and wrong, had we not pressurized them about grades and marks and not compared them with their friends ...India would not have lost its youth in numerous student suicides. Lack of all this has made the student community the most vulnerable and most affected.

I feel the first need is to educate ourselves - the parents and the teachers, the ones who handle children in and out. They blossom in our care and anything in their personalities is directly creditable to this group of people. We should understand that students today should be dealt with utmost discretion in our behaviour,

language and conduct. My easy analysis would be....take care, I said easy analysis ...it's possible....

- ▶ Devoting more time, care, concern and attention to kids as students
- ▶ Giving them a chance to do what they like and then decide on things
- ▶ Understanding their personality
- ▶ Encouraging them at school and at home
- ▶ Checking their mistakes
- ▶ Bridging any communication gaps
- ▶ Avoiding negativity in surroundings
- ▶ Proper guidance
- ▶ Channelising their talents
- ▶ Practise controlled criticism
- ▶ Reduce pressure and stress-mental or physical

Last but not the least, we must try and inculcate some spiritual education in the youth of today. The first step towards this should be taken by the parents. Yoga, pranayam and meditation should be made a priority, both at home and at school. But for this, parents have to be more proactive and they must lead by example. Spiritual organisations are instrumental in this aspect and I can mention a few which actively make an effort to hold Children Personality

Development Camps and Youth Camps to inculcate values and health in our youth. The Brahma Kumaris, Art of Living and the Rishi Chaitanya Trust of Anandmurti Gurumaa are making sincere attempts in moulding the youth of today.

Youth are the future of the country. Let us help them grow better, healthier and safer for a new tomorrow. Let them breathe freely and learn eternally. ■

AN INSPIRING STORY

Never frown because you never know who is falling in love with your smile.

Little girl and her father were crossing a bridge. The father was kind of scared so he asked his little daughter, "Sweetheart, please hold my hand so that you don't fall into the river". The little girl said, "No, Dad. You hold my hand." "What's the difference?", asked the puzzled father. "There's a big difference," replied the little girl. "If I hold your hand and something happens to me, chances are that I may let your hand go. But if you hold my hand, I know for sure that no matter what happens, you will never let my hand go."

LEADERSHIP

– Tejitha G, Grade 8, Silver Oaks
The School Of Hyderabad, An IB World School

On seeing the title of the article, I know that you will think it to be quite boring, but before flipping away the page, just have a short read and I'm sure you will be interested a lot to become a true leader.

Leadership is the art of motivating a group of people to act towards achieving goals. It's also being truthful, honest and sincere towards the self, the society and this world.

Talking about the world, what is the biggest problem in today's world? Global Warming. If a person has leadership qualities in him or her, he or she will volunteer to go eco-friendly and bring awareness in people around him or her about going eco-friendly and follow Mahatma Gandhi's principle 'Practise before you preach'.

I guess you are wondering: What exactly are the leadership qualities? No worries, I have the answer!

The first and the foremost quality is being yourself! Deep inside, everyone is a true leader; it's just that you have to find

your voice, and motivate others in finding theirs. You should be unique in finding the right path! I am reminded of a great quote 'True leaders are not made but are born'. Everyone is a true leader, only you have to motivate the leader in you.

The other qualities that a leader should have are:-

▶ **Volunteering things** – A leader should be proactive and volunteer any action. The action started should not be stopped in the middle. Your goal should be to achieve it at any cost. You should be double cautious in doing things because you are being observed by lots of people who are following you.

▶ **Being truthful, honest, and sincere** – Being honest, truthful and sincere in the work you do, will ultimately make you a true leader. But, spreading the message of being honest, sincere and truthful is also a quite important quality in a true leader.

▶ **Practise before you preach** – To practise what you preach is a very important quality in a true leader. If you are preaching

something you don't practise, that will not have the desired affect. You must have read the story related to Mahatma Gandhi on this. When a woman came to Gandhi and requested him to advise her son to stop eating sweets, Gandhi asked her to come after one month. After one month, the woman came back to Gandhi and he told her son to stop eating sweets. The woman asked "Bapu, why did you ask me to come after one month for telling this simple thing?" Gandhi replied "Because I had to stop eating sweets, before advising him not to eat sweets".

So, we have to always practise before we preach!

▶ **A true leader has to have a genuine open-door policy** – so that his people are not afraid to approach him for any reason.

In our school we feel that we all are true leaders in some way or the other. We have started many new campaigns which will lead to the betterment of this enormous world, like 'ME and My Country', 'Go Green', 'Plant-a-Tree-on-your-Birthday'. We have also supported many campaigns like 'Each One, Teach One' and helped NGOs like Rural Development Foundation. We follow Mr. Stephen Covey's 7 habits – Be proactive, Begin

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BE FREE FROM STRESS



– B. K. Jayaprakash, Palakkad.

There is a saying, "A man who lives for pleasure is like a blind man in a dark room, searching for a black cat which is not there." It is true when we seek pleasure in the physical world.

Getting in touch with the inner-self is truly the way to attain joy and contentment. In silence we can hear our inner voice. So, one must cultivate the habit of seeing the brighter side of life always. Something good will come out of every situation that momentarily seems bad.

Positive thinking brings inner peace, happiness and a sense of well-being. It gives greater inner strength and energy, improves self-esteem and confidence, and motivates the individual to accomplish the goals.

So, one should remove negative thoughts and replace them with constructive ones. Moreover, one should be the master of one's mind by practising, "I will do it", "I can", "It is possible", instead of "I won't be able to do it."

Thus, one should be optimistic and expect

favourable outcome in every situation. Instead of gossiping, one should read inspirational books. We are what we think. If we anticipate happiness, success and favourable outcome will be there. The thoughts get registered in our sub-conscious mind and we start taking action to create such changes.

A positive outlook can help us to cope better with stressful situations and it can change our life for the better.

So, we shouldn't get upset with things that we cannot change. But, we need to prepare ourselves in advance if we foresee a stressful situation. It is the need of the hour to keep good

relationships. Besides, we should set our realistic, achievable ambitions. And, we must take advantage of the opportunities that come our way. In the beginning, mistakes are bound to happen, so it is better to admit our mistakes and be willing to learn from them. We must always feel good about ourselves. More importantly, we must believe in living life to the fullest, and build and boost our confidence level through determination.

Stress is not always bad. In small doze of it can help us perform under pressure and motivate us to do our best. We can get rid of it through smiling constantly under all circumstances. It depends on us how we take any situation and overcome it. "Two men looked out of the prison bars, one saw the mud, the other the stars."

ENJOY YOUR EXERCISE AND DIET..!!

Unhealthy lifestyles are rooted in the mind and seeded in the soul. The spiritual exercise of the mind involves taking the mind out of the physical body and to the subtle, angelic body of light and then to our state of being a soul - a sentient point of light and power. As for diet control, pure thoughts are the healthy diet for the mind. Creative thoughts are like vitamins and positive thoughts provide proteins that build will-power, while thoughts of serving others are like carbohydrates, which provide energy for the mind.



TRUE FRIENDSHIP



– B. K. Yogesh Kumar, B.K. Colony, Shantivan

We are aware that change is the only permanent thing in the world; it happens every moment whether we realise it or not. As the saying goes, "Old order changes yielding place to new". It becomes noticeable in due course of time. In the past few years, there have been drastic changes in human relationships. Subsequently, people have lost faith in all relationships. In the context of a true friend, it is often said, "A friend in need is a friend indeed". But with the passage of time, there have been lot of changes in what people understand by the word "friendship". True friendship is seen very seldom today. In the current scenario, friendship is seen as something very selfish and mean and avaricious. It has become conditional and is more like a barter system.

However, it is only a true friend, with whom one can share his/her joys and sorrows whenever the person wants, which helps him/her greatly to feel light. True friends, in fact,

are next to God and parents as understood and felt by many (in older times).

We are immersed in anxieties, tension and chaos. Today, people make friends just to achieve a particular purpose; after the purpose is over, most of the times they even push them to the back screen of mind and dump them. Moreover, the trauma of such a loss remains forever, resulting in loneliness, stress, loss of interest in life, negativity, apathy etc; ending up in Melancholia and prolonged depression. This causes so much irreparable loss to their parents and other family members as well.

In certain cases, people are not able to remain good friends because of circumstances which cause misunderstanding between them. Such situations very often take the form of enmity, hatred, revenge etc. By a careful analysis, we find that this happens because of attachment and having too many expectations from friends. Attachment leads to expectations. We expect

immediate returns from friends in the form of some support and care. But this is not friendship. True friendship is above all expectations. A true friend just gives, gives and forgives, while the one, who doesn't understand its meaning, just wants to get, get and forget what he has got from his friend. A true friend always prays for well-being of his friend; therefore, if we are fully detached from the expectations of getting and keep on giving to all, then, we are truly the givers. Thus, friendship ought to be unconditional.

How to remain friendly in household and at workplace

To remain ever-happy, one must understand the fact that we should not be choosy and biased by drawing demarcations, but must have the quality of friendliness with all we interact with, whether at workplace or at home. In short, our love must be unlimited and unconditional. If our behaviour is cordial with all, we get unlimited happiness in the form of blessings from them.

Golden Principle

'Forgive and forget' is a golden principle in this regard, which enables one to forgive other's mistake and forget it from one's mind forever. This plays a very crucial role in

bringing about positive change in others. If we forgive someone for his misdeeds; sooner or later, he will realise. It is more important for anybody to realise the mistake and take care that they don't repeat it rather than just mechanically saying 'sorry'. Forgiving will make this happen. So we must help someone improve. Give them space. This principle helps one to have more and more friends in life. No one is perfect except The Supreme. Therefore, one must not feel relaxed and secured just by the fact of having friends. Our own self is our best friend. One must have faith in oneself and God. It is only He with whom we can share our feelings freely and can confide in, since He doesn't disclose it to anyone because He is the most benevolent being and ocean of all virtues and powers. If we share our problems with Him and do a tete-a-tete with Him, we'll definitely find the most appropriate solution, provided the line of our intellect is clear and detached from all relations. This detachment comes by understanding that our relationship with only God is eternal and truest. He is the benefactor and thinks for the welfare of all of His children. If we have such a feeling, then, we'll definitely remain stable in all problems, anxieties and tensions.

While dealing with any relationship, keep God in first place. If we are travelling by a train and say, we have a bag of 50 kg., most obvious thing to do would be to keep it somewhere and find a place for us to stand/sit. If I hold that bag on my head and curse God for the pain; it is absurd foolishness. Therefore, rest your worries on the Almighty Lord, because He is the Best Friend, and be free. When we see our friendship through the spectacles called 'God', we always find the best meaning out of it.

Lots of love dear readers and best wishes for success in all your noble endeavours.

PURE LIKE MY FATHER

– BK Jasween, London UK

I'm Purity like mountain water
Clean, clear and fresh.
I am Wisdom like the oak tree
Full of varied experiences
Living in harmony with nature
I am Happiness like the sun
Ever bright and glowing
I am Love like a mother
Always giving unconditionally
And without being judgemental
I am Peace like my Father
Realize now, it's our true nature!
I am the eternal child of God
So pure and benevolent like Him.

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with an end in mind, Think win-win, Find your voice, Put things first, Sharpen your saw, Synergize, Seek first to understand, and then to be understood.

Before concluding this article, I would like to remind what Mahatma Gandhi said: you have to be the change you wish to see in the world. Leadership is to translate vision into reality; Leadership is a matter of having people look at you and gain confidence.

I hope you enjoyed this article and sincerely wish you become a true leader by following the steps I told you!

simplicity, honesty, justice, non-violence and fair play. The result is that even after spending so many years in a school and college or at the university, there is often lack of gentleness, nobility, sincerity and humanism, and an inspiring goal is missing in life. The society, therefore, may have a high percentage of literates or educated people and yet there may be commotion in legislative bodies, disobedience to orders of the highest court of the land, total disregard for law, criminal tendencies and unsocial habits. One does not need lengthy explanation to understand that it is the aforesaid factors that create disharmony. Education would, therefore, fulfill its noble objective if it imparts teaching in such values that create harmonious personality and helps to maintain harmony in the society and man's harmony with Nature, with the environment and with the self. ■

SET HIGHER GOALS



— B.K. Suyash Agrawal, Gumla, Jharkhand

Goals are meant to be achieved; that's what they are for. And setting of a small goal amounts to committing a felony. As the saying goes, 'the higher you aim, the higher you shoot'. Without goals, there is no point in living a life. Being content is one thing, but one should not be content before one's aims are realised. And for the procrastination, well, it may go to blazes. A true effort-maker never stops, until his *karma* rewards him favourably, for we can only control the *karma*, not its results. Be it as it may, the sense of fulfilment can never be had unless we achieve what we vie for.

It starts with setting a goal for oneself. There can be two types of goals; short term and long term. Former are those which are meant to be achieved in near future whereas the latter are meant for several years down the line. Now, what can be a goal? While setting this, we must keep in mind that we are not supposed to be over ambitious. There must not be a sense of egotism. 'I' and 'me' are to be replaced with 'we' and 'us'. Our goals should be for the benefit of fellow creatures and for the mother earth. There should be a feeling of progressive development and brotherhood.

To begin with, there should be a harmony between our thought and action. It requires bulldog tenacity; unflagging zeal should be one's watchword. Nothing is unachievable if only we try, giving our best. As N. V. Peale said, "It's always too early to quit. Goals are not big or small; it's the driving force behind them. If we are determined to achieve something, then we are going to get that. No goal is too large to realise in real. The days of resolution are long gone; now it's time to stop speaking and start doing. The early bird catches the worm, so it's never too early to start."

Goals and values are completely interwoven into each other. Without one, there is no existence of the other. While working towards our goals, we must keep in mind that honesty, truth, perseverance, modesty, celibacy etc. are our companions on the path to success. We are the lambs of God, the bevy of swans; it is our moral and spiritual duty to travel through the path to success. A man doesn't become great by his birth and upbringing, but by his deeds instead. And his deeds are reflected by the goals he achieves. Goals are one's driving force, one's essence of life. Had it not been taken as a goal, there wouldn't have been so many B. K. Centres serving mankind cutting across the boundaries of country and religion. The goals were high, the vision was clear, and the result exceeded the expectations. So, sisters and brothers, wake up! Your goal is calling you. Go and achieve it!

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