



# YOGA FOR PERFECTION

**T**he kind of Yoga we learn and practise at Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya is, for various reasons, known as Rajyoga. The four major reasons often given to explain why it is known as Rajyoga, are:

(1) The word Raja means: a ruler. This Yoga enables the soul to rule its body and subtle faculties, hence known as Rajyoga.

(2) A King, in the ancient times, was regarded as the first and the foremost among the citizens. So, it became a tradition to use the word 'Raja' as an adjective before any noun for the purpose of indicating that the person or entity thus named is the supreme or the highest among the rest of its Kind. This yoga is, therefore, called 'Rajyoga' because, among all the other yogas, in vogue today, it is the highest.

(3) This yoga is such that one need not give up one's hearth and home and also one's worldly duties; so easy it is that even a king, who has the great responsibilities of the State on his shoulders, can practise this Yoga.

(4) Furthermore, the practice of this yoga leads one to victory over vices in the Mind and this entitles one to the sovereignty (Raja) of the



world or to Swa-rajya – the self- rule; so, it is proper to call it - 'Rajyoga'.

### **Sometimes, this name causes confusion or misunderstanding**

Now while this name, 'Rajyoga', is meaningful, it often causes confusion or misconceptions. One of the reasons for the confusion is that the Yoga taught by Patanjali, about two millennia ago, is also known as 'Rajyoga'. And yet there are great many points of contrast between Patanjali Yoga and the Yoga we practise here! One of the points of huge contrast is that Patanjali has not given enough and important place to God in the Yoga-System enunciated by him whereas in the Rajyoga taught by Brahma Kumaris, proper knowledge or understanding of God and spiritual

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## *NEED FOR SPIRITUAL EMPOWERMENT*



*Humanity is searching for proper answers to so many happenings all around the world, as the 'disease of violence' is spreading globally.*

**T**he seekers of inner peace, security and real happiness have been searching relentlessly by visiting places of worship at religious destinations; everyone also wants to overcome their fears of the unknown. While analysing the global scenario, we find that it's because of the lack of 'kindness', 'compassion or 'empathy' that there are many occurrences where people resort to unhealthy and shocking ways for gratification of their lower natures. Newspapers and media outlets are reminding us again and again that violence is very widespread...

The tormenting fruit of gun-culture in USA is becoming order of the day; our inner conscience was jostled when we learned about the massacre of 19 young children and 2 adults in a school by an angry 18-year old gunman who was later shot dead by the police. The non-stop stories of abuse, death and destruction in the Russian-Ukrainian war are horrible to say the least, and deserve condemnation. Closer to home in Bharat, we see some violent attacks on innocent people by both strangers as well as the family/friends circle, be it exploitation of individuals or religious hate-crimes. **All of**

**the above compel us to reflect on ways and means of overcoming such a dire culture of violence.** Humanity is searching for proper answers to so many happenings all around the world, as the 'disease of violence' is spreading globally. The irony is that ailments like Corona virus and other diseases are being addressed promptly to save human lives to the maximum, but there are no tangible answers to the destructive forces due to gun-culture or international warfare especially! This is probably because the answers or solutions are not gross; **the deep-rooted causes cry out for global enlightenment through spiritual empowerment.**

The lack of simple yet profound spiritual understanding and application of the same in day-to-day life has led to suffering of humans, living creatures and the five elements at every step, individually and collectively. It just takes one person who doesn't believe in the dignity of all life and peace to resort to unimaginable sorts of violence, and create havoc in thousands of lives... But blessed are those who still attempt to care about creating a better environment and living space for the

## The World Renewal

individual experience of peace and happiness, as well as harmony and joy within society.



Some raise the question about the ideal state of social living and global peace, and you may think these are utopian ideals, and yes, they are. **However, time and again we have seen that progress and development of human minds and the ecosystem happens only where there is peace, regard and good wishes, irrespective of religious beliefs, country or culture.** It is only but natural to have the aim of creating a better environment for our loved ones, citizens of our nations and universal communities. What further proof do we need that peace and love are innate qualities when those involved with violence too seek inner calm and respect, even though they do not know the right methods to attain them! War is never beneficial for either side, and after a while people fighting these wars also wish for cessation of military rule because of the toxic atmosphere all around. **So why should we not encourage and support people of**

**different fields of spiritual endeavour who constantly dream of betterment in human relationships and universal peace?** It is possible to achieve these dreams, but it's very important to understand that solutions lie in Spiritual Empowerment and not mere political strategies.

Humans are always looking for answers to the most difficult questions regarding existence, and they do eventually find them. Just imagine: **what will be the result if the entire humanity awakens to the call of the Supreme Being to 'become aware of our own true identities'?!** The biggest and most destructive understanding of the self, which has been handed down over the ages, is that we are mere householders or professionals or ascetics or royalty or leaders, and do not know our own true selves. This one universal misunderstanding has disillusioned humanity so badly, that everyone took to the path of body- or role-consciousness; from being the progeny of Deities (most elevated human form) we attached ourselves to physical/gross identification, resulting in slavery and subjugation to the negativity. **Spiritual ignorance is a big curse for humanity.** These facts need to be recognised and rectified through proper Spiritual Education and Meditation—this is the absolute need of the hour. **Re-awakening the inner self through contemplation, and Rajyoga Meditation will bring back the lost glory of human beings, which is nothing else, but all the spiritual values, virtues and subtle powers.** **When we return to thinking and living with self-respect, dignity and humility, then**

**Compassion and Kindness will be the genuine way of interacting with one another and nature.** We will then be so empowered as to be able to challenge the negative forces, which are otherwise ruining human lives.

In a recent *Avyakt Murli*, this ignorance of the 'Self' and its repercussions were emphasized beautifully, along with the role of the Supreme Parent in dispelling the spiritual darkness of ignorance: **“Night means darkness. At night, people or objects are not visible as they truly are. Even though they are there, they cannot be seen. Before God the Supreme Father incarnated, you were not able to see or know yourselves as you truly are. You were not able to see or know the Father. Even though you knew “I am a soul”, you were not able to see with the eye of knowledge and experience. Even though you had eyes, you were in darkness. When your eyes do not work properly, you are not able to see clearly... Therefore, God first removes this darkness. Shiva Ratri**

**means to remove darkness and to intensify the light of that which is real.”**

Through simple but regular spiritual training and education, individuals or families can invest quality time in discussions on spiritual wisdom, collective meditation, and self-enquiry followed by periods of time in silent meditation with the Beloved Supreme. This courageous attempt on each human being's part will herald a new era for the entire humanity. **The accumulated experience of love, peace, friendship and togetherness alone can reform society.** It may sound very simplistic but practical results are definite and very valuable. The most enchanting result would be the final emergence of peace within all hearts, spirit of camaraderie, faith in each other, and thereby a war-free world.

As spiritual progeny of that same one God Almighty, let's awaken and acknowledge the eternal, spiritual relationships we have with our dearest spiritual brothers and sisters embodying different roles all over the world!

– B.K. Nirwair

### *In Honour of the 57<sup>th</sup> Memorial Day of Mateshwari Saraswati ji: 24th June 2022*

**W**e invite our cherished readers to take full benefit of most respected Mateshwari Saraswati ji's spiritual teachings filled with deep logic, by inculcating the same in their lives:

1. On what are the two words “fortunate and unfortunate” based? We know it is God who makes us fortunate, so it must be

human beings who make themselves unfortunate. If human beings are constantly happy, it is said that they have good fortune. When human beings consider themselves to be unhappy, they consider themselves to be unfortunate. We would not say it is God who makes us fortunate or unfortunate; no. **To create your fortune or to spoil your fortune all depends on your karma.** All of



Mateshwari Saraswati ji is in group photo with B.K. Family. B.K. Sis. Mohini, Addl. Chief of Brahma Kumaris is standing behind (Second from Right)

this depends on the sanskars of human beings. Then, just as someone has sanskars of sin or charity, so that one's fortune is according to that, but because people do not understand this secret, they blame God.

2. People sing: You are the Mother and Father and we are Your children and thanks to You, we have a lot of happiness. For whom is this praise sung? Definitely, it is sung of God because God, Himself, comes here in the form of Mother and Father and gives limitless happiness to this world. **God must definitely have created a world of happiness at some point for this is why people call out to Him as the Mother and Father.** However, people don't know what happiness is. When there was limitless happiness in this world, there was also peace, but that happiness is no longer here. People now have this desire for that happiness... Tell unhappy people: Accept whatever you receive from God with sweetness. He can never give anyone sorrow. He enables us to settle all our karmic accounts and this is why we say: You are our Mother

and Father and we are Your children.

3. Whatever good or bad actions we perform, we definitely receive the fruit of them. For instance, when people give donations or perform charity, create a sacrificial fire or hold rituals of worship, they think that whatever donations they have given in the name of God is accumulated in God's court and that when they die; they will definitely receive the fruit of them and be liberated. However, we know that by doing this, there isn't permanent benefit. Whatever actions we perform, we will definitely receive temporary and momentary happiness... Until you perform elevated actions in your practical lives, no matter how much effort you make, you will not receive liberation or liberation in life. Although there are so many saints and great souls, while they do not have knowledge of karma, their actions cannot become neutral actions, nor can they receive liberation or liberation in life. They don't even know what true religion is or what true actions are. They simply think that they will receive liberation after they die; they don't even know how they would benefit after they die. **Whether a person performs good actions or bad actions in his life, he has to face their consequences in this life.** We receive all of this knowledge of how to perform pure actions and create our lives from God, our Teacher, in a practical way. ■

# MIND AND MEDITATION

*Certain personal disciplines are necessary to control the mind and raise the level of thinking to a higher*

**B. K. Surendran, Bengaluru**

**W**e all have two self-entities. One is the body which is a physical entity and the other is the real entity, soul which cannot be seen with the gross eyes. The soul is the life force in the body which is not perishable. The body is perishable when the soul leaves the body. It is a well-known fact. This unseen force is sentient and is the person proper. The self 'soul' has 3 faculties - mind, intellect and latencies. The body is only an instrument. As we grow over different stages of life and reach the pinnacle of old age, we must have created thousands of thoughts in one birth. As life slowly slips down from virtuous level to vicious level a lot of negative, waste and vicious thoughts would have coloured our pure and elevated thoughts. At this point, the subject of control of the mind becomes a subject of discussion. In order to control the mind, certain personal disciplines are necessary to uplift the level of thinking to an exalted stage. **The following are some of the disciplines based on self-experiments for control of the mind** which are shared with the esteemed readers.

## 1. Power of wisdom

The mind should not generate waste, vicious and negative thoughts because when these thoughts are in the mind the mind cannot be peaceful. It is disturbed and a disturbed mind cannot be stable. Instead, the mind should engage in elevated powerful and pure thoughts. These thoughts will enable the mind to be stable. **We can exercise the**



**power of wisdom to choose the thoughts at every situation so that the stability of the mind is ensured.** A stable mind can be controlled.

## 2. Purity

Celibacy is a very important self-discipline for control of the mind. This is the purity of the body, mind, intellect, and the sense organs. This will also help us to be clean in our dress, contacts, relationships, karma, dealings, food, place of residence and attitude etc. This kind of discipline will purify the mind in a natural way where the vicious and waste thinking will be automatically reduced.

## 3. Inculcation of virtues in life

We all are inherently full of virtues because that gives us happiness and peace. On the other hand, vices disturb our mind and it becomes fickle and unstable. **An unstable**

**mind will start roaming around in places, persons and things searching for peace and happiness.** Experience has shown that peace is a thought and happiness is also a thought. It is not outside. The eternal qualities of the self are knowledge, purity, peace, love, happiness, bliss and power. These qualities are manifested through the thoughts that are generated in the mind. The owner of the mind is the soul. If the soul is properly anchored on its original qualities, the mind would be stable and there is peace.

#### **4. Maun – the state of an ascetic**

We should observe silence of the mind (Maun)



so that all thoughts will drastically slow down and there would be peace also.

**The best time for silence would be during early morning from**

**3 a.m. to 8.30 a.m. and 6 p.m. to 9 p.m. in the**

**evening.** Even during other times, we can be very selective in vocal activities, speaking very little and slowly. This practice over a time will enable us to be stable inside and outside. The pranks and prattles of the mind will slow down incredibly and such mind will always be under control.

#### **5. Submission of the mind and intellect to the Lord**

When we submit our mind and intellect to the Lord, we cannot use the mind and intellect at our whims and fancies. Our thoughts should conform to the eternal laws governing human life

on earth. It should be according to His *Srimat* – divine directions which are always non-violent, beneficial, peaceful, auspicious, universally brotherhood prone, progressive and elevated. All our waste, negative, vicious and even ordinary thoughts are eliminated from time to time. This will help us to emerge slowly our golden era life of peace and prosperity.



#### **6. Good company**

Our company and companionship will greatly influence our thinking. We must select right thinking and virtues prone individuals who do not waste away their time in useless avocations. A person of unquestionable integrity, truth, goodness, straight forwardness, peaceful and loveful should be preferred for company and companionship. Similarly, **our associations should also be with people of good character and who strongly believe in peaceful co-existence of all people of different religions, political affiliations, ethnic roots, language and regions.** This will help us not to pollute our mind with waste and negative thoughts.

#### **7. Keep busy in constructive, creative and productive vocations**

We must make it a point in life not to waste our precious time, thoughts and breathe in unnecessary activities. We must keep ourselves

in constructive, creative and productive activities at all times. Work while you work, play while you play, eat while you eat, sleep while you sleep, sing while you sing goes the adage. We focus on a particular vocation on a particular time and enjoy it. This will not waste even a single minute, or thought or breathe. This practice will help us to control our thoughts and, thus the mind.

### **8. Nurture the mind with peace, bliss and love**

The owner of the mind is the soul. As the mind cannot be seen with our naked eyes, so also the owner of the mind is also not seen. Every individual is a soul which operates life through its faculties of mind, intellect and latencies, along with the eternal qualities of knowledge, purity, peace, love, happiness, bliss and power. Even though the mind is one of the servants of the soul, it cannot be controlled with force of any type. It can be controlled with love, peace, happiness, tenderness, bliss and wisdom. The mind is always thirsty of peace, bliss, love and happiness. Hence, we must inculcate these virtues in life so that the mind can be easily controlled and properly deployed in productive and creative activities of life.

### **9. Rajyoga meditation**

This is the most important technique to control and manage the mind as we desire. This yoga is also mentioned in the Srimad Bhagavad Gita (Chapter 9, Verse 2).

*raja-vidya raja-guhyam pavitram idam uttamam  
pratyakshavagamam dharmyam su-sukham  
kartum avyayam*

Means: This knowledge is a sovereign science, a sovereign secret, supremely holy, most excellent, directly enjoyable, attended with virtue, very easy to practise and imperishable.

The Supreme Being who has descended now

and is teaching Rajyoga – very specifically and clearly is telling that this can be taught by Him only and nobody else. One should become soul



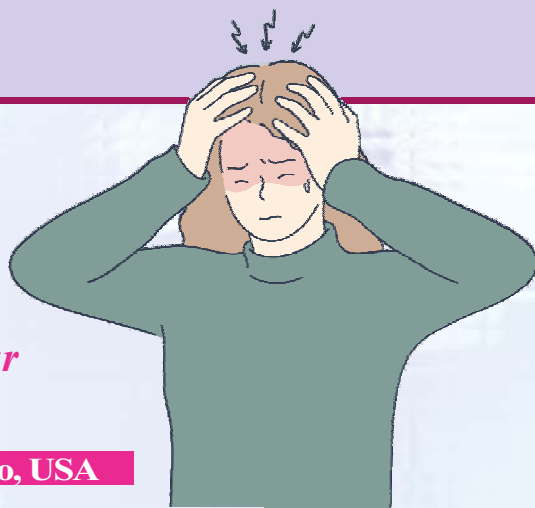
conscious and concentrate the mind and intellect on the self-effulgent form of the Lord and converse with Him in silence with a lot of love and reverence, so that the aspirant will experience and enrich the qualities of peace, love, bliss and power from the Lord. **This kind of explanation about Rajyoga cannot be given by anyone else other than the Lord Himself.** Lakhs of people have been practising this Rajyoga along with Godly knowledge which is also taught by the Lord Himself. This is the most ancient yoga or meditation taught by the Lord. As time passed by, many people started interpreting this yoga in different ways and many kinds of exercises have come to be known as yoga. Meditation is a word derived by the Latin word 'medri' which means to heal the mind. The nature of the mind is positive, peaceful, blissful and happiness prone. Hence, when the mind which is subtle and the Lord is also an incorporeal being, when connected with loveful remembrance, there is proximity and equality. As the mind experiences peace, bliss and happiness, the mind likes to be stay put. Our experience convinces us that when the fickleness and



# BECOME DEPRESSION-PROOF

*Turn within to check and change your mood and thoughts*

**B. K. Chirya, Owego, USA**



**A** recent University of Notre Dame study of 103 pairs of roommates found that negative thinking patterns can be passed from one person to another. Misery does love company! *Just like the virus, negative thoughts can be contagious.* It's called "cognitive vulnerability". This mindset that you are at fault for the stressful life events which you are not able to change has become a contagious and often a lasting mental disease. Although we know negative thoughts are not good for us, yet we accept these thoughts as part of life. We see difficulties in each opportunity and become depressed. How do we live without acquiring or absorbing these vibrations? **A depression vaccine has yet to be discovered!**

**You can only fix yourself:** You can't make someone else stop being negative. Turn within to check and change your mood and thoughts. Meditate, connect with God's unlimited love and choose to feel happy or neutral instead of negative. Look after your feelings so you are not infected by anything. Negative feelings are temporary. Keep your awareness in the present; over thinking, a major cause of depression, will diminish and stop. Learn to love yourself, since you must spend so much time with yourself! "I am....." What you fill this affirmation with creates your reality. The longer I hold onto a

particular thought, the more power I invest in it.

**First thought of the day:** Our most valuable resource, the soul, is right behind our eyes. First thought of the day - 'I am a peaceful and beautiful soul', or 'I am an eternal being of light radiating the light of love', sets the blueprint for the entire day. Use this resource and BE IT to defeat depression.

**Practice compassion:** It has become human nature to interpret negative comments as a personal attack. Instead, recognize them as a sign someone is suffering. To encourage and empower the positive ideas and ways of others means we are empowering ourselves. Whatever defects we criticize in others we also have that weakness. Never look down on someone - unless we are helping them get up! **A gentle heart never makes others feel guilty about their mistakes.**

**Don't take things personally:** To prevent yourself from reacting, don't engage; be an observer. Emotion is a limited creation; it will pass. Do not make it your identity.

**Energy flows where attention goes:** What we focus on grows. Start looking at life with joy and a big heart, and sadness and depression disappear; seeing the beauty of life, we see opportunities, not difficulties. We cannot have heaven and hell together. We can have only one.

The choice is ours to make. You did choose heaven, didn't you?

### **Yoga Awakens the World**

In these current times, more and more people are learning and practicing yoga regularly as it is not costly, has many benefits and no side effects. **Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body, thought and action, harmony between human beings and nature and a holistic approach to health and well-being.** Yoga has evolved as an alternative system of medicine and has become increasingly popular.

The 193 member United Nations General Assembly (UNGA), on December 11, 2014, approved by unanimity a resolution establishing June 21<sup>st</sup> as 'International Day of Yoga'. The declaration came following a call for the adoption of 21<sup>st</sup> June as 'International Day of Yoga' (IDY) by the current Indian Prime Minister, Narendra Modi ji during his address to UN General Assembly on September 27<sup>th</sup>, 2014. In



suggesting June 21<sup>st</sup>, which is the summer Solstice, as the 'International Day of Yoga', PM Narendra Modi had said that the date is the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world. The Solstice is considered to be a time when there is natural support for those pursuing spiritual practices.

Global leaders from more than 175 countries including the USA supported the resolution. It

had the highest number of co-sponsors ever for any UNGA Resolution of this type. We know that we are in a state of dramatic change when we witness so many world leaders encouraging people everywhere to awaken to the benefits of yoga and to raise the world's consciousness to truly make the world a better place.

Now eight years later, you might be contemplating what kind of yoga to practice and to know if it is the right fit for you. The word Yoga itself means "union". It refers to the union of individual consciousness, the soul, with the Universal Consciousness, often referred to as God. With the modern-day emphasis on physical health and fitness, many people think of yoga only as physical exercises – asanas or postures – but these are only surface aspects. Yoga is a deeper practice and exercise which helps revitalize both the body and the soul.

**There are many paths of Yoga that lead in various ways toward this spiritual goal. They include:**

**Hatha Yoga** – a system of physical postures whose higher purpose is to purify the body rendering it fit for meditation.

**Bhakti Yoga** – all- surrendering devotion through which one strives to see and love the divinity in every creature and in everything.

**Karma Yoga** – selfless service to others without attachment to the result.

**Gyana Yoga** – the path of wisdom which focuses on the awakening of the intellect (opening the third eye).

**Mantra Yoga** – the repetition of certain universal sounds representing a particular aspect of spirit i.e., Om Shanti – I am a peaceful soul.

**Raja Yoga** – the royal or highest path of Yoga, which combines the essence of all the Yoga's and connects with God through the practice of meditation. In addition to knowing how to stand

on your head, you also learn how to use your head!

Throughout the world around the **date of the 21 of June**, over 100 countries annually hold public programs. Representatives from the UN and prominent personalities including government ministers grace the occasion and give the message of the benefits of Yoga. These programs are attracting thousands of participants.

The publication 'Funny Times' recently had a humorous and imaginative article for Yoga aspirants which I couldn't resist sharing with you. A new airline is encouraging aspirants to practice Yoga while in flight. Here is their economy class Yoga offering which includes an instruction manual illustrating asanas to practice while seated for this flight.

### Reflections

#### in the Depths of Silence for Yoga-Day

As I sit in silence... I watch that my thoughts gradually slow down...5...4...3...2...1... I slowly focus my mind on my breathing... not forcefully...but gentle breathing... my breathing slowly becomes gentle and easy...now I visualise with the power of my intellect a beautiful scenario amidst the green woods with a river flowing by gently... I look at the fountain flowing through the cliffs...I now try to hear their soft sounds... and as I sit here in this peaceful environment, I ask myself a question ...who am I?... I say this is my body, my legs, my eyes... who is me... and here lies the answer in the scene I am relishing upon... the peaceful nature... I am a peaceful being... the consciousness... and the proof lies in the fact that I love and attract what I am... I visualise myself as a tiny point of consciousness just like a star residing at the centre of the forehead in between the eyebrows... this is me... I am the master of this body made of five elements... I

just sit and reflect on the deep peace that resides within me... this is me... now in this silence I ask myself where I come from... I understand that my home is very-very far away beyond matter...beyond the noises... the world of silence... this is where I come from... and I understand that this world created by us human-beings is just a reflection of our conscious state of mind... a reflection of the self... now I also understand that the pollution and chaos in the world at present is a result of our chaotic mind... I understand the importance to work on the self... which will be in turn healing the world... I visualise my home ...a land of golden red light... an ocean of silence...our home... this is where I belong to...this is the home of all the consciousness... the world of energy beyond matter can ever reach... now I slowly reflect how I came into this world...we all were perfect beings...and the world being a reflection was a world of peace and happiness... and how time passed and the world turned old like all other things do... and we reached this chaotic stage of imperfection... I realise the importance of being perfect once again... as the entire cycle has to repeat once again... from perfection to imperfection... even the law of entropy says so... everything reaches from orderly to a disorderly state and comes back to its original orderly stage only at the presence of some external agent... that external agent that can bring all the consciousnesses to its original potential is the supreme consciousness the supreme being God... I understand now that He is just a point of conscient energy beyond all the myths and beliefs we humans have created about Him... and it is only by connecting to that supreme source that it will be possible for us to recharge ourselves... ■

## World Environment Day



# THERE IS STILL HOPE IF WE ACT NOW

*Believe in yourself that your modest actions can make a great difference in the world*

**BK Jyoti Saini, RK Puram, Delhi**

In 1972, the World Environment Day's inaugural theme was "just one planet." And today, we're attempting to help people aware that we only have one planet, so feel free to act responsibly toward it. On 5<sup>th</sup> June we celebrate World Environment Day, which is dedicated to environmental protection and investigating ways to protect it.

Every year, we have been given a theme to work on in order to improve the environment in which we live. One year, one theme...not a bad deal for saving the planet. However, we do not consider it. It's not so much that we're saving the planet, as it is that we're saving ourselves from a potentially fatal hit.

We frequently believe, "What can I do on my own?" Can't we imagine that my tiny donation will make a significant difference? Remember, "The drop fills the pot with the drop." The biggest truth is that we all know we will leave this body and go from here to a new body one day, but we still live happily, enjoy things, form relationships, and do everything we can to improve our relationships. We also earn and save property for future generations, purchase health insurance, and so on, and we have no idea what we are doing on a regular basis. We have Hope because we have it. We are all here because we believe in ourselves and each other.

*Greta Thunberg, a little child, carries the message that change is in our hands. We are in charge of the rescue.*

It's not that we're at a loss for what to do. However, information is useless until it is put into practise. All of the conferences, shows, and other projects have one goal in mind: to convince you **that you are the only one who can cure anything by doing anything. Every global**

**initiative has one goal: to inspire you to believe in yourself and that your modest actions can make a great difference in the world. You don't need to go anywhere; you may start right at home.** And your contribution is only for your benefit. So let us not only get up, but also wake up.

### **Environmentally friendly spiritual practices:**

- 1. Early to bed, early to rise:** By going to bed early, you avoid contributing to the spread of negativity in the surroundings. Because a fatigued mind produces drained energy. Nature, too, conveys healthy and happy energy in the early morning. Getting up early makes that energy available to you. You feel naturally healthy as you feel it and take it into your body.
- 2. Cleaning and hygiene:** When spiritually enlightened individuals clean, they make sure that no resources or objects are wasted.
- 3. Cooking with your own hands:** A popular quote goes, "As the food, so is the mentality." You respect food and food donor (*Anndata*) when you cook with a positive attitude and in the remembrance of God. You will not throw away this meal since it has been spiritually charged.
- 4. Assuming responsibilities:** Responsibility is never granted; it is assumed. And when you believe you are accountable for something good, and that my karma will serve as a lesson to all, you will never consider doing something evil.
- 5. Spreading positivity:** Meditation for Nature is really important for spreading positivity. When we sit and speak positive words/blessings to each and every element of nature, it receives your blessing, and the environment becomes serene, powerful, and positive. ■

## APPLYING COMPASSION & KINDNESS IN DAILY LIFE

*Research shows that people who are kind and compassionate are more contented with their lives, have stronger relationships, and have better physical and mental health.*

– Prof. Onkar Chand, Shantivan

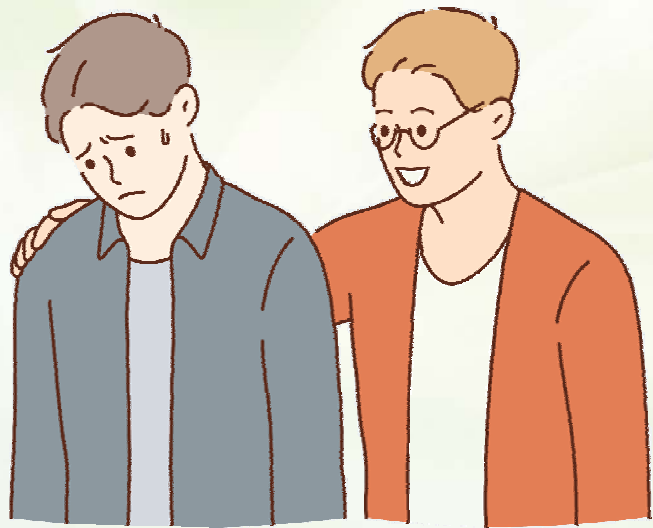
**K**eeping in mind the volatile and chaotic environment in the world, the theme for service projects of Brahma Kumaris for the year 2022 is "Spiritual Empowerment for Kindness and Compassion". So this article here is highlighting the significance of these fundamental human values in our everyday life.

We are taught from childhood to be kind, compassionate and treat others the way we want to be treated. One of the most important and meaningful things we can do with our lives is to actively be kind and compassionate. This means that we do not have to wait for some unknown future date to do something good for the world.

**Through kindness and compassion, we can do something important every day and change not only the world for the better, but ourselves as well.** Kindness is a precious gift that everyone can give every day not only to others, but to themselves. Being kind and compassionate can help other people, and make us feel good too.

### Understanding Compassion and Kindness

**The meaning of compassion is to recognize the suffering of others and then take action to help.** It is a sympathetic consciousness of others' grief together with a desire to alleviate it. It is a feeling of deep sympathy and concern for the sufferings of



others. It is the knowledge that there can never really be any peace and joy for us until there is peace and joy finally for others' too.

**Whereas kindness is a type of behavior marked by acts of generosity, friendliness, consideration or concern for others without expecting praise or reward in return.** It may mean doing nice things without expecting nice things in return. It exists as heartfelt words of encouragement, care and concern, thoughtful gestures of affection, and compassionate acts of generosity. It is the sincere and voluntary use of one's time, talent, and resources to better the lives of others, one's own life, and the world through genuine acts of love, compassion, generosity, and service. Kindness is love in

action. Kindness shows up as a supportive smile, a comforting embrace, and a helping hand when we need it the most, but may expect it the least.

Furthermore, **love is at the core of kindness and compassion**. Love is the invisible thread that ties kindness to its peers. Love is the origin of the affectionate, empathetic, and supportive undertone that exists in kindness. Kindness is a way love is expressed and a reason love multiplies.

### Why are kindness and compassion so important?

No matter how big or small the act is, when we practice kindness either to other people or towards ourselves the chemicals oxytocin and dopamine get released. These happy hormones improve our mood, decrease stress, depression and anxiety, and lower blood pressure.

Therefore, small acts of kindness can have enormous power for both the person being kind and the recipient, whether that's a stranger or someone in the same family. Many studies have found that kindness, compassion and giving are associated with: improved happiness, good mental health, a stronger immune system, improved relationships, and a longer life. Hence, incorporate the smallest acts of kindness into your everyday life and notice these ripple effects.

### Ways to practice compassion and kindness

Kindness isn't a rocket science, it's pretty straightforward. Showing kindness to others does not have to mean doing something big or life changing. Often it's the smallest acts of kindness that can have the most impact. A moment of support in a time of need, a quiet word of encouragement, a helping hand to carry a heavy load, or just a smile that says 'I see you' can make a world of difference.

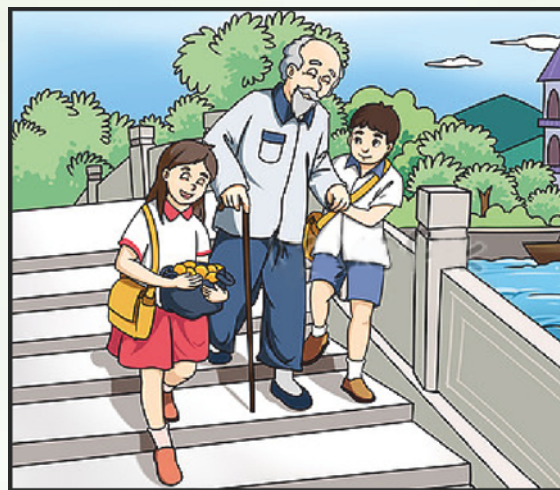
**Kindness doesn't require a grand gesture; little things can make a big difference.** With a little creativity, the possibilities are endless. These can include: being sensitive and sympathetic, creating a positive outlook and instilling hope, recognizing and validating positive changes, helping to solve others' problems, helping to reduce their stress.

Here are some tried and true ideas for how to be kind and compassionate with people in our life: Ask, how can I help you? Listen to them carefully without interrupting. Share your knowledge with someone who needs it. Welcome new people to your neighbourhood, workplace, school, club, etc. Acknowledge and respect their feelings even if you feel they are not appropriate. Acknowledge someone else's kindness to you.

In addition to this, if you want to spread good vibes and compassion to the people in your life, here are more simple ways to practice kindness every day.

### Offer a helping hand

One of the lessons from the research on



kindness was that people's well-being was boosted most when they helped others spontaneously. So, tune into your community, your neighbourhood and

your colleagues, listen and watch for opportunities to express kindness. **There are several easy ways to help others:** Holding the door for someone, offering water to the person behind you, sharing your lunch with someone, helping a coworker with a project, helping the old lady carry her groceries since you're headed the same way, picking something up for a pregnant woman, or giving up your seat on the metro or bus for a pregnant woman or senior citizen.

### Give a Smile

How do you feel when someone smiles at you? In most cases, it makes you feel warm and happy, and you probably smile at them as a result. So, **don't underestimate the power of a smile!** You don't have to do a big act of kindness every day in order to be kind. Something as simple as smiling can be extremely encouraging, especially in the era we're living in. Smiling is contagious and has a positive effect on our mental health. It makes us feel better and acknowledged. No matter what's going on in your day, smiling can make you feel better; it's hard to be upset when you're smiling. So, share good feelings with others, even when you don't know them personally, and make sure to smile at the people you meet.

### Give sincere compliments

Giving someone a genuine compliment is one



of the easiest ways to practice kindness. **Research shows getting a sincere compliment gives us the same positive boost as receiving cash.** A compliment is a wonderful way to help someone feel better and get recognized.

Giving compliments is very easy task. Actively look for the good in someone's life. What do they do great? What is their talent? Look for it, and then let them know you notice. Comment on their beautiful smile, or their good looking outfit. Congratulate them on a job well done. Send a motivational text to a friend or family member, ask the Cab driver how he's doing and compliment him for the ride, tell people how wonderful they are and how happy you are to have them in your life.

### Also, we can compliment others by saying:

You are awesome! I appreciate you. You should be proud of yourself. You're so much helpful. You have a great sense of humour. You are really courageous. Your kindness is a balm to all who encounter it. You are strong. You're very beautiful from inside. You are making a difference. Thank you for being there for me. You bring out the best in other people. I like your style. I'm grateful to know you. You are glowing. You look great today. You are perfect just the way you are. You're wonderful. You're really something special. You're wonderful. You are an incredible human. Everything would be better if more people were like you. Being around you makes everything better.

Similarly make it a point to say 'please' and 'thank you' to everyone, whether they are a cashier at the local grocery store or your own children or you're talking to a waiter, customer service representative, friend, cashier, or even a random stranger. These two simple phrases can have a

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## YOGA FOR HEALTHY HEART & MIND

**Dr. H.K. Chopra**, Sr. Consultant Cardiologist,  
Moolchand Heart Institute, New Delhi

In Ayurveda, the exercises are recommended according to dosha (d e f e c t s ) dominance and it recommends one needs to exercise regularly seven days a week.

These exercises are doshas specific, kapha type, for example requires strenuous exercise and vata require least strenuous exercise and pitta fall somewhere in between. If you have large muscular body then kapha is your dominant dosha. If your muscular and physical development is more modest then you should put yourself in vata category, which requires light exercises. If you are in between then you should put yourself in pitta category. For kapha type running, weight training, aerobics, rowing and dance are appropriate. For vata type yoga aerobics light bicycling, walking, and wagging are excellent exercises. Too much exercise can turn vata out of balance. Pitta types of exercise is more vigorous such jogging, running, hiking, mounting, climbing and swimming. Two excellent ayurvedic exercises that focus on breathing are known as *Bhastrika Pranayama* and *Kapalabhati*. In *Bhastrika* the abdominal muscles work like bellows. You have to sit straight up on the floor or in the chair, your arm should be parallel to your sides and bent upwards at the elbows, with your hands in the fists are approximately shoulder height. Then

inhale and exhale a single deep breath through your nose then as you take another deep breath raise your arms straight up and as they reach full exertion open your fists and extend your fingers. Now quickly lower your arms back to the starting position while simultaneously exhaling through your nose. Keep your hands facing forward throughout this exercise. Continue for two or three sets of fifteen repetitions. *Kapalabhati* is another breathing exercise which is equivalent to jogging. A *Kapalabhati* exercise cleans metabolic wastes from the body. This exercise accelerates heart rate without requiring a great deal of exertion from the large muscle groups of the body, it is a particularly useful exercise for the people who aren't at the high level of physical conditioning required by conventional athletics. The technique consists of short, powerful exhalations, each followed by a passive inhalation. To begin, sit with your back straight, either on the floor or in a chair. Your shoulder should be back, and your abdominal muscle should be free to move. Correct posture is extremely important in *Kapalabhati*, because the abdominal muscles must be able to relax thoroughly when you inhale. Once your posture is established, begin breathing through your nose to establish a rhythm of deep, even breathes. Then, just when you're about to exhale, contract your stomach muscles quickly and powerfully, which will force air out through your nostrils. This exhalation should be as complete as possible in one short, powerful blast. When you first learning this exercise, try to exhale approximately once per second. Then gradually increase the rate to



twice per second, but don't try to go any faster than that. Remember that the best times to exercise are during kapha period from 6 a.m. to 10 a.m. or 6 p.m. to 10 p.m.

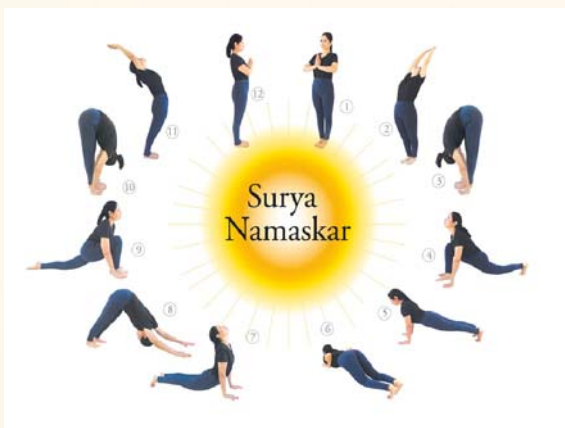
### YOGA

There are eight limbs of Yoga, which are:

1) *Yama* (Restraints or Do's and Don'ts), 2) *Niyama* (Self Discipline), 3) *Asana* (Postures), 4) *Paranayama* (Breathing exercise), 5) *Pratayahara* (Contemplation), 6) *Dharana* (Concentration), 7) *Dhyana* (Meditation), 8) *Samadhi* (Transcend).

### Sun Salutation

It includes a series of twelve flexion and extension exercises that integrate the mind, body, and breath. The Sun Salute lubricates the joints, conditions the spine, and strengthens every major muscles group in the body. It creates balance, stability, suppleness and flexibility.



### How to Do One Cycle of the Sun Salutation

**1. Salutation Position:** Start the Sun Salute with your feet parallel and your weight distributed evenly over your feet. Place your hands together, palms touching, at chest level. Breathe easily for about five seconds.

**2. Raised Arms Position:** As you inhale, lift your hands over your head, lengthening your spine easily in an extension posture.

**3. Hand to foot position:** As you exhale, bend your body forward and down into a flexion posture. Allow your knees to bend.

**4. Equestrian position:** On the inhalation, extend your left leg back, knee to the ground. Allow your right leg to bend and your right foot to stay flat on lengthen upward.

**5. Mountain position:** As you exhale, place your right leg back, even with your left leg, pushing the buttocks up into a flexion posture. The body forms an even inverted V from your pelvis to your hands and from your pelvis to your heels.

**6. Eight limbs position:** Carefully drop both knees to the ground and allow your body to slide down at an angle, with your chest and chin briefly on the ground. Hold this for a second and then move smoothly into the next position.

**7. Corba position:** As you inhale, lift your chest up and slightly forward while pressing down with your hands. Keep your elbows close to your body. Allow your spine to lift your head-do not start the movement with your head or lift your body with your neck.

**8. Mountain position:** While exhaling, raise your buttocks and hips in a flexion posture, the same as position 5.

**9. Equestrian position:** As you inhale, bring your right leg forward, between your hands, the same as position 4. Let your left leg extend backward, with the knee touching the ground. Your right knee will be bent and your right foot flat on the floor.

**10. Hand to foot position:** Repeat position 3. As you exhale, bend your body forward and down, coming down into a flexion posture. Allow your knees to bend.

**11. Raised arms position:** Repeat position 2. As you inhale, lift your hands over your head, lengthening your spine easily in an extension posture.

**12. Salutation position:** Repeat position 1, ending the Sun Salute the same way you began, with your hands folded, palms together, in front of your chest. Breathe easily for about five seconds. Then begin the next cycle. (Position 12 becomes the first position for the second cycle; you can go directly into position 2 from here.)

**Classification of Exercises**

The exercises can be classified as (1) **Heart friendly or health friendly or aerobic exercises** (2) **Heart unfriendly or health unfriendly or anaerobic exercises** (3) **Unaccustomed.** The heart friendly exercises are walking, jogging, swimming, dancing, cycling, skiing, rowing, walking on treadmill etc are good for heart and require oxygen. The aerobic system is must more efficient, it increases oxygen-rich blood to your



muscles and the heart unfriendly or anaerobic exercises are weight lifting, isometric contractions such as pushups etc., which build the muscles and does not require oxygen and are not friendly for healthy heart. The anaerobic system is designed for short, quick, intense bursts of energy, the kind you use such as sprinting or dashing for a train. An aerobic exercise generate large amount of waste product such as lactic acid, which causes muscle cramps, soreness and pain. Unaccustomed exercise are such as pushing a car or changing

wheel of a car or starting jogging for the first time at the age of 50 or 60 or exercising in extremes of weather either too hot or too cold or too humid or without awareness of our effort tolerance. One should perform the exercises which he or she is used to and should be aware of warming up and conditioning effects of exercise.

**Exercise is beneficial in natural environment.**

**Your exercise session contains three phases: warm up phase, exercise phase and cool down phase.** The warm up phase is for five to ten minutes. This helps to make transition from anaerobic to aerobic metabolism. During this time you gradually increase your heart rate and blood pressure and body temperature to help to avoid injuries and muscles soreness. Start your warm up with gentle stretching of muscle you plan to use. For example the leg muscles if you are not going to walk. This followed by exercise phase of 20 to 30 minutes of aerobic exercise of your choice. This followed by cool-down phase of five to ten minutes. Cool-down phase is at least as important as warm up phase. During aerobic exercise, your blood vessels begin to dilate in order to supply more blood to your muscles. The cool down phase allows time for your blood vessels and your heart to resume their normal state.

**Health and Fitness are not the same**

Exercise will make you fit, but fitness and health are not synonymous. **Exercise alone is not enough to make you healthy.** In order to achieve perfect health exercise is an essential part of comprehensive lifestyle program. "Fitness" refers to your level of conditioning and training effect. **The best and the simplest way to assess your fitness** is to know how long it takes for your heart rate to return to normal after vigorous exercise. The sooner your pulse returns

*(Contd. ... on page no. 25)*

## BEHIND CLOSED WINDOWS

Payal Jethra, Mumbai

“This place by the window will do well at the moment.” I smile back at the angel sister at the B.K. centre after she's seated me on the floor before the row of chairs. Let the chairs be for those who need it the most. “Let elevators also be free for those who need them the most.”

I savour the soft golden rays soothing on the warm wintery morning as I perch myself at the last row at the centre closest to my house in Mumbai. Murli class is about to begin. Life is a gift. **Every moment is a precious gift. What do I wish to do with each moment is a choice I've got to make.** What's a mere limit of *laukik* (worldly) vision as compared to the unlimited stock of jewels and diamonds He's filled my apron with?

“You have a problem,” asks a concerned elderly gentleman at the door of the elevator after Murli class, as we slip our feet into our shoes and turn toward the elevator on the fourth floor. A friend who escorted me to class this morning points out my shoes as she holds open the elevator door for the three of us.

“Not really,” I respond with a smile to the gentleman who stepped out of class with us this Thursday morning, “It may seem like a problem to some, a lack of *laukik* vision or legal blindness whatever way you look at it. To me it isn't a problem because that isn't how I choose to look at it.”

But, there's so much to manage and look around, he says, lines of confusion across his

forehead, “there's so much that needs seeing.”

“Sure, there is.” I agree as we step out on the building lobby. There's no denying that. Beyond visiting the Ophthalmologist

every 3 months for an Intra Ocular Pressure check-up and following instructions of using eye drops time to time, there's really not much I can do about it.

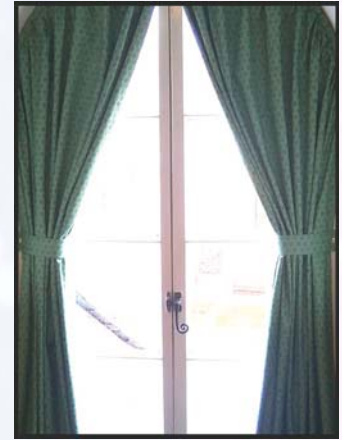
“God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.” – Reinhold Niebuhr

“What do you do when you need support or assistance commuting to unfamiliar places?” he asks further. “Does family always accompany you?”

“Could you be more specific?” I ask.

“You mentioned you're working full time. There's home and office commute, meetings and a whole lot of commute beyond office too. Your son's school, groceries, basic requirements.....I mean I can't....I mean.....”, he stumbled upon words.

“With Him, I step out for office each morning. It's His job to navigate me through this drama. He sends me a ride; He figures whatever whoever is best for me. His plans for me are better than my plans for me. What reason can I have to complain or even want? All gaps are



full. Every thought is taken care of. His Pearls of Wisdom fill all nooks and crannies of my mind so that it becomes zair-tight and leaves no room for stale thoughts”

“What about stuff on the computer and .....I mean online and stuff?” he asks as we stroll around the building exploring a newly inaugurated park.

“In the Confluence Diamond Age, there's top class accessible technology for the blind. Technology is evolving as we speak, on phone and on the computer. There's technology when you need what you need. It's another ocean. Again, it's all out there. I need not put my finger in every pie. He connects the dots, putting me in touch with the right soul at the right time. I wish to understand filing returns on the yet to be accessible Income Tax website. He figures the perfect person to guide me through. A call or message pops up on the screen of my phone. Had I initiated effort in any direction, it would be out of my limited *laukik* vision of the past, a tunnel vision that blurs images. Its better I see little, only basic functional. From up there, He ensures I get a pair of eyes at the appropriate time for appropriate *laukik* tasks.”

The three of us by then, were sitting on a garden swing broad enough to accommodate all of us. The freshness of little violet flowers fragrant and light filled my nostrils and every cell of my body vibrated with energy. Thank you, dear Nature for every beauty you've shared with us since the inception of time.

“When I need to buy vegetables and groceries” I went on responding to his next query, “the grocers/sellers around where we live are aware of the *laukik* low vision. They

suggest to me what fruit, what vegetable is seasonal and feasible. Their judgement works well for me. It's my nature to generally believe people. In fact, people go out of their way to tell me if there's something to be seen. They “be My Eyes” for me. Drama sends across a variety of souls with a variety of *laukik* eyes but all with crystal clear vision. God ensures their thoughts and visions are focussed in the direction He intends me to move. I thank them and Life at large for each passing day. Rickshaw drivers share honestly that they forgot to turn on the meter before we began the ride. They trust me to pay whatever fare I feel will be appropriate. Vegetable sellers go one step further to show me weights and sizes of apples and pomegranates. Where should I have a problem, I see not?

“He leaves no stone unturned. For what should I whine? Can you give me one reason from your perspective? **Accepted and acknowledged - One door is closed. That's a fact but what about the 99 doors that stand open waiting for me to hop through?** The time and energy spent on highlighting and magnifying the one door that is shut can be steered in a different direction and channelized in a positive way. We all on Earth have a 24-hour day. No one is not going to give me an extra hour or two which I can spend sitting down with melancholic thoughts. No way, I am not parting with my precious minutes. **Why must I allow Mr. Grief and Company to steal my stability and peace?** I guard them close to my heart. I shield them from the world outside as one protects a *Diya* from the wild wind. ■

# MADHUBAN: THE ICE CREAM FACTORY

*Life Should Be Like Ice Cream: Cool, Sweet, Smooth and Enjoyable*

B.K. David, UK

**Y**ou need a streak of self-sufficiency, self-reliance and a lot of self-faith and confidence in your heart and mind if you wish to gain a close relationship with God. It's those that are not dependant on public opinion and conformity that can gain a close connection with God. If you look at what most of humanity stands for and works towards each day, it's far from elevated and what God stands for.

There are unlimited benefits in having a union with God that increases one thousand-fold your self-respect for all, especially towards yourself. This union makes soul realise that he was a slave to his body and the desires of others and influenced by their narrow perceptions of life.

**Can the Titanic fit through the eye of a needle? Can God be a God of suffering?**

Most conceive God to be a God of suffering and even worship the cross of suffering, blood and long nails. Yet God is an ocean of love and peace, sweetness and happiness which renders man's perception of Him to the dark ages where once we thought the world was flat.

**By not knowing God we can make Him into a Mickey Mouse, put Him into anything, even a tree, a stone idol, and think we are right.**

Our knowledge and understanding of God is far from accurate and a billion miles away from the truth; as far as the earth is from the sun; as far as the devil is from God; as far away as the deepest sea bed is from the desert bed of the nomad that wanders in the driest desert; as far as what a pirate's life is from the holy nun's life of renunciation and service.



We read holy books and turn ourselves and God into some giant Mickey Mouse in our ignorance and think heaven is up there waiting for us on a cloud and we at the end will be given a free ticket into that Disney world up above.

**Are you a weed or a gardener?**

Only those with the watering can of good wishes and actions will become worthy gardeners to step into the Garden of Allah and heaven.

God teaches us, His children, to live in the present that walks us ever closer to perfection and the land of heaven. Tomorrow heaven shall bloom from the hosepipe and watering given by God and His gardeners.

We need to wear the boots of simplicity and take off the boots of slavery, wealth and comfort that only walk you to the bog of quicksand, vice

and where few will ever return from their impure walk in the dark.

**Be brave and put down man's bloody history book that weighs far too heavy to keep on carrying round with you that serves to remind you of the atrocities inflicted.**

The history told in books belongs exclusively to man and as soon as you open such a book, dark clouds, spears and bullets come shooting out from its pages which then become soaked in blood from first till last. In reading such gloom keeps such gloom and sorrow alive and the tears flowing.

**We live in a world divided by those that have learned to buy and wear a large sombrero hat of love whilst on the other side of the road, are those with clenched fists wearing their gloves of shove.**



Most live a life as if eating glass: sharp, unpleasant and dangerous. So, God needs to come, and has come, to teach us how to make and eat constantly ice cream and in so doing, remove us from eating glass.

There is no difference to the taste and eating of old (past life) or new (present problems) glass. Both forms of glass will cut your mouth and throat when chewing it over. The results of digesting such glass and the damage it does is at best, painful, and at worst, drastically fatal.

**Being a child of God means – shopping for**

**one!**

You need to look after yourself every minute of the day and to the second, if you are to have a successful spiritual life. You need take care and choose only the best thoughts to buy from life's supermarket to put into your trolley (mind) as once in, they will need to be paid for and if not high thoughts, you will for sure, need pay for them 100 times over later as poor thoughts come with a hefty price tag that no one can afford, however rich they might be.

**There are good and bad thoughts and both bring great repercussions that can make you smile and dance or feel sad and make you go back to bed.**

This 'thought shopping' is the most important aspect in your life as it sees you as the ultimate manager, security guard, customer and consumer at the end of the day and when you leave the checkout and shop, all will be told on your face and eyes if you have bought good products or bought cheap foods (thoughts) that are out-of-date and are not health promoting and have quite the opposite effect, and poison you when eating.

**God, Plus One.**

Each of your daily shopping lists should have a heading 'God, Plus One', at the top. We need this bold reminder as we all walk through man's poor supermarket where the only foods on offer produce anger, stress and worry and these are down every aisle and at eye level which make them hard to escape from or ignore.

**At best, man supermarket shelves will only be able to offer you false, mundane, basic, unpleasant, substandard and gross foods (thoughts) for you to place in your trolley and later consumption.**

*(... to be contd. on next issue)*

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profound impact on our day-to-day interactions.

### Put yourself in someone else's shoes

When someone is suffering, showing a little understanding and empathy can help them feel that they're not alone. Whether they've lost a job, a loved one, or they're feeling under the weather, empathy is a practical way to show kindness in everyday life. Imagine yourself in their shoes and reach out with compassion and kindness. **The best way to practice compassion is to feel others pain as your pain, then automatically you will get more compassionate attitude!**

With your attention is focussed to the other person, tell yourself: Just like me, this person is seeking happiness in his life. Just like me, this person is seeking to fill his needs. Just like me, this person is learning about life. Just like me, this person is trying to avoid suffering in his life. Just like me, this person has known sadness, loneliness and despair.

We often think of kindness and compassion as something that changes the lives of others. However, when we actively choose to be kind, the lives we change the most are often our own.

In a world filled with struggle and pain, kindness is like a bridge to peace and harmony; a tool that can tighten and strengthen bonds. ■

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to its usual resting rate, the more fit you are. Another measure of your fitness is your resting pulse rate – slower is the resting pulse rate, more fit you are. You can also measure your fitness by knowing how long and how far you can exercise.

The Yoga asanas are excellent form of stretching exercises, which tones up the muscles. The bending and stretching provides a kind of internal massage, which improves the functioning of vital organs and also produce the feeling of tranquillity of mind. Besides Yoga asanas, regular meditation, dietary optimization with more fruits, vegetables, nuts, milk and milk products, regular massage with optimize oil are excellent for health and longevity.

Live longer and live younger with regular yogic practices and create productivity, development and world peace. ■

## WORDS OF WISDOM

- ◆ Life is ten percent what happens to you and ninety percent how you respond to it.
- ◆ The two most important days in your life are the day you are born and the day you find out why.
- ◆ When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one that has opened for us.
- ◆ The more man meditates upon good thoughts; the better will be his world and the world at large.
- ◆ The greatest blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not.

## TONGUE-TIED IN PRESENCE OF MAHATMAS!

*Have a close connection with God so that our vibrations can inspire and uplift others.*

B.K. Ravi Shankar, Agartala

A number of us have read stories about how Swami Vivekananda had recalled, during his last days with Swami Ramakrishna Paramahansa, how he had predicted his own end and that he had wanted to ordain Swami Vivekananda as his successor, to spread the message of universal brotherhood and that all religions lead to that one common goal. During one such meeting Swami Ramakrishna had placed a hand on the head of Swami Vivekananda ....and he “felt a current pass through” his body. Obviously, he was speechless!

When Swami Vivekananda had first met Paramhansa, he did have a number of queries



which he had posed to Sri Ramakrishna, which were all answered to his satisfaction. But as time went on, he got more and more convinced and his queries also obviously reduced.

Legend has it that similar things used to happen with the Shankaracharya of KanchiKamakoti “Paramacharya”. He would subtly indicate

something to the devotees which would have deeper repercussions later on. In any case, the devotees having come to ask him questions would end up just seeking his blessings!

Closer now, on an interaction with senior Rajyogi Brahma Kumar Brij Mohan Bhai, at the Brahma Kumaris headquarters in Mount Abu, he recalled an incident long ago with Dadi Prakashmani, the erstwhile head of the Brahma Kumaris. He had been once asked to hold the basket of “Toli” or *Prashad* while she was distributing it to the rest of the disciples. When his turn came in the end, she gave him a powerful ‘*drishti*’ and handed him the ‘*Toli*’. He also felt a current pass through his body! He recalls that being an officer and having recently joined the institution, he felt a tinge offended, that he had to hold the plate for others! In his own words, however, once all had been distributed and his turn came, when Dadi gave him the *Toli* with a powerful “*Drishti*” or blessings, all his doubts vanished! He could never bring around to ask her “Why me?”

Haven't we felt it a number of times in our own lives? As students, we feel we will ask a question to this teacher, but suddenly we find he or she is better prepared and then we think of postponing it for tomorrow. Or sometimes, the teacher covers our doubt on her own! Cut to college...as part of students' unions, many a time, they gherao the principal, but at times, the powerful aura of the principal simply overcomes the situation and the students come back after a due discussion, duly convinced.



In the office too, at times, we would like to confront our seniors, who in our opinion, are either partial or we feel we have been hard done by them. But the moment you step into their office, many a times you are tongue-tied, not knowing why or how to frame your sentence or the reason you had wanted to confront them in the first place!

At other times, when hearing a talk, of some famous personality, or a subject expert, we do have our own doubts and think of clarifying them in front of all. When the time comes, however, even in public or one-on-one, we fail to ask the question!!!

There are numerous such incidents of those who felt fortunate to be performing the duties of being one of the close aides of Dadi Janki, who was the erstwhile administrative head of the Brahma Kumaris.

Dadi Janki lived upto the age of 104 and was an accomplished Rajyogini and a *tapasvi*. In fact, legend has it that she was once declared to be having “the most stable mind in the world!”

Though only educated upto primary standard, whenever persons from all walks of lives, especially foreigners used to come to her, as the administrative head of the Brahma Kumaris worldwide, with a lot of questions on her and about the organization, she used to carry out five minutes of meditation, speak a few sentences on God, the Supreme and then be ready to answer questions.

When the audience were asked if they had any questions which were to be asked, from Dadi, they used to be fully satisfied and did not want any questions to be asked. All their queries had been already answered!

These kinds of situations generally happen in front of spiritual or religious heads.

The legendary cricketer, Sunil Gavaskar, also recalls how the Sai Baba of Puttaparthi once gave him a lesson in humility. He, being an ardent follower of the Sai Baba, had once gone to pay obeisance to

him, on being appointed the Indian Test Cricket Team Captain. He recalls how, cricket, being almost a religion in India, the “most powerful appointment” in this land... is the Prime Minister of the country and then the National Cricket Team captain!!! It was but natural that a sense of arrogance or over confidence had crept into his personality, wherein he expected everyone to recognize him. When he got into the car along with Sai Baba and drove to the function, he recalls how everyone with folded hands acknowledged only Sai Baba and not him, thereby giving him a subtle hint in staying firmly rooted to the ground!

It is their aura and their years of doing meditation which brings a certain glow or radiance around them that others are left speechless. God, the Supreme tells us that if we also begin to have a close connection with Him, then His powers will also make us divine and our vibrations will inspire and uplift the rest of the world. ■

### Life Changing Advice

- Make each day your masterpiece.
- Don't be afraid to fail. It's not the end of the world, and in many ways, it's the first step toward learning something and getting better at it
- Take up one idea. Make that one idea your life — think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body be full of that idea, and just leave every other idea alone. This is the way to success.
- Don't allow your past or present condition to control you. It's just a process that you're going through to get you to the next level.

# HUMILITY IS MY GODLY ARMOUR

B.K. Mahima, Gwalior (MP)



**H**umility is like the “pull door”. It is easy to be humble, because, humility is the natural nature of the soul, not the artificial one. Humility also pulls in the good energy and blessings in our lives.

**Arrogance** is like the “push door”. It takes effort to adopt that form, as; it is not the natural nature of the soul. Also, arrogance pushes away all the good energy out of life.

**Humility** is the result of the positive energy of acceptance. Humility accepts the existence of One Supreme Almighty Authority and soul. Humility accepts different people, situations, and circumstances with grace.

**Arrogance** is the result of the negative energy of rejection. Arrogance rejects the existence of One God, rejects the existence of soul. Arrogance rejects different people, various viewpoints, situations and circumstances with a heavy heart.

It is noticeable that, a humble soul is a happy soul. Why? Because, humility says “it’s OK” Everyone and everything is OK, No problem! A humble soul will easily adapt to changing situations, different scenes and to varied *sanskars*. You must have seen a clean, flowing river. A humble soul is like that river, with no garbage / blockage of jealousy, hatred, stress, anger, irritation.

Arrogance makes a soul like a wilted dry tree. And that is why, arrogance can never bow

down. Humility is like a fruit laden tree. Humility teaches to bow down. A humble soul always stands out.

Arrogance says “I Know” Humility says “I learn”.

Arrogance says “I am right” Humility says “I understand”.

Humility is just not external; humility is rather the state of mind. What are my thoughts, attitude, feelings about self, others and situations? If the line of my mind is always engaged in looking at others or outside, then, I can never be truly humble, because the mind is constantly busy correcting, criticizing and complaining – dangerous trio “C”.

Versus Humility is like that gentle, cool breeze, caressing the face... invisible, non-showy, but makes the heart serene and happy.

The Supreme God Father, like a caring parent, disciplines his children: Be humble and such a sample, that looking at you, others are inspired to follow the Right path. **Humility heals very old hurts stored in the heart, because a humble soul has nothing to lose, only gains.** And, when the soul is accurately gaining in every breath, the heart becomes so full of happiness and God's love that there is not an inch left for hurt and pain. ■



**Delhi:** Ms. Shobha Karandlaje, Union Minister of State for Agriculture is in group photo with BK Asha and BK Savitha.



**Keshod (Guj):** Bhupendra Patel, Chief Minister of Gujarat and Mr. Jyotiraditya Scindia, Union Minister of Civil Aviation are being presented Godly gift by BK Roopa.



**Mumbai (Borivali):** Unveiling Ceremony of 'Prabhu Upvan Road' is being performed by Mr. Sunil Rane, MLA, Ms. Ashawari Patil, Corporator, BK Divyaprabha and others.



**Ahmedabad (Navarangapur):** 'Divya Darshan Bhavan' is being inaugurated by Mr. YM Shukla, Charity Commissioner Gujarat, Mr. Mukesh Bhai Patel, International Tax Adviser, BK Brijmohan, BK Chandrika, BK Sarla, BK Ishitaben and others.



**Rairangpur (Odisha):** In a public program sitting on the stage are (R-L) BK Arun, Ms. Droupadi Murmu, former Governor of Jharkhand, BK Bimla, BK Ramnath, BK Supriya, and BK Nathmal.



**Itanagar:** In a Seminar on Women empowerment sitting on the stage are (L-R) BK Junu, Ms. Higio Aruni, President, State BJP Mahila Morcha; Ms. Taba Yall Nabam, Legendary Artist ; Mrs Yukar Yaro, Corporator Nabam Yahi Tad, General Secretary, State BJP Mahila Morcha.



## ***BE FEARLESS AND FIRM***

**T**here are children who overlook the Father. Even in daily life, some children become unworthy. Children may be unworthy, or worthless, but the Father is never known to be like them. Even a worldly father is merciful towards his children, regardless of how the children are; and this One is the unlimited God-Father. He is famous for this: He is remembered as The Merciful. The Father Himself says: 'I come whenever the children are unhappy, to show mercy!' When children become impure and unhappy, the Father comes and helps them. This is why He is known as the redeemer and as the saviour. Now, we have found that father.

Those children who reject such a God-Father are called unfortunate. Despite finding this Father, the Bestower of Fortune, they are unable to attain anything from Him. So, what should we call such ones? Unfortunate, but we should not become like them. Therefore, one must continue to take care, to not be deprived of our spiritual inheritance.

### **Maya Is Our Enemy**

Many things come before us. Maya (vices) is very powerful, immensely forceful. It is her kingdom. This is the end now; she will use her full strength. So, one will be able to face Maya in proportion to his bond with the Father. It is we children who fight with her. We have learnt to fight

with Maya. Earlier, we never knew about Maya because we belonged to Maya; it meant we were under her control. So why would we fight, when we were under her control? But when she finds us drifting away from her, she uses the game of excuses and temptations to trick us.

Even if she loves us, she loves with enmity inside her. She tempts us a lot, to pull us towards her. Now we know that Maya is our enemy, all these things will come before us. Many types of things come in front of us. Even if some children don't have any bondage, still, vicious or waste thoughts of their own mind will distress them.

**One would face obstacles, papers and illusions that one did not face before. Scarcity of money, loss in one's business and many other things will also happen.** One would say: 'I never experienced all these things in this way, before taking this knowledge' Friends will become enemy; relatives will become distant, many wrong things, upside down, will come. This is because Maya will clear our accounts completely.

Now, this is the time when we must finish the accounts we have with Maya Ravan. When, we disconnect our intellect from the body, and bodily relationships, we are bound to face Maya/ Ravan. Such things must be understood. There is no need to become confused.

### **Go Across With Caution**

**Many people think: 'Oh, after being**

**Baba's, there are so many misfortunes! I have found God; I have embraced His love; and so, good things should happen to me! No hardship must come my way.' One shouldn't think this way as we are bound to clear tests.**

Therefore, seeing such wrong things, one need not think one hasn't found God, or wonder whether or not God exists, or whether one is on a wrong path! 'Are all the old gods upset with me, because I have come here?' One shouldn't think this way.

**God Himself has informed us well in advance that all tests – difficult situations – will come.** Many have left Godly Knowledge, getting afraid of such things, or they have been scared of what others say. There are some people, if someone infuses some wrong information into their mind or some doubt arises in their own mind, they break up. All this will happen, and has happened. For some or the other reason, they break up. All this has happened; I have seen it. However, the main reason responsible for all this is body-consciousness.

Body-consciousness also comes because one gets afflicted with different forms of Maya

such as lust, anger, greed, attachment or many types of suspicions. These are the weapons of Maya to drift us away from *Gyan* by arousing wrong things in the mind. Turning the intellect upside down is Maya's job.

All this will continue, so one has to be cautious as well as courageous about this. The Father says: 'Connect your intellect with me, so that it never gets deviated or wrong.' One must continue to check. With the power of checking, one must maintain caution, and take oneself across.

**We have to change ourselves in this very birth. We must cross all these hurdles of Maya.** So, one will have to make effort. One must not become relaxed or careless, forgetting the God-Father. The Father says: 'Make effort to remember Me.' This is an internal effort. One doesn't have to do anything external. The most beloved Shiva Baba says: 'such situations will come, such things will happen, as to require you to have Immoveable faith. Continue to make effort with unshakeable, firm faith.' Keeping all these aspects within ourselves, we must be cautious, and caution others as well. We have to save ourselves and others from slipping from the righteous path and from being deceived by Maya. ■

### LAUGHTER: THE BEST MEDICINE

**Employer:** "We need someone responsible for the job."  
"Sir your search ends here! In my previous job whenever something went wrong, everybody said I was responsible."

You want to come in my life, the door is open.  
You want to get out of my life, the door is open.  
Just one request. Don't stand at the door, you're blocking the traffic.

I never make the same mistake twice.  
I make it 5-6 times, just to be sure.

On the Internet you can be anything you want.  
It's so strange that many people choose to be stupid.





**Bhadra (Odisha):** HE Prof Ganeshi Lal, Hon'ble Governor of Odisha is seen with BK Chandarkanta and BK Bhagwati after a meeting.



**Reeva(MP):** BK Nirmla is being felicitated by Mr. Girish Gautam, Speaker of Assembly. Mr. Ajay Pratap Singh, MP and Janardan Mishra, MP are also seen.



**New Delhi (Hari Nagar):** Prof. M. Jagdish Kumar, Chairman, University Grant Commission is in group photo with BK Vijay, BK Neha and BK N.K. Choudhary after being invited for a program.



**Mumbai (Santacruz West):** A spiritual program is being inaugurated by Ms. Alka Kerkar, Corporator and Ex. Deputy Mayor, Mr. Hetal Gala, Corporator, BK Yogini, BK Meera, BK Kamlesh and others.



**Bilaspur (C.G.):** BK Manju is addressing to Traffic Police Personnel during 'Safe India Road Safety Campaign'. Mr. Rohit Baghel, Addl. Superintendent of Police and Mr. Sanjay Sahu, Deputy Superintendent of Police are also seen.



**Kurukshetra:** A Meditation Seminar for Media Persons is being inaugurated by Mr. Sanjay Dwivedi, DG of Indian Institute of Mass Communication Delhi, Mr. Devesh Mishra, Founder President of Indian Journalists Protection Association Trust, BK Sushant, BK Saroj and others.

# RIGHT UNDERSTANDING

*See things as they really are, not just as they appear to be*

Farha Sayed, Mumbai (Tarim/ Yemen)

It is right understanding that is real wisdom. Thinking about truth is not enough. We must realise truth ourselves. We must see things as they really are, not just as they appear to be. Apparent truth is a reality, but one that we must penetrate in order to experience the ultimate reality of ourselves and eliminate suffering.

**There are three kinds of wisdom: received wisdom, intellectual wisdom and experimental wisdom.** The “heard wisdom” - wisdom learned from others, by reading books or listening to sermons or lectures, for example. This is another person's wisdom which one decides to adopt as one's own. The acceptance may be out of ignorance. For example, people who have grown up in a community with certain ideology, a system of beliefs, religious or otherwise, may accept without questioning the ideology of the community. Or the acceptance may be out of craving.

Leaders of the community may declare that accepting the established ideology, traditional beliefs, will guarantee a wonderful future; perhaps they claim that all believers will attain heaven after death. Naturally the bliss of heaven is very attractive, and so willingly one accepts. Or the acceptance may be out of fear. Leaders may see that people have doubts and questions about ideology of the community, so they warn them to conform to the commonly held beliefs, threatening them with terrible punishment in the future if they

do not conform, perhaps claiming that all unbelievers will go to hell after death. Naturally, people do not want to go to hell, so they swallow their doubts and adopt the beliefs of the community.

**Whether it is accepted out of blind faith, out of craving or out of fear, received wisdom is not one's own wisdom, not something experienced for oneself.** It is borrowed wisdom.

**The second type of wisdom** is intellectual understanding. After reading or hearing a certain teaching, one considers it and examines whether it is rational, beneficial and practical. And if it is satisfying at the intellectual level, one accepts it is true. Still, this is not one's own insight, but only an intellectualization of the wisdom one has heard.

**The third type of wisdom** is that which arises out of one's own experience, out of personal realization of truth. **This is the wisdom that one lives, real wisdom that will bring about a change in one's life by changing the very nature of the mind.** The practice of Raja yoga meditation is an enhanced way to self-realization to attain ultimate bliss and the experience in our day-to-day life becomes much easier with quality understanding.

Truth can be lived, can be experienced directly, one within oneself. Whatever is outside is always at a distance from us. Only within can have actual, direct, living experience of reality. ■

### **Yoga for Perfection**

Contd. from page ... 3

relationship with Him is a pivotal point. Again, Patanjali has defined yoga as 'stopping various modes of Mind' whereas in our system yoga is considered as the loveful and heightened awareness of 'God' or 'establishment of mental link of the self with God by being deeply conscious of the soul, and of God.'

Furthermore, Patanjali, in his system of Yoga, which is also known as 'Ashtang Yoga' (Yoga comprising of Eight limbs) has also mentioned 'Asanas' (physical posture) and Pranayama (breath-control) as two limbs of Rajyoga even though his treatise does not lay emphasis on any particular asana and, instead, considers any posture in which a person can sit relaxed, as an asana. Compared to this, in the Rajyoga, we learn here, the emphasis is on forgetting the body and the worldly things while practicing yoga and sitting in any easy posture without being conscious of one's breath, for the whole attention has to be directed to the self-luminous form of God rather than to the body or any other extraneous and material thing.

Another serious point is that people consider Rajyoga as a form of discipline which is different from Gyan Yoga (Yoga of Knowledge), Karma Yoga (Yoga of Action), Buddhi Yoga (Yoga of the Intellect) Bhakti Yoga (Yoga of Devotion), etc.,

So, from the very moment we tell someone that we practise Rajyoga, he begins to think that our system of yoga excludes all these kinds of yoga from its scope and that our emphasis mainly is on concentration. This, therefore, causes a misconception in the very beginning. They wrongly think that we, perhaps, give no place to love for God in our way of Rajyoga.

Moreover, when people hear that we Brahma Kumaris practise Rajyoga, they form the view that we practise Patanjali system of Yoga or something akin to it if not identical to it. But they get their first shock when they learn further that our system does not have much but only few important things in common with Patanjali and that we neither refer to Patanjali nor we cite anyone of his aphorism nor are many of us well-versed in Sanskrit. No doubt they soon recover from this shock when they find that what we teach and practise has not only the essential elements of most kinds of yogas but it has also great stress on love for and the faith in God and an observance of moral and spiritual values at their highest and easy discipline whereby mind becomes Satvic. One feels exhilarated to know that the yoga is taught here by sisters who are highly experienced and elevated and that this yoga has the potentialities of solving all the social, economic and other problems of our day besides liberating us from negativity and delusion. ■

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