

¶ From the mighty pen of Sanjay ¶

PRINCIPLED POLITICS AND VALUE-BASED ECONOMICS – MANTRAS FOR PEACE AND PROGRESS

A society, in which every individual or group is self-centred, is not a society in any true sense of the word, for it lacks enduring unity of minds or commonality of abiding interests of its people. Thus, it falls short of an important cohesive force or uniting factor that should give to it solidarity and integrity. Even if the groups have some common set of customs and social norms, these groups or individuals often break the norms when their self-interests clash with those of others. Such a society is, at best, a loosely-knit network of communities, classes, institutions or nations, each one of which thrives by using the others for its own growth. And, a logical consequence of this is that, when a situation arises for a group to choose between what is of benefit to all and what is of greater benefit to that group, it opts for the latter, thus unleashing the forces of disruption, conflict and split.

In such a weak-kneed society, pressures exerted by each ego-centric cultural, religious, ethnic, caste or political group would naturally create social, political and economic tensions. These would affect law and order and stability and would be a set-back to collective efforts of attaining set goals. Thus, these would work as obstacles and cause stagnation, disturbance, deadlock and, at times, even destruction. The individuals and groups, in such a society, may, in common parlance, be known as civilised and they may, in their daily life, show manners and etiquette but, obsessed with their narrow interests, they can go to any length and adopt any means to achieve their coveted goals even though these be to the detriment of other sections of society or humankind as a whole.

For example, a self-centred individual, who is a high government official, may get government quarters or a piece of prime land allotted to him by manipulating or using political pressure even though more than hundred persons, equally

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Editorial:

MAY OUR NATION AWAKEN TO GREAT CHANGE



India, and almost the whole world, look forward excitedly to hearing the results of the 16th Lok Sabha (General) Elections of 2014. This would be the longest election in the country's history spanning 9 phases, with voting taking place in 543 parliamentary constituencies and an electoral population of 814.5 million!

We naturally aspire to see the most worthy candidates claim their seats and make practical all promises and plans they had drafted through the election phase especially. Irrespective of what results emerge on 16 May 2014, it has been heart-warming and inspiring to hear that 'India is on course for a record turnout in its general election as a young electorate and women engage with politics more than ever before' (*India Times Website, 7 May*

2014). It is a powerful indication that the people of India not only hope for dramatic change, but understand their own role in crystallizing the said change. **Citizens of every socio-economic status know the Candidates, and are making informed choices from the heart – this truly is the foundation for systematic and fruitful transformation.** These are the signs of new beginnings for a good future of Bharat!

In the past, the shadow of falsehood over our society, systems and leadership had influenced people. It had disillusioned intellects and not allowed people to know wrong from right. But now, the collective voice of consciousness is saying we should not do what others are doing, but work towards ending peacelessness and failure. The most elevated advice from our Supreme

Guide, the Almighty, to all human souls is to **return to our original positive thinking, attitude, vision, behaviour and 'being' by inculcating divine virtues in one's practical life.** We request our prospective leaders to widen their horizons and look after the well-being of our Youth and Children. Encourage people to work for excellence and success where righteousness and dignity matter more than temporary, deceptive attainments; let's work on what we can 'give and share' and not 'take' mindlessly. The detrimental focus on just 'I' has to be replaced with 'We', for only then will unity and harmony flow in the hearts of Bharatwasis.

Wisdom keeps the human soul enlightened and motivated; **Commitment to Values** smoothens out all obstacles, and the **intention to Serve without Expectation** creates a fortune that stays with the human spirit forever... With these clear ideals, may Bharat spread the vibrations of positivity and peace, and become a Spiritual Powerhouse for the world!

– *B.K. Nirwair*

BEING VALUABLE – SMILE AND LET OTHERS SMILE



– Rajyogini Dadi Janki,
Chief of Brahma Kumaris, Shantivan



In order to remain peaceful, we need to practise three things: being aware of drama, being in the stage of the embodiment of peace and churning knowledge. It is time to stay introvert. One's face shows whether one is extroverted or introverted. By being introverted and staying in Shiv Baba's remembrance, one will remain happy constantly. However, when we become extroverted, we fluctuate between sorrow and pain, between anxiety and tension. So, we need to check our state of consciousness.

It then won't matter where one lives or whom one stays with; one is sure to be happy. Such a soul will constantly give happiness to others. In fact, this is what life is for—to remain happy and to give happiness.

Let us realise our own state of mind when we become extroverted and when we are introverted. There is a huge difference between the two. In introversion, one experiences super-sensuous joy. The mind becomes cool and the sense

organs are in control and peaceful. Under any influence of vices, one cannot experience super-sensuous joy.

For us BKs, there is only Baba, *Murali* and Madhuban. Everyone has his/her own part in this wonderful divine family. Seeing these four, we can experience super-sensuous joy. Baba is teaching us the art of remaining as detached observers and of seeing everyone's part. The happiness that we receive now whilst sitting in the midst of this divine family, is really unique.

While witnessing the changing scenes of the drama, we need to remain happy at the turn of every scene. We should never think that other persons cannot change. Everyone has his/her own part and specialties. Let my forgiveness and mercy be a source of learning for others. If one says that someone will never change, it also means that one is also not changing. To think negatively of others is my own sinful action, so let me see my own self. One must look at BapDada

(Incorporeal God Shiva and Angelic Brahma Baba) and learn from them. Baba is so loving and detached.

There should not be any soul left in the world who does not receive Baba's message. A spiritual effort-maker should never see what others are or are not doing. But one must see what one can do towards this task. Baba has given us so many personal tasks and tasks for world service to do. So, one must check and see what one is doing.

Baba is still with us... We are all sitting in Baba's homes. He sees us. We must also learn to give the return of the goodness done to us by the Supreme Soul. Let us now have a special gathering of those who smile! Where shall we hold this gathering and how shall we initiate this act of cooperating with the Supreme Father? Those who smile and make others smile are very valuable in this world...

Om Shanti

SINCERITY IN OUR LIFE

It is an auspicious sign that an increasingly large number of intellectuals have started raising their voice about the need to practise values so that we improve the quality of life, and make the world a better place to live in. The interesting sign of this age is that once people take up a topic passionately, they begin to analyse and dissect it and then give a detailed explanation from various aspects. It is fine to engage in in-depth studies, however all these discussions lose their purpose and charm if we merely intellectualise them and do not care to add the spiritual content and put them into practice. Vitamins are valuable as they remove certain deficiencies and provide us with certain essential components, but merely talking about vitamins and not savouring them will not help our physical constitution. The same may be said of 'Values'; speaking of them at length is not as useful as imbibing them.

Another aspect we must pay

proper attention to is the two reasons people talk about Values: One being that it is fashionable to talk about them. People like to move along with a wave and not against it. Many decades back, the Brahma Kumaris had published a book on 'Moral Values, Attitudes and Moods'. At that time, Moral Values was not a popular subject and the Publisher needed to think many times before investing money on such a book. But now it is perhaps one of the most popular subjects for conversations, discussions, dialogues, conferences and articles. In 1971, at New York, I had written a piece on the topic, "Environmental Pollution and Mental Pollution" and had approached a prestigious Newspaper to publish it. However they did not consider it a current subject and expressed their inability to comply with the request. But now Environmental Pollution is the number one topic on the global agenda, and many speakers at International

Conferences also talk about 'Mental Pollution'.

Years back, the Brahma Kumaris had started displaying some cartoons on spiritual and moral themes in the Gyanamrit Monthly Magazine (Hindi). As far as I knew then, no magazine of this nature was publishing such cartoons but some did a number of years later. And now of course there is a huge interest and wave in motion. So people might talk of values to show that they too are in sync with the times. But the need is for everyone to realise the everlasting value of 'Values' and not be carried away by the current...

Secondly, as the famous psychologist, Karl Jung, has said in his writings on Psychology: **Man (human) wears masks.** Jung calls these 'personas'. Many individuals use and change their external masks (behaviour, personality) for the sole purpose of being accepted, commended and praised. However, the masks don't always represent one's real self. So, even though a person talks of values, he or she may, in truth, be the very opposite of it. The implementation in personal life may be nil, in which case, one is just being hypocritical and dishonest. These actions of violating values dishearten the

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STRESS-FREE LIVING THROUGH MIND EMPOWERMENT

STEPS TO MIND EMPOWERMENT

Tension and stress are caused by wasteful, negative and vicious thoughts. In order to avoid these thoughts and also to increase the percentage of positive, pure and elevated thoughts, the following points of knowledge can help:—

- ▶ Be consistent in thoughts, words and deeds. Remain in the company of people who are habitually positive thinkers. See and observe good things and look at the virtues of others.
- ▶ Adopt pure vegetarian food habits. Avoid obscene, violent and sensuous literature and movies. Never yield to temptations. Avoid the occasions which give rise to temptations.
- ▶ Accept the reality of life and face the challenges with positive attitude. Do not compromise with civil behaviour and moral principles. Problems come to humble us and not to humiliate us. Have a positive attitude and look for their solutions.
- ▶ Whatever happens in life is for good. Hence admit, accept, adopt and positively act on loss, failures, accidents, diseases, death and calamities as they are part of life. Time is the best healer. Remain

– B. K. Surendran, Bangalore

Even though life is beautiful and pleasant, many of us complicate it with our own notions of what life should be or what it should not be. Many of us do not know what to think and how to think. Our improper and irrelevant thinking pushes us into many an ailment. The medical science believes that 85% of the diseases are psychosomatic. The thoughts which are not useful for our mental, emotional and physical well-being reduce our mental and emotional capacity to maintain better relationship with fellow human beings.

SOUL-BODY RELATIONSHIP

We know that soul sustains the body. If the body is healthy, the soul enjoys the life. As physical body has hands, legs, eyes, ears, nose etc., the soul has its own resources such as knowledge, purity, peace, love, happiness, bliss and power. It is these spiritual resources that constantly transmit their energy to the body to sustain physical

and mental health. The spiritual energy is transmitted to the body through our thoughts, emotions, attitude and memory. If thoughts are waste, negative or polluted, the transmission of this energy of spiritual resources gets blocked and hence the body becomes ill. A tensed mind leads to stress, depression and even nervous breakdown. This puts pressure on the body systems which leads to many kinds of physical diseases.

Happiness is like a tonic. If we remain happy, we may not fall sick. Knowledge is a package of all subtle weapons which can be used in times of crisis to achieve success in life.

It has been experienced that the resources of knowledge strengthen our brain; purity strengthens our skin; peace strengthens our respiratory system; love strengthens our heart, happiness strengthens our digestive system; bliss strengthens our endocrine glands and associated organs, and power strengthens our bones and muscles.



engaged in creative and constructive activities.

▶ Learn from the past, plan for the future and live in the present with joy. Live majestically with self-respect and self-esteem, which strengthen our faith in justness of life.

Rajyoga meditation for Mind Empowerment Though the above mentioned points may help us avoid negative, wasteful and vicious thinking, we may still be overtaken by our own age-old habits when we are in the midst of a situation. Therefore, there is dire need to draw spiritual energy to replenish and reinforce our willpower. When we have this powerful thought that 'I am a soul', a divine point of conscient energy, it becomes easy to connect to the original source of supreme energy – God, and the spiritual power starts flowing to me. Rajyoga meditation is love-full remembrance of God, while we are in a soul-conscious state. This practice strengthens our will-power and we respond more effectively to people and circumstances. Meditation increases concentration which enhances our capacity to solve problems effectively. It also enhances our self-reflection and provides clarity about personal purpose, goals and values.

IMPORTANT INFORMATION (Concerning Membership Fees)

1. In the year 2014-15, the rates of the magazines: The World Renewal and Gyanamrit magazine in India and abroad will be Rupees 100/- and Rupees 1000/- respectively while the lifetime subscription in India will be Rupees 2000/- and in countries abroad will be Rs. 10,000.
2. While remitting subscription amount, ensure that it is not sent in the personal name; the amount for the 'Gyanamrit' and 'The World Renewal' should be sent through draft, money order or EMO through the Post Office. The facility for EMO (E. Money Order) is available at the Shantivan Post Office, through which, the amount of subscription for the magazines can reach Shantivan Post Office from any corner of India on the same day within 10 minutes; the Pin Code for the same is 307510. For E.M.O., the full name and pin code number is to be quoted. Also, do write your phone number and e-mail ID.
3. You may note that a branch of state Bank of India (SBI), P.B.K.I.V.V. already exists at Shantivan.
4. On the draft, please write 'The World Renewal, Shantivan' or the 'Gyanamrit, Shantivan'; do not write the name of the individual or the city.
5. You can also become the member of both magazines: 'The World Renewal' and 'Gyanamrit' through online Payment facility. The description of Bank Account is as follows:-
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6. New Addresses for posting are to be clearly written in Capital in English.

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REMEMBERING AN INSPIRING INSTRUMENT

– B.K. Subhash,
Gyan Sarovar (Mount Abu)

Brother Jagdish Chander was an inspiring personality and he left an indelible imprint on many hearts. He wrote more than 200 books on spirituality and thus, changed the lives of innumerable souls. In the year 2008, I had to face the fearsome challenge of cancer and during this period, his writings helped me tremendously in maintaining my state of mind strong and high. Shiv Baba had given him the name ‘Sanjay’ for his lofty vision and the role he played like the great character of the Mahabharata fame.

The first time my attention was drawn to him in a significant

way was when in one of the *Murlis* lovely Baba said “Child Jagdish makes good plans for service.” I made up my mind to meet him that day. When I arrived at his residence, I saw him completely engrossed in his writing. Lost in elation, I simply continued to admire him. After about 5 minutes he signalled me to take a seat and resumed his work. After completing his work, when I told him that I was doing Godly service in the Kitchen department of Pandav Bhawan, Mt. Abu, he said, “That’s very good; doing the service where you can remember God simultaneously has its own fortune and happiness.”

PUNCTUALITY

Once, Brother Jagdish had come from Delhi to Mt. Abu. Dadi Prakashmani ji announced that he would conduct the night class for the residents of Madhuban from 9 p.m. to 10 p.m. in the History Hall. Brother Jagdish always obeyed Dadiji advice.

Despite being quite heavily engaged in his spiritual service of writing, he took time and came to the History Hall at 9 p.m. sharp and sat on the seat. The meditation started but at that time only the person responsible for ‘light and sound’ was present. Seeing that no one was present in the class, Brother Jagdish returned to his room and resumed what he was writing. The news spread all over Madhuban (Pandav Bhawan) that Bro. Jagdish came to the class and returned as the audience were not present. After that, whenever there was a class by Jagdish ji, everyone would arrive 10 minutes before the class. That is how he taught us the lesson of punctuality.

EMBODIMENT OF HUMILITY

Once, a cultural program was going on in Harmony Hall, Gyan Sarovar. I was going to the Harmony Hall after completing my duty when I found Bro. Jagdish standing near the Transport department. He asked how long it would take to reach Pandav bhawan on foot. It was already 10:15 p.m. I said, “Jagdish Bhai, it is not advisable to go on foot at night, I will call the driver for you.” He said, “No, no, please don’t call Mahadev Bhai. I myself have



Bro. Jagdish Chander ji is with
Bro. Subhash, Gyan Sarovar
(Mount Abu)

asked him to attend the program. Please let him enjoy the program”. Such was his care and consideration for the co-workers. He always carried a depth of love and regard for everyone. The wish to take everyone along with him and making others equal to himself was simply an integral part of his personality. He had a deep sense of responsibility for the divine family.

IMAGE OF TRUTH

During his illness, when he was asked why God Shiva didn't help him to overcome the illness, he said, “At every step, it was Baba who moved me forward. He gave me all kinds of experience. On many an occasion, lovely Baba gave me the warning– “Child, keep an eye on your health, eat on time, sleep on time”. However, I wanted to sacrifice every bone of mine in service. I never paid attention to the body. Whatever Baba said, I completely applied my mind and body to achieving it, and I experienced great pleasure in this. However, as a consequence my body started to experience changes and I failed to even notice those changes. As the body aged, it took on a fearsome form and I am the one responsible for that. So how can I blame

Baba?”

MEMORIES OF THE FINAL TIME

One particular day, which turned out to be the final class Jagdish Bhai ever conducted for the Madubhan *Niwasis*, Dadi Prakashmani Ji herself brought him to class. It was like a mother holding her child's hand and bringing him along. He was really quite weak then. Even his speech was slow and quiet. He said, “I have not come to conduct a class. I have come to meet my lovely family. Today I am unable to do what Dadi Ji asks of me. You can see the condition of my health.”

He shed some light on the topic of an attitude of disinterest. At the end he said, “I have tried to use my every second and every bone for God's *yagya*. I have no sorrow about leaving this body. After all, one day everyone has to leave his or her body. However, I am leaving behind one task for all of you. I tried a great deal to do it but couldn't achieve it. I feel ashamed of myself that Baba gave me so much; however, I in return couldn't fulfil this one little wish of His. Will all of you do this remaining work for me?” We all said “Yes, of course Jagdish Bhai.” He said, “I was unable to glorify Baba” ...saying just this much he became emotional and was unable to continue. The mike was

removed. He folded his hands and said “Namaste” to the entire gathering. Everyone became emotional.

Dadi Prakashmani put her arms round him like a mother holding her child. Then Dadiji assured him that we would definitely reveal Baba. I was not at Madhuban when Jagdish Bhai left his mortal coil, but it was my wish to have one last glimpse of that great soul. I rushed to Madhuban even though I had to travel in an unreserved compartment. I recalled how Jagdish Bhai showed love and respect for Brahma Bhojan and how he would take his meals in solitude, engrossed in Baba's remembrance.

THE FINAL ADIEU

The cremation ground looked like a fair ground, filled with people clad in white. There was no space even to stand. The Brahmin family had arrived in large numbers to bid the final farewell to their beloved brother, guide and leader. Dadi Prakashmani had arrived to initiate the rites of the funeral ceremony. The body made of five elements got immersed back into the elements but, even today he continues to illuminate the path for us through his many books.

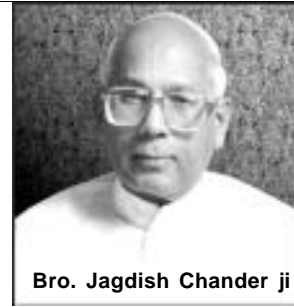
Our sincere, grateful and heartiest tributes to the great soul!



A HUMBLE TRIBUTE TO BRO. JAGDISH CHANDER JI



– BK Anurekha Lambra, Panipat



Bro. Jagdish Chander ji

After Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya shifted to India, Bro. Jagdish Chander was the first bachelor to join its Kamla Nagar Centre, Delhi. Seeing his unique literary qualities, vast knowledge of scriptures, a deep sense of dedication and focused and unwavering attention, Shiv Baba felicitated him and appreciated his spiritual services. How fortunate was he as he was blessed by none else but God Himself and who still is a source of inspiration for many BKs.

He was a great researcher of Godly literature, and was ever engaged in presenting the deep secrets of Godly knowledge in a very easy manner. While attending his classes, I would sometimes feel so happy and enthusiastic that the emotions of Baba's love would overpower my mind and the eyes would start shedding tears of joy.

Spiritual aspirants would receive Bro. Jagdish Chander's spiritual vibrations

When I was staying at Shakti Niketan Hostel, Indore, the senior Dadis and senior brothers of the Brahma Kumaris would invariably visit it with a view to inspire and motivate us. B.K. Jagdish ji used to discuss the subtle aspects of Godly knowledge in a precise, easy and straightforward manner. In his classes and personal meetings, he used to inspire us through his personal experiences and the principle of 'Simple living and high thinking'. I always experienced his deep love for Baba and the organization through his words and facial expressions. He used to ask us Kumaris, "Do you want to perform spiritual service or wish to carry the basket of job? If you choose the latter, you will surely collapse because of the burden." On this, my reply would be, "I have to perform Godly service."

But I had to pursue career as a journalist due to my family circumstances. While dealing with mundane and tiresome official matters, I find myself overburdened; then I remember what he used to say.

Once during a Media Conference at Shantivan, we 4-5 B.K. sisters were having Brahma *Bhojan* (food prepared, served and eaten in Godly remembrance). At that time, two tube lights and two fans were switched on. But none of us noticed that they were not needed. Bro. Jagdish ji, after having finished his Brahma *Bhojan*, passed by our table; he said to us so lovingly, "Baba's fairies/angels are having Brahma Bhojan!" Then, he switched off a fan and a light quietly. Such was his love towards *Yagya* and feeling to inspire others through his own elevated conduct. Thus, here, instead of teaching something through words, he inspired us

to be economical through his deed. Since then, not only at the centre but at other places also, I try to avoid wastage of electricity, water etc.

He was a great author and wrote literature on Rajyoga, spirituality and various contemporary topics including human values. It won't be an exaggeration to say that his literary creations are like butter

(not only for Brahma Kumars and Brahma Kumaris, but also for the new spiritual aspirants) through the consumption of which the soul gets energised.

It is impossible to express his virtues and experiences in words. According to what we have heard about him, he was an embodiment of renunciation and used to

respect the sisters so much that he would always give the credit of the success of Godly service to them. Besides, he wouldn't let any article of the *yagya* get wasted and would rather discover the best out of waste and, thus, give the return of sustenance to the Godly *Yagya*. Indeed, he was a living jewel and a practical example for all BKs.

A Tribute

A LIFE DEDICATED TO DIVINE SERVICE



– B.K. Nemi Chand, Shantivan

Bro. Jagdish Chander Hassija had a unique personality and was an embodiment of qualities of Brahma Baba. As Shiv Baba quite often inspires us to do Godly service in His elevated versions, i.e., Murli; revered Bro. Jagdish Chander's life was a living example of penance, renunciation and divine service of mankind. Once he had come from Delhi to Shantivan and had to get some matter typed. He immediately came to my office and asked me to perform this Godly service. As it was early in the morning, neither of us had had breakfast. Godly service was so important for him that he kept on getting the

matter typed through me for several hours. Neither he had any feeling of hunger, nor could I ask him to have a small break for lunch.



B.K. Nemi Chand

When the typing job was over, Bro. Jagdish realised that I might be hungry. He felt sorry, stating that while doing Baba's service, he had no other awareness whether it was Brahma Bhojan or anything else. At last we went to dining hall and had Brahma Bhojan. Such was his dedication for Godly service which entitled him for the title 'Dadhichi'. Godly service was of utmost importance to him and he kept on doing the same until his last breath. I'm so lucky to have got a few chances of performing Godly service with him on several occasions. Mutli-million salutations to such a divine soul!



DO YOU ENJOY EVERY MOMENT OF YOUR LIFE?



– B.K. Joseph, Bangalore

Even when atheists present various explanations, they ultimately point to the one underlying truth that all humans share a common origin! School text books teach that billions of years ago, there was a “Big Bang” when an infinitesimally small and infinitely dense and hot point exploded, and this brought everything into existence. They also teach Theory of Evolution that says every form of life that exists can trace its lineage back to one ancestral living organism 3.5 billion years ago. And religions on the other hand teach that we all came from God, through our parents. It’s like people talking about money in its varied forms, yet in essence they are all talking about the freedom that money is able to provide for them. Similarly, all explanations about origin of universe and life highlight one unmistakable truth: we are all related to each other! Hence life is all about relationship. We live in our bodies and we express ourselves through our relationships. The more harmonious we are with

our relationships, the more enjoyable our lives will be!

Let us examine three relationships which are the very basis of our happiness. All souls are RELATED through “One Heavenly Father.” All happenings are RELATED through “Sow and Reap” Principle. All happenings within the soul are RELATED through *mind-intellect-sanskar* mechanism. The more convinced a person of this truth is, the more will he try for healthy, beneficial relationships with those three ruling entities; hence he will enjoy his life more and more! Let us see how!

When viewed superficially, God becomes simply a distant entity. But an insight into His real nature builds a loving bond with Him. For example, famous scriptures present Him as our loving heavenly Father. (Gita 9:17; 14:4; Mathew 23:9, Bible) When you think of Him as your Father, there arises a feeling automatically in you that you want to do everything that pleases Him. You do not stop at there, but enjoy trying all sorts

of relationship with Him—Father, Preceptor, Companion, Sweet Heart, Mother, Teacher and Child and this enables you to be linked to infinite source of his qualities such as power, purity, joy, love, peace, wisdom and bliss respectively. See how the quality of your life changes when those qualities are your highlights!

This leads to the next. When God is your Father, all humans become your brothers and sisters. This helps you to have a pure motive in dealing with others, the result of which is peace and contentment—something no amount of money can buy for you. Besides, you take yourself as His child, a soul, acting in this physical costume. This helps you to restore your original relationship with your body—you simply re-establish your sovereignty over your body organs and senses. You become the king and your body becomes your kingdom. You enjoy a harmonious relationship with your body, and you feel light with regard to your body—you no more feel weighed down by the body that gives you no trouble at all!

All happenings are related—**ONE THING LEADS TO ANOTHER** which means there is a ruler (The Principle of Sow and Reap) behind all happenings. Just like water finds its own

level, an action produces its corresponding result which in turn becomes the cause for another result that goes on and on endlessly. Once an action is chosen, its result is determined. It is inexorable, impeccable, immutable, impartial and omnipresent! This knowledge helps one to cultivate good relationship with this Ruler, always choosing actions that bring beneficial results for self and others.

This principle of one thing leading to another can be seen even within you, soul. You (soul) are able to think (mind), judge (intellect) and retain the imprints of the action (*sanskar*). These faculties of the soul are related to each other! Mind and intellect, with each of their acts, make your *sanskar* stronger, which in turn influence both mind and intellect more strongly, and the cycle goes on! Now taking advantage of this knowledge, one can keep his thoughts pure, which in turn would make his action pure, and consequently his *sanskar* pure. Repeated action makes your *sanskar* stronger, which makes your future actions of purity natural and easier. It is like repeated walking over a grass-land that creates a path; it will become harder if you keep on walking, but will vanish if you stop

walking! So is with your *sanskar*. What is learnt can also be unlearned! *Sanskar* can only impel, cannot compel. Hence soul can claim its ruler-ship not only over the body, but also over one's *sanskar*! Remember that what happens inside a being is what reality is; external manifestations are only its reflection. When you change, the reflection in the mirror too changes. The more you do the more inspired you become to bring in more and more changes as you see the benefit yourself—you become more creative, bounce back more quickly from adversity, have a stronger immune system, and have stronger social relationships than others, all of which make your life more enjoyable and meaningful!

One may say “I know the above three things.” Good. But is your knowing like one saying: “I KNOW swimming,” which means he is a swimmer, not a knower of theory of swimming? Interestingly, KNOWING these

three things denotes action and is equated to “taking refuge in God” and such ones are promised that they will have remembrance of them “even at the time of death.” (Gita 7:29, 30) What a grand prospect to live with! You wake up in the morning with the thoughts that preceded your sleep. So will be your next birth, which will begin with the *sanskar* you developed in the previous birth. Three days after his physical death, Brahma Baba told his spiritual children: “You have the full force of the previous *Kalpa*.” (*Murli* 21.01.1969)

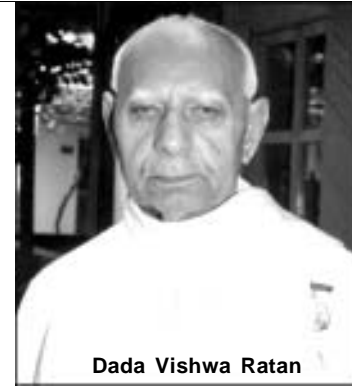
Our goal is to know the truth and live accordingly—to have a beneficial relationship with our heavenly Father, with souls, and with the ruler of all happenings. This is an individual as well as collective goal. Anything that supports and takes us nearer to this goal is right. The more harmonious we are with those three relationships the more spiritual we will be and will enjoy every moment of our lives!

WISDOM

Wisdom is knowledge of danger but not fear. It is the ability to spot a twist in the path in the distance, a narrow stretch, the possibility of a collision; to stop and wait in peace until something has passed. It is hoping that it will be alright.

THE JEWEL OF WORLD – DADA VISHWA RATAN

– B.K. Yogesh, BK Colony, Shantivan



In this world, many great souls descend to play their unique roles and become a source of inspiration to others. Their thoughts, words and deeds are quite different from others. They know their aim and object clearly and they make sincere efforts to reach their destination. They are not bothered by the obstacles that they face on the way, as they see only the destination. And very lucky ones are those, who recognize God, make Him their companions, follow Godly advice and make their every breath, time and wealth successful by remembering Him and performing Godly service.

Such a great soul was Dada Vishwa Ratan, whose name literally means the 'jewel of world'. He was born in the Sindh province of undivided India, now in Pakistan. His childhood name was Variyal. Dada was an extraordinary soul, that's perhaps why he was saved seven times from death during his childhood. At a very

tender age, he joined Om Mandali, a spiritual gathering, where Prajapita Brahma, on inspiration from the Divine, had started the Om Dhvani. As soon as Dada Vishwa Ratan joined Om Mandali, many other people also followed him.

Dada liked going there. Soon, Brahma Baba surrendered himself for Godly Service as he knew that he had been made the corporeal medium by God Shiva to liberate human souls from vices such as Sex-Lust, Anger, Greed, Attachment, Ego etc. The foundation of this Godly knowledge was Purity in thought, word and deed and so when sisters and mothers started following this divine virtue, their husbands and family members started protesting. However, such testing situations had nothing to do with those who had firm faith in God and Godly Knowledge. As the knowledge was new, it required faith and courage. Soon, Dada too surrendered himself to the *yagya* and became the

backbone of this Godly University.

Dada Vishwa Ratan along with Dada Vishwa Kishore (popularly known as Bhau) became the pillars of the *yagya*. Dada performed all kinds of services. He became instrumental in making a number of pictures for pictorial exhibition of Godly Knowledge. He drew them according to the messages brought in by trance messenger sisters. He gave them final touches after getting them approved by Brahma Baba. One of these pictures is the picture of Ladder of Rise and Fall of Bharat. These pictures are the foundations of the Godly Services. Whatever Brahma Baba and Mateshwari Jagdamba Saraswati said Dada followed the same instantly. When a case was filed by one brother (Husband of Bholi Dadi, one of the prime spiritual aspirants in Om Mandali) against Brahma Baba demanding his arrest, Dada

Vishwa Ratan acted as his guard. Later on, when the Godly *yagya* was shifted to Mount Abu, Rajasthan, Dada Vishwa Ratan was assigned the duty in accounts department which he fulfilled till his last breath.

After the ascension of Brahma Baba in 1969, Dadi Prakashmani was made the Chief Administrator of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. Dada always obeyed and respected her and all other Dadis. He always remained in Godly remembrance and fulfilled every aspect of the Godly code of conduct. He liked meditation a lot. He was an embodiment of Godly remembrance.

It was my good fortune to see Dada for some time. And, I was benefitted a lot by his vibrations of purity and peace. I first met him in 1999 outside Diamond Hall in Shantivan Complex, when he was surrounded by a group of bachelors and was sharing points of Godly knowledge. He always remained engrossed in Godly remembrance. He was an angel of Peace and Jewel of World who not only made his life successful through strict adherence to Godly teachings and performed all-round *Yagya* service but also became instrumental in inspiring many through his vibrations of Purity, Peace and Godly love. On 27th February, 2007, he left his old mortal coil and ascended to perform further Godly services assigned by BapDada, i.e. Supreme Soul and Angelic Brahma Baba. Multi-million salutations to such a divine soul!

REVISING MY PURPOSE IN THE PROFESSIONAL SPHERE

A young entrepreneur once thought that in the corporate world, if you earn this much amount of money successfully in a short span of time, you are considered better than the remaining entrepreneurs and you reach the peak of fame. A time arrived when he said to himself "This is stressful. Is this what I want? It is working so hard to reach the top, so that you become famous in the entire country and are known amongst the fastest growing businessmen. No, I want to excel in my career, but in another way, without stress, without fighting to reach and maintain fame and power." He then revised his purpose: "What do I want? Why do I do what I do? For what and for whom do I do it? What is the price that I have to pay for this dependence on fame?"

Aspiring to be famous causes continuous stress and anxiety. You participate in a race in which you compete and are comparing yourself constantly. You stop taking care of yourself and nourishing your inner self. You take care of your image but not your inner being. This brings about an inner emptiness and loneliness that, sometimes, is unbearable for us. Reaching fame, financial wealth, the power of a visible position, and reaching it with a broken soul, a broken-apart family and a sick body, causes anxiety and depression. We need to look inwards and ask ourselves – does our life's purpose revolve around the search for fame and power? If yes, then we need to revise our purpose suitably by realizing the negative effects that this search can have on our lives. – ***Awakening With Brahma Kumaris***

THE DEGRADATION OF VALUES IN UNDERSTANDING KARMA

– B.K. Jegasothy, Jaffna, Sri Lanka

This is an ongoing eternal drama where no one can receive eternal liberation. The world cycle gets repeated. Every soul has to go through the stages of *Sato*, *Rajo*, *Tamo* and reach his/her *Tamopradhan* (the lowest state of impurity) stage by taking rebirth. As the drama is eternal, it has no beginning, middle or end. The beginning of the World Cycle is the Golden Age and the Iron Age is said to be the end. We may not know when the drama was created but we know that the cycle gets repeated identically and infinitely.

Experience of every soul is different according to the different stages of life and so is its role in this world Drama. The soul comes into body, plays a role, experiences the result of that for a certain time and then leaves the mortal coil and the process starts again. The soul has within it, the accounts of its good and bad karma, weaknesses and strengths and memories and impressions. This

is what drives its destiny and decides the life experiences. However, in today's competitive world, everything is driven by our ambitions and desires and this makes us careless as we come under the illusion of Maya, i.e., vices and weaknesses.

Macbeth is a famous play written by Shakespeare which gives a vivid picture of Macbeth's ambitious nature and how his avariciousness did not allow him to discriminate between truth and falsehood. His wife encouraged him to do vicious acts to gain the 'Kingdom'. Only at the last moment, did he realize his folly; regretted and said that he had no time to weep even for the loss of his wife. Maya always makes the nest attractive and deceptive with false ideas and insincere words and deeds. Maya is nothing but our vices but it has a deep influence on our thoughts, words and actions. These negativities have to be faced, acknowledged and transformed. Sometimes we choose to overlook our imperfections but

ultimately we have to deal with our dark side.

For this awareness, alertness and attention are very much needed. The power of discrimination and judgment enable the soul to see the truth and take the correct path. Firmness of mind can decide, when and how the action could be carried out and to what extent it would be feasible. It will show us how we should live and the limits that we should not trespass. It is our fortune that in this beneficial Confluence Age, God Shiva is giving us divine knowledge and guiding our path. We must learn to make the best use of time and knowledge that Baba is giving at this juncture.

Baba's knowledge helps us to understand the subtle aspects of Supreme Soul, Soul and the Drama. The first thing it helps us to understand is the reality of our existence. Our original traits are not anger, chaos and conflict but we are peaceful, loving and pure souls. And as we meditate on our qualities, these start overflowing within.

The second thing is the realization of God as the Supreme Father. God is the Ocean of Love, Mercy and Compassion and His presence dissolves all the pains and imperfections within the soul. We hand over all our weaknesses, fears and problems

to the Supreme and get emancipated from them.

The third is the Knowledge that this world Drama is fixed; it means everything continues according to each one's karmic account. Does that mean that everything goes on without any effort? No. Obstacles arrive in measures. But we should have the faith and courage to face them and accommodate them patiently. Learn from experience and take care of the future. The awareness of the knowledge of Baba gives us power. How much we maintain that awareness will determine our future right to power. Now the treasure store is open to us. We have the full liberty to accumulate whatever we want.

If we want to make the full use of the opportunity, we must change ourselves. With Baba's remembrance even impossible things can be turned into possible. Therefore, we have to be obedient children of Baba. Remain carefree but stable in the incorporeal and egoless stage. One's way of life, actions, speech, and personality should all reveal the presence of Baba and the foundation of true joy and the little sparks of celestial fire will surely brighten the world as loving lamps.

**“No medicine cures
what happiness
cannot.”**

– Gabriel García Márquez

THE POWER TO DISCRIMINATE

Meditation gives me a discriminating eye – an ability to discriminate between truth and falsehood. It does this by helping me maintain a consciousness that helps me rise above competing claims to truth – the different ideologies and opinions, reasons and analyses, justifications and stories related to a situation – which can be so confusing.

The image of discrimination is the jeweller, who, with the help of his eyeglass, sorts out real diamonds from false ones. Meditation opens my third eye, the eye of pure consciousness. When I look at the world through this eye, I can discriminate between truth and falsehood. Truth is not just an intellectual idea, but an experience of the heart. When I think and act in ways that maintain and deepen this experience of truth, I know I am moving in the right direction. Conversely, I discover that thoughts and behaviours that cloud or hide the experience of truth are coming from falsehood, no matter how much I or others may try to justify them. So, meditation gives me a reliable basis for discriminating the value in different courses of action: will this help me recover my truth, or take me further into falsehood? Will it maintain the flow of love, peace and happiness in my heart, or will it cause a blockage? Previously, I may have been easily swayed by other people's demands and opinions, or by illusory ways of thinking arising from my own negativity. Like a good lawyer, the intellect is very clever at arguing its case, regardless of where the truth may lie. But, when truth is experienced in and from the heart, there is no arguing with it. Deeply experienced truth clears my mind of irrelevancies created due to possessiveness, greed, desires and ego. As I learn to create pure, positive thoughts, and connect with the divine, it is as though a flow of clear, fragrant water gradually displaces the mud and rubbish in my intellect, enabling me to see reality or truth again. – *Awakening With Brahma Kumaris*



VALUES FOR SUCCESS IN BUSINESS



– **B.K.Vithal C.** Pingali, C.S.,
Vishakhapatnam

Baba wants children to be *Swarajya Adhikari*, i.e., one who has complete control over one’s self, rules his mind, body and intellect; one who is a king in the kingdom of his self; one who is a master at self-governance. This capacity to govern needs to seep into all areas of one’s life and in the world around us, including trade and commerce. Corporate Governance or Business Governance is a very important subject that needs to be addressed by each one of us who is stakeholder in economic development. Let us see the various forces affecting governance of a business enterprise today.

<p>Governance = Conformance + Performance</p>
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Governance is essentially a combination of two activities, which, though apparently contrasting, actually complement each other.

The first is conformance, where it is necessary to comply

or follow a given set of directives. It is like stopping at a red light in a traffic signal and move on seeing the green light. We need to conform to laws, rules, regulations or approved standards to be accepted in any societal framework. The more compliant we are, the higher we are graded as cultured or refined, civilized or developed.

The other is performance, which deals with the achievement of a given target or reaching a particular goal. It is the more active of the two components of governance, the one that is more projected or highlighted normally. Performance focuses on results, on the attainment of the ends and not the means to reach that end. It emphasizes growth, expansion and progress of an entity.

During the past century, we have witnessed an explosion of sorts in the realm of “Performance”, especially in some selected parts of the world, which have presented

astonishing evidence of advancement in practically every sphere of activity. This phenomenon started spreading globally as countries adopted benchmarks for rating their performance, in comparison with others. We slowly entered an era of result-oriented, target-driven achievers, where the ‘Leader’ was the Performer.

Towards the turn of the century, the side effects of this High Energy Performance Driven Module started throwing up unexpected in the form of a fierce ‘no hands barred’ competition in the economy, financial scams and a mindless obsession for material success. Those, with their thinking caps on, realized that some semblance of order was needed to be re-established; else, dire consequences were in store ...

Business Governance became a specialized field of study aimed at striking a balance between progress and order; restoring ethics in commerce; economic development without sacrificing spiritual and moral values in the society. The functioning of various Corporate Houses which predominantly controlled Trade and also influenced Governments in power revealed some common features in the majority of their class:



Separation of Stakeholders from the management process

In a corporate form of organization, especially one consisting of a large number of shareholders, substantial powers of management were vested in the Board of Directors or the Governing Body.

Unless mandated by statute, it was found that the actual owners or shareholders were not consulted or their concurrence sought on areas of business concern. Even when a meeting of the stakeholders was called for, it was almost a ritual resulting in a token approval of the proposals dictated by the managing body.

Family-owned businesses

Most business houses were essentially family-owned and their boards consisted of family members or close friends or associates. It was in very rare cases that any proposal made by the Chairman or the managing Director would be opposed. The interests of public shareholders were at a risk of assuming second priority.

A series of Committees who studied this phenomenon made their reports, which led to a framework of Business governance being drafted, slowly accepted and adopted

universally. Governance norms are based on some basic principles like:

- ▶ Establishment of Governance policies and continuous monitoring of their proper implementation.
- ▶ Procedures for proper supervision, control and information flows to serve as a system of checks and balances.
- ▶ Balancing the interests of many stakeholders in a Company including shareholders, management, customers, suppliers, financiers, government and the community.

It was becoming increasingly evident that it is not enough for a company to merely be profitable; it also needs to demonstrate good corporate citizenship through environmental awareness, ethical behaviour and sound corporate governance practices. As the world becomes increasingly dominated by interconnected corporations alongside increasing demands for transparency and accountability, business governance is no longer just about running companies and organisations efficiently, but about managing wider responsibilities. Slowly, a road

map for the way ahead was emerging, with the following landmarks:

- ✓ **Transparency and Accountability:** Continuous disclosure and reporting became a standard regulatory practice, which enables effective review, supervision and control. Every stakeholder has a right to information about the business in which he is investing his energy and resources, as right information enables right decisions.
- ✓ **Independent Management:** Appointment of independent directors on the Board of large Corporate Houses is being mandated to encourage honest and frank opinions on important proposals, leading to unbiased decisions. However, it is equally essential to train such Directors on Compliance matters regularly, as in addition to technical expertise, commercial decisions need certain amount of specialized knowledge in regulatory and compliance matters.
- ✓ **Investor Education:** It is imminent that if investors need to take intelligent decisions, they should have the necessary training to assess the information that comes

into their hands. A regular system of conducting seminars, workshops and forums for addressing their grievances goes a long way in achieving this end.

✓ **Self Regulation:** Self-Regulation with a stringent penal structure is the order of the day as opposed to the control regime or the Licence Raj of earlier times. This means that enterprises can regulate their own affairs in line with business laws and keep the authorities informed about how far they have complied with the rules and regulations. However, this can bring in results only if the people in power have high moral standards.

✓ **Sustainable Development:** Development is necessary in all spheres of human life, but it is also essential that progress is not at the cost of depletion of natural resources or erosion in human values. We are looking at a business model that promotes the welfare of human beings and protects the environment, in addition to commercial advancement.

✓ **Spirituality:** Today, more than at any other time in the history of human civilization, we need leaders with high spirituality quotient, more than intelligence quotient (IQ). It is only when intellectuals with strong moral and ethical values are at the helm of affairs, especially in business, that the Golden Age that we visualise will begin to be realised.

TOWARDS YOU – BABA

– B.K. Kishore, Nayagarh, Odisha

For you O' Baba I'll sing a song
What if my voice is not melodious!
For you I must write a story
What if no one understands it!

I'll walk only for you O' Baba
Unmindful of the thorns on the way,
To you I must always be truthful
What if the head be severed!



I know I am not the Radha,
Yet I must dance to your accompaniment.

For you I must be awake,
Even if the whole night passes.

O' Baba, I am your little Lily,
Blooming in the mire worst.
I always carry a beholden heart,
Your soothing touch for the broken heart.

O the great treasure of my life,
And the blissful friend of mine,
Let me die but not leave,
Thy ever benevolent hand.

SELF-CONTEMPLATION: LOVING ME

– BK Sis. Padmapriya,
Los Angeles, USA

The more I love myself, the less I will need love from others. Does it resonate with you?

This is the eternal truth which we miss in our life. No one taught us to love ourselves. We were told to have high self-esteem, be self-confident but not much about loving the self.

What do we all seek in relationships?

LOVE, right?

The key to experience love in relationships is to first feel the love from within. Peace, love and happiness are the most popular intangible rock stars that the whole world is dying to seek.

But the truth is they are not out there, but waiting to be re-discovered within. In fact I am peace, I am love and I am happiness.

I, the being of light resonate in the frequency of peace, love and happiness based on my moments. Each frequency or vibrations of peace, love or happiness give me different experience.

This is why we all prefer and

seek to be peaceful, loving and happy. It is my original nature. So the whole life, we run after love trying to experience it with different people in different relationships. We do experience it momentarily but we all realize at some point that we cannot get it from anyone continuously. Sometimes I get, sometimes I don't. When I don't get love, I fight, argue, quarrel, demand, beg, and in return get hurt, frustrated, angry...

I need to love myself because I am love itself. All others are trigger points for my love. When someone loves me, he/she is basically triggering the love within me.

How can I invoke and feel my love? When,

- ▶ I accept myself for Who I AM – no judgments
- ▶ I treat myself with sweetness and care – not being hard on me.

- ▶ I appreciate myself for all that I am and I am doing – no criticism.
- ▶ With lot of tenderness and gentleness, I teach myself, correct myself, and tune myself – not being mean and guilty.
- ▶ I express myself with openness and trust –not suppress with stress, social opinions and fear.
- ▶ I respect myself for all my specialties, strengths and my unique flavour, I add to the world – not being down, jealous, comparing.
- ▶ I am clear with myself using truth and honesty – not getting confused or thinking too much.
- ▶ I embrace my weaknesses acknowledging its presence within me but also realizing that it is not me – not feeling guilty or awful, being at some bad place, e.g., anger is present in me, but I am not anger; I am love.

When I start embracing the love within me, I automatically share that love with others – all my needs and wants disappear and I no longer seek love but give love to all in the universe.

SERENITY
Your serenity is based on taking responsibility
without taking blame,
and letting go without giving up.

INDIA:

Challenges and Opportunities in the 21st Century



– Tanmay Khullar (student), Pune

India is known for her unity in diversity. It has a long history, from the Muslims to the British ruling over it for centuries. India has come a long way after becoming independent. We have modernized and come up as one of the fastest growing economies, but yet there is a long way to go! And this is what I am going to talk about.

If we talk about the biggest challenges that India faces today, one of them is to get the people united and eradicate corruption. The easy way out would be blaming the politicians and the leaders of our country. But when we analyze the situation carefully we understand that our leaders just reflect the thinking of the individuals that constitute the nation; we ourselves have made corruption a part of our system. All of us are numb to corruption at times. We often think that we can't get the work done without giving some bribe to someone!

Some of our elders think that

the western culture is harmful for us and it can spoil our dignity and manners, but then why do other countries progress more than India? I agree that they could be greedy and might possess other qualities which aren't appealing but one thing that I have noticed is that they are fair. When someone breaks the law in USA, they are severely punished and given what they truly deserve. No matter how greedy they might be, they have never tried to make their system flexible and leave the guilty unpunished. In contrast, here in India, people really don't care. You can break laws and hand a five hundred note to the police officer and everything is settled. No one has the fear of breaking laws. Who is responsible for this? Us! We take things lightly and let the guilty escape.

Another challenge we are facing today is that we are bound by so many prejudices, and elders in our society can hardly accept that a young boy or girl

can supersede them because of his/her merits. In contrast, Mark Zuckerberg, the youngest billionaire in the world, started his company, 'Facebook' in his dormitory in 2004 and within 8 years he succeeded in making it one of the biggest social networking sites. A recent movie, *The Social Network*, was based on his story and the way he created Facebook, and his nation respects that. Foreign countries always welcome innovation and judge only by the merit of the person. Now we can't imagine a billionaire in India of 26 years of age, can we? This is one of the main reasons why India lags behind. We kill the creativity in our children in their very childhood. Everyone believes that the person who gets a high percentage is the smartest. Has anyone thought of making something new? No, hardly anyone thinks about that. Children in our country are persuaded to live a safe, secured life, but why can't we be willing to do something different? Something for our country? Something which isn't selfish, but something that would help others? We can! Everybody can.

We have many political parties in our country, but to be honest, which of them can you

trust to rule the country for the better? If we need to change, we all need to change together. If one of us believes in standing in a queue to get in a public bus but others believe in pushing and getting themselves in, we will be standing outside forever and this is exactly why we all need to change. And ranting won't help, we also need the solutions.

The reason we don't get good politicians elected is because more than half of the population that votes is illiterate. They are influenced and vote for people of their caste. And this till date is the biggest problem of India. People in our country don't see whether the person has the capability and the capacity to do well or not. They just look for the person of their caste, irrespective of his capability, and vote for that person. These people need to be educated and they need to understand the difference between right and wrong and that can happen with student exchange programs. In this way the town students can understand the problems of the villages and help in resolving them. There are many other ways too, and our aim is to implement them and help our country to move forward. India has also done many good things, it is one of the biggest growing economies in the world, we have quite a lot of talent that is waiting to blossom out, and I am sure we will soon improve on the things we lack, and the vision of India 2020 will be fulfilled, which will bring great happiness, progress and peace in this great nation.

I have included most of the things that, from my point of view, we need to improve on. India is my nation and I am proud of her. I hope every citizen would come forward to make India a better place to live in.

TRY TO THINK ONE PURE THOUGHT EVERY DAY

I am what I think. The mind is constantly occupied in the thought process, and it is virtually impossible to have a vacant yet alive mind. Without doubt, my entire world has been created by my thoughts. Sometimes the results of these thoughts are manifested immediately and sometimes results take a longer period to come into the practical. However, the fact remains that thoughts, when given constant energy and attention, will come into practical. They are the basis for all my actions.

If I must think, and if by thinking I create the world around me, negative or positive, through actions, negative or positive, wouldn't it then make sense for me to think the very highest of thoughts, the purest of thoughts, so that the world I create would be of that corresponding quality—high, noble and pure?

And what is a pure thought? Aren't all thoughts pure simply by nature of being a thought? A pure thought is one that is free from all the vices such as ego, hatred, pride, jealousy, greed or anger. A pure thought, when transferred into action, enriches the creator as well as the creation. It is an energy that is formed at the most exalted levels of self-respect, but extends far beyond the self, making everything it touches exalted.

Pure thoughts are becoming sadly rare, as is evidenced by the world I have created around me. The pollution in all areas speaks of impurity within the thought processes.

— from the Book
'JUST A MOMENT'

THERE ARE TOO MANY GODS IN THE WORLD

(The Deep Dark Hole, Heavy Shovel and Slippery Ladder)

– B.K. David, Paington. England

This world is now over-run with too many gods. These false gods have become truly omnipresent. Such are these gods that if he is not found in their hands, then he is in the forefront of their minds or in the back of their minds waiting to come out to play. Everyone desires these gods of today and though they promise much yet when it comes to the crunch, they only seem capable of delivering sorrow. It is quite similar to people who go out to an expensive restaurant expecting a great meal and soon end up feeling sick before they finish their meals and being sick on the way home. Such was the reality of the meal they ate and the goodness in it.

People chase after these endless gods of pleasure in the hope of gaining happiness yet get exactly the opposite in return. Everywhere you look there is the worship and pursuit of the gods of sensual pleasures. They try and meet these gods

through their many ‘temples’ that offer the joys of drinking, smoking, eating, fashion, dancing, listening to music, the pursuit of sexual fantasies and desires, fame, wealth, glory, comfort and self-satisfaction and gratification. These temples are starting to crumble under the hammer of truth yet they are still popular with the masses and get many devotees through their doors each day.

Today, even lipstick and fashion have become gods

These gods are fake as they offer false and misleading rewards. The result is that the worshippers in turn also become fake and false. The worshippers think these gods are real and their rewards valuable and can last forever and are worth pursuing. Such is the joy they get from adorning these false idols that they have made them into gods. Yet these gods give only momentary happiness followed by a prolonged period of misery and sorrow. The real God only

gives happiness and not sorrow; which is not the case of these many mini materialistic and sensual gods of today who give 1% happiness in the day followed by extreme sorrow for the remaining 99% of the day.

With such sorrow and unhappiness experienced by the followers of these false gods, you would think by now that these worshippers must have started to be able to see past their outer glitter and understand the inner falsehood and shallowness that awaits them inside. These gifts offer immense pleasure and promises of happiness yet people still seem oblivious and blinded by these gods they chase after. These gods wrap themselves in attractive wrappings and have a nice bow on top and yet when you open them and see what is inside this, it bites you very hard. Yet because this gift came in such a nice gift box and with a bow and promises of pleasure, one does not think or suspect that it is this actual gift that is the real cause of your sorrow. The gifts of vice and bad habits really act as Trojan Horses within our lives and should be best kept outside the gate and fort of your life.

Can you resist temptation?

Once you have let this force and enemies into your life, they will cause havoc and endless



problems and much time and effort will be needed to get rid of them. How many people can conquer a bad habit? And if they can, how long do it take for them to achieve it? People today find it hard to resist temptation and simply let it pass. Most give time and opportunity to temptation in their life and find it hard to say “No” and often give it a try. Only sorrow ever waits behind the door of temptation. Most people once they have opened the door to temptation have to then eat, sleep and breathe the consequences of opening such a huge door. They then find it hard to put down and ignore their new visitor once through their front door and in their life, be that visitor is a habit or a vice. It is then very hard to deny this new desire once you have tasted its fruit. This fruit does NOT come with a warning or label on it saying—**POISONOUS FRUIT**. You have to find this out for yourself.

People today are spell bounded and handcuffed by vices and sensual pleasures and have become so blind to what they are doing that they do not realize that following these paths will lead them into a pit of sorrow, ignorance and

in happiness so much that the more they try to come out of it, the more deeper they get into it. You need mental power, stability, knowledge, determination, understanding, wisdom and enlightenment to be able to step outside this cycle of sorrow; all of which people do not have. But they can.

The less I talk.....

The less I talk, the less I find I can be misunderstood. So that alone is a good reason to shut my mouth and keep quiet as who likes to be misunderstood? This world only seems to understand certain basic things in life like money, work, position, greed, food, cooking, eating out, banks, cars, speed, holiday escapism, fake goods, falsehood, fashion and body-consciousness. The list is endless and the end result of such a list is endless sorrow and unhappiness, confusion and a life spent chasing after one’s tail.

Do you have an empty feeling that will never go away?

The end result of pursuing something is often overlooked in life such as is the chasing of pleasure. This chasing is fuelled by desire and temptation for momentary pleasure which is always too alluring for the most

to ignore and deny Everyone, it seems, cannot get by in life without the support of external pleasure. This widespread phenomenon is both the fuel and goal of life today. The senses and the pleasures gained from them are the very air, intake of breath, heartbeat and reason why everyone breathes in and out, and gets out of bed each day and moves.

No one can really afford the price of vice.

The participant and fans of sensual pleasure—habit and vice become addicted to its drug and the short lived high it gives them. Yet there is a price to pay for tangling your toe, foot, leg or body or head in the lake of temporary sensual pleasure and satisfaction. The price being to be later labelled with the price tag of sorrow, pain and unhappiness. If you do not believe me, do take a look at the world around you and its state. The price of vice does have a price to pay at the end of the day and it is a very high price, and that price is that you have to walk round all day with the price tag of sorrow around your neck for everyone to see. In small words on this tag is wrote ‘Due to lack of care, attention and self-discipline, self-worth and self-respect, this

fan of sensual pleasure is today resigned to sorrow. Best left alone and avoided until a later date’.

This world is now overrun with its sorrow and pursuits of pleasure. If your pursuits are false, unjust and not filled with truth and righteous intent, then the results like an apple falling from a tree and you sat under it, will have to fall in your lap (life). The kind of fruit you get will depend on your actions, motives and interactions. Good actions and intention will have to result in unexpected sweet healthy fruit landing in your lap to enjoy; yet perform the wrong actions or have false and misleading thoughts, and you can just as easily receive in your lap poisonous fruit. The fruit might look good and you may not question it or your past actions that have given you this fruit but you may do later when pain becomes a companion of yours. This pain will act as motivation that causes you to start wondering and questioning what it is you must have done to cause your back, teeth and head to ache so badly. These three pains are clear indications that we all do something wrong in life for which we must pay. Our wrong thoughts, words and actions are the root causes to

all severe pains or even to mild headaches or backache.

Overshadowed by sorrow

We all have to sow daily seeds of thoughts and actions yet these are normally negative seeds that return us negative results and feelings. No one can escape sowing in this field of action today. We have to perform and think thoughts all the time. It’s the quality and quantity of both these that have changed and mutated over the many years throughout history. Now we have almost unlimited thoughts throughout a day and these thoughts are generally negative and poor; both of the self and of others. If you have many bad thoughts in a day as what many people now do, the result will be that you wrap yourself up in the heavy overcoat of sorrow that you’ll have to constantly wear and which will only ever get heavier and heavier in life.

Today’s orchard is full of overripe, unripe or very bad and poisonous fruits.

Your life and that around you is a huge orchard with many trees and much fruit growing or on the floor rotting. This is nothing new and has always

been the case throughout history. Yet only now can you make the most important change in this orchard of life. Now you can change the quantity and quality of your thinking and actions (sowing seeds). This is tantamount to changing your life from that of a low life to potentially a high life. This is changing your life from being a victim to that of being a master. This mental change in your thinking and doing will change everything in your world.

As the world is now constantly reacting to all the negative thoughts and violence in the world, so it will also have to react and change to positive thoughts and vibrations and actions performed by you and other people. The world is on fire with vice, unhappiness and sorrow but you do not have to remain in this field fire with nowhere to turn and be safe. Most people think that they have to accept life as it is and go along with its flow and its many ups and downs, not realising that they do not have to accept it, but can change it.

.....to be contd.

“Having a positive mental attitude is asking how something can be done rather than saying it can’t be done.”

– Bo Bennett

***THE DEGRADATION OF VALUES
IN HUMANITY –
ITS ROOT CAUSE AND SOLUTION***



– Luis Alberto Riveros, Peru

It was another beautiful day in the park where Mathias, the wise tree lived. Flowers were blooming there; the wind was flowing in a harmonious movement caressing the faces of the passers-by. You could see green everywhere in that park. It was a landscape to appreciate and admire without comparison.

That park had magic in it! Yes, Mathias was able to communicate with human beings and share its wisdom. It was a sort of a mind language like telepathy, where certain human minds could catch the voice of Nature.

Nevertheless, Mathias had chosen one of his friends, Ananda, to speak to in that park with whom it would interact regularly.

Ananda had the gift of listening to the voice of Nature. It was a gift that she developed after many years of practice....

Ananda was the one who would ask the questions and

Mathias was the one who would answer...! Everyone learns out of that magical experience!

The following is the excerpt of one of the many talks between Mathias and Ananda.

This time, the topic was about the “degradation” of human values and how to solve that.

Here we go...

Many times we could try to ask a “brainy” question such as: What is the cause of this problem in life and what is the solution? Nevertheless, that question may need to be rephrased. Why?

Because the way life “works” may be different than what we perceive due to our upbringing, learnt traditions, our conditioning.

In other words, a logical, reasonable question; may not necessarily fit the “reality” of life.

If life was logical and reasonable, then as long as we use logic and reason, we should

be able to solve all problems... but that is not the case! See it for yourself! :- A different kind of intelligence is needed, something beyond the grasp of the mind....

Ananda: Hello Friend! I have a daunting question in my mind. It is about the significance of human values.

You see, everyone has a list of what they consider to be a value in life. Those lists could change according to cultural upbringing, life styles, beliefs etc. Those are non consistent.

Is there something that we could consider a consistent value for everyone?

Mathias: Yes friend. To live and to be happy are appreciated values within all living beings. Every living being values life and wants to be happy.

Ananda: But yet, some people argue that “our values” as a society are degrading....

Mathias: Lesser appreciation of life and the experience of unhappiness. That is it.

Ananda: That is bad! I think human beings need to shape up their behaviour and become good-natured again! Spirituality is the path for that. I think our own ego is the cause of that suffering; and the



solution of that degradation of values lies in conquering ego. Everyone has to make effort for that!

Mathias: (smiling) Friend, Have you seen a snowball?

Ananda: Yes, of course! How is that related with values?

Mathias: Is the snowball able to remain in that same form forever?

Ananda: Of course not! The seasons will change and that snowball will become water once the heat increases.

Mathias: Very good friend! Mathias is impressed with your knowledge! And once it becomes cold again... What could happen?

Ananda: We will see snowballs again...

Mathias: Those snowballs are like "values." They will diminish; degrade as time goes by, as heat increases in the environment.

Ananda: Wait a minute! What you are trying to tell me is that "degradation" of values as experienced now, indicates that those values will be "full" again at some point in time?

Mathias: Don't you know that everything in life is cyclical? Just like the four seasons. There is no season that will remain

the same for good. Seasons change by themselves. No "help" is needed for that!

Ananda: Yes, but that doesn't mean that someone who lacks values will be changed into a person with full values by himself without doing something, right?

Mathias: My friend, that depends on your role in life. You know that, don't you? That is called the Drama of life. In this Drama changes do not necessarily happen in one lifetime. Everyone has a different role which will allow for changes in consciousness to gradually occur at the right time. There is a process, a learning process just as when wintertime becomes spring again! In this process, a flower dies and tree loses its foliage little by little. For someone with a limited vision that is 'bad' but if someone is able to see it in its entirety; everything is good.

Ananda: But...then what I am supposed to do now... to wait around until the "values" in people become full again? I want a solution now!!

Mathias: Do all snowballs turn into water at the same time? Every one of them has its own timing. What you can do is to

learn to appreciate the process. **Life is a journey and not a destination.** As you become aware of your own process, then your consciousness will open up; and with that opening, you will be able to enjoy life and become a living example for others; in a way, like giving others the courage to change as well.

Many fear that change, you know.... That melting of the snowball is necessary for springtime to occur. Let me ask you a question:

What comes first: the melting of the snowball or springtime?

Ananda: Both are inter-dependent.

Mathias: Great answer, my friend! Remember that interdependence, for everything that happens to you has a relationship with everything else, with the Totality; with the Drama of life!

Ananda: Oh! Then, I can see now how **my change** will affect everything else as well. Then, I can say, "I am" the solution to the problem of "degeneration of values"!!

Mathias: You could. But also you could say that there was no problem to begin with, for that so called "degeneration of

values” is merely a stage in life; only a still frame in the “movie of life.” Like everything else, that picture will change at the right time.

Ananda: Ha! That is why predestination is needed for things have their own timing...

Mathias: You could say that. But also you could say that because you have free will, you have chosen to change... :-) and to become the “solution” of the problem...

Ananda: Friend, then how I am supposed to change? What do I need to do?

Mathias: Nothing. You do not need to do anything. You only need to **be** happy and to enjoy

life!

Ananda: Do nothing? I have to do something!! Otherwise, how the change could happen in me?

Mathias: Your consciousness will open once you accept life as it is for what it is i.e. when you stop resisting.. Once you learn to move along with the direction of the current in the river of life, your life experiences will teach you if you are willing to learn. Those experiences are designed just for you! Then, a smile will appear in your face for no reason... Trust life!

Ananda: That is the time when I will know that I have learnt?

Mathias: No my friend... That is the time when you will know that you have recuperated all your values! With that experience in your consciousness, you could share that with others. That is how the chain reaction will happen at its own time.

Ananda: It seems that everything in life is about timing.

Mathias: ...And patience my friend... lots of patience... **You are the cause and the solution of any problem that you could think of in life.**

When you realize that, the search for a culprit is over and then you could look at yourself...get to know you.

(Contd. from page no. 6)

onlooker and lead to frustration. Rather than promoting and enhancing values in society, the hypocrite becomes instrument for negative emotions. So, in all matters, hypocrisy is the worst enemy and sincerity is our real friend and guide.

We wish to emphasise two important facets within this discussion on Values: One is the importance of practising Values in our lives. Secondly, if a person is speaking of values but not practising them yet, then at least speak and act in a manner that displays an interest and determination to imbibe them over time. This genuine

endeavour to focus on one’s own development is a sure means of positive transformation.

Sincerity prepares the mind for other virtues as well. It wins the hearts of others and enables us to be nearer to the Divine Being. It is a good friend of ‘Honesty’, ‘Integrity’, ‘Truthfulness’, ‘Simplicity’ and ‘Clean-Heartedness’. When sincerity develops, then deceit and hypocrisy etc. quickly leave a person’s mind and heart. It provides great relief and a unique experience of lightness to the soul. So, do yourself a favour and allow sincerity to be cultivated in your mind earnestly and enthusiastically.

HOW TO ENSURE SUCCESS IN AN ORGANISATION?

– Ankush Gupta, Dy Chief Engineer
South East Central Railway, Bilaspur

In the modern fast-paced world, where, on one hand everyone wants quick results, on the other hand we talk about downsizing of an organization; it becomes very difficult to run an organization. And to further make it successful, it really needs extra efforts on part of each and everybody working in that organization, especially top management. I have used the word top management, because the instructions regarding implementation flowing from the top can bring the best results. It is quite obvious that human resource plays the most important role in the success of an organization. After working for about 23 years in government sector, in Indian Railways, I have realized that the human behaviour is a very complex matrix.

Most of the organizations work to make profit, which means an organization is successful if it earns profit. The

more the profit, the more successful an organisation is. However, if you want to run an organization successfully in the long run, unethical practices should never be resorted to, either in order to remain in competition or with the temptation of earning some short-term gains. In order to make an organization successful, its human resource will have to be developed into a highly motivated and efficient workforce. The role of top management is not only to make policies but also to motivate their work force, so that they are able to put their best for the success of the organization. Nowadays, it has become increasingly important for the top management to know the key factors for the success of the organization.

Here are the most important five factors to make an organization successful :-

► **Motivation:** A motivated staff/officer is an asset, whereas

a de-motivated staff/officer can act as a dampener in the organization. Often it is seen that management is the least worried about this aspect. Also, motivation is not a one-time phenomenon. As there is a need to take bath every day, motivation is also a continuous phenomenon. It is to be provided continuously and persistently. Salary alone is not enough to bring out the full potential of an employee. Some of the methods of motivating could be personal interaction, appreciation, promotions, awards, etc. Tell the staff about their good points. Create goodwill amongst all staff. The personnel at the ground level should be given opportunity to talk to higher authorities, by personal interaction, formally or informally. I mean higher authorities must know 'how and under what conditions their workforce has to work and what its problems are.' Similarly, good performance of the employees must be appreciated openly in front of others. This motivates not only the person being appreciated but also others who also get motivated to emulate that person. One of my colleagues was once scolded very badly by the boss in front of others. From that day onwards his efficiency reduced

to 50% of his capabilities. At one point of time, he even decided to quit the job. Although promotions and awards act as motivators, but if these are not given to deserving persons, it may de-motivate the competent personnel. Many a time it is seen that promotions and awards are given on the basis of one's personal rapport rather than professional capabilities. Therefore, it should be ensured that only worthy personnel get the awards/promotions.

► **Good Communication:** Any instruction given by superiors must reach the bottom-level in a quick and correct manner. A famous story goes like this – A boss got a design with 100 bars of steel in a roof. When he conveyed this to his subordinate, he increased it to 110 bars taking some factor of safety. Similarly when he further conveyed it to his subordinate, he further increased it to 120 bars, and so on. Finally it ended up with 160 bars. The point I want to highlight is that the more the number of steps in the communication, greater will be the distortion. At the same time the communication from bottom to top in the form of progress reports etc., also is important while taking major decisions. We can say that good communication helps people

perform their jobs as well as decision making. Similarly, in addition to formal communication, informal communication is also required in the system for sharing of ideas, interest, etc. In this regard, organizing a picnic or a get-to-gather may help a lot. On such occasions, a junior officer/ staff should be made free to talk and express his ideas. I have seen that even at such get-to-gathers, people don't share their ideas because they know that ultimately they have to go and work under the same boss. Therefore, it becomes the responsibility of higher-ups to make juniors comfortable and convinced that nothing is going to happen if they express themselves freely in the best interest of the organisation. It will help improving personal relations amongst seniors and juniors which in turn will improve the overall health of the organization. Some people are very slow in communications. On getting the instruction, they fail to pass it down to the final destination in a reasonable time. Similarly, clarity of instruction is also very important. There is no harm in asking "What have I told you?" or "please repeat what I have told you." Good, clear and fast communication is very important for an

organization. Now-a-days, when tools of Information Technology are available, it should be used to the maximum extent.

► **Decision Making:** Quick decision making is very important for the success of an organization. There is a famous saying in Hindi: "अब पछताये होत क्या जब चिड़िया चुग गई खेत" which means 'there is no use crying over spilt milk'. I have seen many bosses who do not take decisions for months together and files lie in their chamber for months. Also, there are times when a junior staff doesn't take decision for **fear of failure**. One has to take some **calculated risks** in his job. Here comes another point that even if a wrong decision is taken, it should not be criticized in such a manner that the person taking decision feels discouraged. As stated earlier, lower staff hesitates to take decision for fear of being criticized. One thing has to be understood that taking decisions has to be time bound. One has to take decisions based on the circumstances or data available at that point of time. It may prove to be a wrong one at a later stage, but there should not be 'no-decision-state' for fear of wrong ones. In this direction, decentralization of power should be there, so that one feels

responsible and free to take decision. This way, one will not have to rush to his superiors for day to day decisions. Some bosses in the system have the habit of criticizing the decision taken by their lower staff. This is basically a complex that how can a subordinate take better decision than them. Such bosses are deterrent for the organization. A quick and correct decision-making process in an organization will definitely lead it to be a successful organisation.

▶ **Sharing of Information:** The goals of the organization should be clearly told to even the junior-most staff/officers in the organization. Most of the time, goals and targets of the organization are fixed by senior officials and are given to subordinates to achieve without discussing how to achieve and how to overcome the constraints. Most of the time, bottom-most personnel don't know the purpose and importance of the work being done by them. They should be made the part of the complete picture of the plans/goals and not aware of their role alone. If possible, they should be involved in fixing the goals and mission statement of any organization. It would be a far better approach, if senior management holds a

discussion with junior supervisors before fixing the goals and targets for the year. Senior management might have pre-decided targets but even then they should hold discussions with subordinates and also, modify targets if required. This way, each of the staff shall be morally bound to "Achieve" the targets/goals. Similarly, clarity regarding duty lists, span of control and hierarchy should be clear to each and everybody. I have personally seen people not knowing, whom they are answerable to. Similarly, knowledge should also be shared. I am finding a tendency of keeping the knowledge to themselves only, so that their value/importance in the organization doesn't fall.

▶ **Team Spirit:** A very old saying goes like "One and one makes eleven". Team is a group of people who may not be equal in age, qualification, experience or talent but are equal in 'commitment' to achieve success. But normally it is seen that if a thing is done well, "**I** have done this" and if it goes wrong, "you" have failed – This is very detrimental for an organization and should be

avoided. Rather it should be the other way round. Secondly, always use "We" and not "I". Such approach shall inculcate team spirit and each member shall feel a part of the team with pride. Also the leader should lead the team by example. He should be the first person to do a thing and then expect others to emulate. Team work often brings the feeling of satisfaction and achievement. Also it is important to inculcate "**Positive Attitude**" amongst the staff. It is important to think only in one way that the goal can be achieved. If all have the same positive attitude, it will automatically bring team spirit amongst the employees. One of the bosses used to say to his subordinates that you can't do this or that. It is my own experience that even if the staff knew how to do that particular work, they would not do it because of one negative remark. In a team, all play important role and no one's role is less important. It becomes important for top management to keep the team-spirit alive in its employees; only then one and one will become eleven.

**"The best way to see Faith
is to shut the eye of Reason."
– Benjamin Franklin**

(...Contd. from Page No. 3)
entitled, may have been waiting ahead of him in the queue for years. A politician-in-power, keeping an eye on forthcoming elections, may announce certain special benefits and sops for a particular community, even though this may be detrimental to the national interests. Similarly, a self-centred community may demand certain advantages or benefits from some political party or powerful politician, promising, in turn, voting en bloc for that party or politician and paying no heed to the fact that these demands are unreasonable and may result in communal disharmony. Hitler and the Nazis or Mussolini and his party or others of their ilk, are historical examples of what havoc ego-centric individuals or groups can make .

Thus, the fact that a person or a community is civilised, as per the common usage of the word, is no guarantee for stability

and progress if the people are not prepared to make even a little sacrifice for the common good of all, in which their own well-being is also ensured. So, the *Mantra* for peace, progress and prosperity of all is to tune our mind to the wisdom, summed up in the famous Sanskrit *sloka*: “*Sarvay Bhavantu Sukhina, Sarvay Santu Niramaya ...*” (“(Let all be happy and prosperous, and let all be healthy...). Unless and until this forms the basis of our politics, economics and business or industrial management, conflict, confrontation, tension and turmoil will always remain.

But the question is how can we cultivate this attitude? For this, the second *mantra* is ‘*Vasudhaiv Kutumbakam ...*’ the whole world is our family and we are all sisters and brothers and children of the same Father, the Supreme Soul. It is these two *Mantras* that sum up, in Sanskrit, the whole attitude of the

Brahmakumaris organisation. Without working in accordance with this ancient spiritual wisdom, neither can we have principled politics nor can we hope for a value-based economics. And surely humanity can neither have peace nor constant progress as should give us real happiness. In short, without following these two precepts or *Mantras* we cannot have a value-based society leading to a blissful and safe future.

ENDING WASTE THOUGHTS

‘Why did this happen?’ ‘What happened?’ When such questions enter our intellect again and again, we start a queue of waste thoughts. This queue is very long and complicated. So, whenever something happens, instead of thinking ‘why’ or ‘what’, think ‘there is something good in whatever happens’.

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