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# SELF DEVELOPMENT

For People in Business and Industry

(A Newsletter for private circulation)



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10<sup>th</sup> Anniversary  
SPECIAL EDITION

## “WE ARE TEN & GOING ON ELEVEN”

“Service to humanity is the true treasure worth aspiring, for it purifies our inner being and conquers all desires.” - Mahatma Gandhi

### MESSAGES FROM

#### Our Inspiration: Dadi Hridayamohiniji

Jt. Administrative Head of Brahma Kumaris



दादी हृदयमोहिनी जी  
अध्यक्षा, व्यापार एवं उद्योग प्रभाग

ओम् शान्ति।  
बिज़नेस वालों  
को तो सदा यही  
लक्ष्य रहता है कि  
ज़्यादा से ज़्यादा  
सच्ची मेहनत से  
कमाई को  
बढ़ाये। तो  
बिज़नेस वालों के  
लिए यह  
राजयोग तो बहुत

आवश्यक और सहज है क्योंकि एक तो राजयोग से मन की एकाग्रता बढ़ती है और जहाँ एकाग्रता होती है, वहाँ निर्णय बहुत सहज और यथार्थ होता है और साथ-साथ यह एक जन्म का राजयोग का साधन वा साधना, पुरुषार्थ का फल 21 जन्म निश्चित ही प्राप्त होता है। यह गैरन्टी है कि सदा सुख-शान्ति सर्व प्राप्तियाँ होनी ही हैं। वहाँ किसी भी चीज़ की अप्राप्ति नहीं है। बोलो, यह प्राप्ति करना पसन्द है ना! सहज ही एक जन्म में अनेक जन्म का सुख निश्चित हो जाए तो कितना अच्छा है। यह न्यूज़लेटर व्यापार और आध्यात्म के समन्वय का एक सुंदर माध्यम है और 10 वर्षों में सभी के जीवन को उन्नति पथ पर अग्रसर करने में सहयोगी रहा है। भविष्य में इसके द्वारा सेवाओं की सफलता व जन-जन तक परमात्म संदेश पहुंचाने में माध्यम बनने के लिए हमारी बहुत-बहुत शुभकामनाएँ।

#### Message From



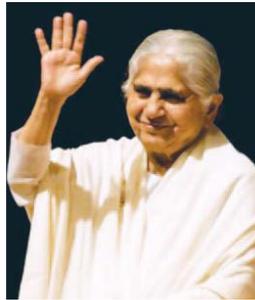
Divine Sister B.K. Yogini  
National Co-ordinator  
Business & Industry Wing

It has been a decade since we have initiated this newsletter. This has inspired a new direction and perspective for bringing awareness in Self Development

#### Messages From Our Ideal: Dadi Janki

Chief Administrative Head of

Brahma Kumari



Om Shanti.  
Congratulation  
to the B & I  
Wing for  
completing 10  
years of  
publication of  
Newsletter  
S E L F

DEVELOPMENT, which has enabled the message of “When I Change, the world changes” to reach to the segment of people connected with Business and Industry.

Everything created by human beings is first created in the mind through thoughts. The thoughts of Mahatma Gandhi led to liberation of a whole nation thru Non-Violent resistance. This provided a long lasting global Inspiration. Now, this is a challenge, because we have been greatly affected by the negative environment.

We need replace negative thoughts them with elevated thoughts and power of deep love that comes from true knowledge of our own Spiritual Identity

and Knowing GOD for people in Business and Industry. There has been a continuous sharing of ideas and concepts helpful in this field, and regular inputs about different forums and initiatives happenings in this wing. The newsletter's objective has always been to create stress free environment with value based management. This would not have been possible without God's blessings

### SPIRITUAL POWERS FOR SUCCESS IN BUSINESS & INDUSTRY

By Sister B.K. RADHIKA, Hyderabad

In this competitive business world, there is a dire need to succeed and there is a continuous struggle to prove one's own self worth. There are highly demanding targets with minimal time. The speed with which an individual has to fulfill his responsibilities leads to stress. It is observed that efficiency is not measured by mere expertise in fulfilling tasks, but on how stress free one is whilst performing these tasks. This requires patience with people, clarity in fulfilling tasks and stability in different circumstances. Though people are achieving targets and aiming high, a void still remains. A prime method to fill the void is by accumulating the capacity to sustain oneself through turbulent times. Everyone's capacity is measured by the internal power. This internal power enables the individual to be in the midst of all the responsibilities and, still, find the calm within. Most people deal with the world with external power.

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and the team spirit and coordinated effort of all the members of the wing. It is indeed our good fortune to have respected Dadi Hridaya Mohini to guide and inspire us at our every step. The regular feedback and good wishes of the readers have kept our enthusiasm alive. We will continue to make this newsletter both interesting and informative.

## INNER POWERS- by Brother B.K. MIKE GEORGE - BRAHMA KUMARIS UK.



We define 'POWER' as the ability to influence future change. In the context of the world around us we see this kind of power taking various forms.

Financial power, the power of money, can radically change anything from the number of objects in your home to the way a country may function. Political power has the ability to alter such laws that may influence the changing behaviours of millions. And scientific power has the capacity to change almost anything from our physical health to the ways in which we travel the world. However it has become clear that the use of all these, and other external manifestations of 'power', are not quite in harmony with the natural world around us.

Changing the people who are responsible for the 'application and use of power' in these arenas also seems to make little difference. And the games of 'vested interest' being played by those with scientific power, especially in the context of health and technology, continue to surface in the public arena. However, any and all misuses of power, in any and all contexts, usually have one thing in common, our old friend greed. Yet even greed is not to be condemned, for it is just a disease (dis-ease) of consciousness much like a disease of the body and it can be cured. But it necessitates a deeper understanding and realisation of the origins of power, simply because all greed is driven by an ignorance about the true nature of power.

In what is sometimes referred to as the 'manifest world' or what we sometimes call the 'real world', power creates change in the way things happen and in

the way things are 'out there'. However if we define 'reality' as that which never changes it means that which is always changing is at best a secondary reality, if not a kind of unreality. This is probably why down through the ages the spiritual understanding of power was quite different to our modern definitions. To the sages and saints, the spiritual masters and the gurus, real power is only found in the 'unmanifest world' of spirit, of consciousness, of the self. In this reality 'real power' is only known when absolutely nothing changes.

Nothing changing within our consciousness is almost unimaginable. It even seems to be contrary to the very purpose of being, which is to change and keep changing, to think and keep thinking new thoughts, to feel and keep feeling new feelings, to emote and keep emoting, to process and keep processing. That's exactly what consciousness seems to be designed to do. And it can, but not in such vast quantities and at such uncontrolled speeds at which so many of us now 'operate'. Only recently a study by the University of California calculated the speed of modern life as 2.3 words per second, or 100,000 words per day. This they say is the verbiage bombarding the average person in the 12 hours they are awake and 'consuming'. Although we may not actively read 100,000 words a day that is the approximate number reaching our eyes and ears. Add images such as videos and computer games, and apparently we are faced with 34 gigabytes of information each day enough to overload the typical laptop in a week!

Some say that both the increased speed and quantity of change within the expanding processing capacity of our consciousness is a sign of progress, a kind of evolution of consciousness, an

expansion of our capability, an ascension to greater heights of complexity. While others say it is a regression, a descent into mental and emotional mania, and a rabid addiction to change that drives us to seek more effective ways of self-stimulation. The data deluge of the 21st century seems to have made us dependent on information streams that require almost infinite and unending processing power within human consciousness. Whichever side of that fence you choose to sit you can't escape the reality that consciousness is most powerful.

If you keep a car engine going at highest revs and never switch it off it won't be too long before mechanical exhaustion will set in. While comparisons between engines and consciousness are misleading beyond the simplest analogy, we all know that when we 'think' too much we simply confuse and tire our self. If we 'emote' too much we either drain our energy or become addicted to the emotions, usually both. If we 'remember' too much we lose focus and find it hard to live in the present. If we 'worry' at all we generate fear and that is what stress is within the unmanifest world of consciousness. All these movements in consciousness, all these changes within the self, are what diminishes our power.

We all know this to be true from our own experience. In other words the winds of change always seem to be blowing through our consciousness as our thoughts and feelings, speculations and



imaginations keep changing. And more often than not we seem to feel powerless to control any of them.

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## शुभ संदेश



बी.के. गीता बहनजी ज्ञान सरोवर,  
HQ संयोजिका व्यापार एवं उद्योग प्रभाग

व्यापार एवं उद्योग प्रभाग के तरफ से जो न्यूज लेटर पत्रिका पिछले 10 वर्ष से प्रकाशित हो रही है वो इस वर्ग से जुड़े लोगों की सेवा का बहुत अच्छा साधन है। व्यापार एवं उद्योग की सफलता के लिए उस क्षेत्र से जुड़े लोगों की आध्यात्मिक उन्नति होना अति आवश्यक है।

यह पत्रिका आध्यात्मिकता के काफी पहलुओं को स्पष्ट करती है तथा उन आध्यात्मिक सत्यों को व्यवहार में लाने का मार्गदर्शन भी देती है। मैं समझती हूँ ये पत्रिका नितांत आवश्यक है। उनके सफल दस वर्षों की सेवा पर हम लाखों बधाईयाँ देते हैं। आगे उनकी दिन दूगनी रात चौगुनी प्रगति के लिए शुभकामनायें।

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## SPIRITUAL POWERS FOR SUCCESS IN BUSINESS INDUSTRY

It comes with a position, experience, contacts or popularity. In managing the world, with these as the background, creates apprehension and doubt. It is observed that what is transitional always brings insecurity and uncertainty. There will, then, be a continuous struggle to maintain a peaceful state of mind. Even though goals are achieved the joy of it is not experienced. At the same time, when there is focus on the values and the strength within the self, dealing with the world becomes easier. In other words, instead of thinking how to manage others, the understanding should be of, how to manage myself whilst dealing with others. There will, then, be a paradigm shift in my thinking and perception. Instead of controlling the world around me, I will, automatically,

## शुभ संदेश



बी.के. मदन लाल शर्माजी  
राष्ट्रीय संयोजक, व्यापार एवं उद्योग प्रभाग

अति प्रसन्नता की बात है कि 10 वर्षों से न्यूजलेटर का नियमित रूप से सफलता पूर्वक संपादन व प्रकाशन हो रहा है। इसके द्वारा सभी को परमात्मा का संदेश मिलने के साथ-साथ व्यापारिक क्षेत्र में सफलता के लिए अनुभव-युक्त प्रवचन व कार्यक्रम आदि की सूचना भी लोगों तक पहुंचाने का सुगम साधन बना है। इसके द्वारा प्रभाग की सेवाओं का समाचार प्राप्त होता है और सेवा संबंधी विधियाँ भी प्राप्त होती हैं। आशा है कि भविष्य में भी प्रभाग से जुड़े हुए लोगों की सेवा अत्यधिक उमंग-उत्साह से होती रहेगी। योगिनी बहन व सेवा साथियों का अथक योगदान व प्रतिबद्धता से ही यह संभव हो पाया है। इस त्रैमासिक प्रकाशन की सफलता के लिए हमारी शुभकामनायें।

inspire it.

**There will be four dimensions to success when there is internal power.**

- 1 The self is empowered - There is immense calm and clarity about oneself. Bringing with it Self-esteem and confidence.
- 2 Harmonious Relationships - Connecting to others with love and compassion, thus, enabling solutions for all conflicts.
- 3 Achievement of tasks - Reaching goals and accomplishing targets with great discernment.
- 4 Stability in situations - Having the composure to face and accept reality. Learning through circumstances,

## श्रेष्ठ चिंतन से चिंता मुक्ति

बी.के. मोना, मुम्बई

आज के इस संसार में व्यापारिक, सामाजिक तथा व्यक्तिगत उथल-पुथल में स्थितप्रज्ञ होना अति आवश्यक है। स्थितप्रज्ञ होना अर्थात् बुद्धि को स्थिर रखना।

इतिहास के पन्नों में दिखता है कि क्रिस्टोफर कोलंबस ने केवल दिशा निरूपण यंत्र (कम्पास) के माध्यम से सागर के तूफानों का सामना किया और सफलता पाई। कहा जाता है कि आज का समय अनिश्चितता का है, हर पल तनाव, परेशानियाँ और अनिश्चिततायें बढ़ रही हैं। ऐसे समय हमें स्वयं को अंदर से सशक्त बनाना होगा। जो स्वयं सशक्त होगा, वही दूसरों को भी शक्ति दे सकता है। जब तक अपने व्यक्तिगत लक्ष्य और संस्था के लक्ष्य में समानता नहीं होगी, तब तक सफलता का अनुभव होना कठिन है। दोनों में अंतर ही तनाव का कारण बन जाता है।

तनाव के विशय में एक मान्यता यह है कि वह जन्म से लेकर मृत्यु तक हमारे जीवन का अभिन्न अंग होता है, परंतु जैसे ही हमारा जीवन हमारी मान्यताओं और मूल्यों से विपरीत दिशा में जाने लगता है, वैसे ही हमारे जीवन में तनाव बढ़ने लगता है।

इन समस्याओं की जलती हुई चुभन से राहत दिलाती है – आध्यात्मिकता। आध्यात्मिकता मन को स्थिरता प्रदान करती है। अपने वास्तविक स्वरूप को जानना और उसे जाग्रत रखना ही आध्यात्मिकता है। आत्म-जागृति हमारे विचार, व्यक्तित्व और निर्णयशक्ति को ठीक कर लेती है। जैसे पौष्टिक भोजन, आराम और व्यायाम से शरीर स्वस्थ रहता है, वैसे ही आत्म-जागृति, योग-अभ्यास और आध्यात्मिक ज्ञान से मन को स्वस्थ रखा जा सकता है।

Bringing in more happiness to life.

In conclusion, when there is chaos it is essential that one looks within. It is so important that whilst running against time one has to stop. Taking these pauses from the hustle-bustle of daily life recharges oneself. The more one is empowered the lesser time it takes to fulfill tasks and to sustain an internal serenity. This balance creates an effective lifestyle which inspires others.

## व्यापार एवम् उद्योग प्रभाग की मीटिंग का सार-गर्भित समाचार



व्यापार एवं उद्योग प्रभाग की ओम निवास में हुई मीटिंग में मंच पर उपस्थित हैं (बायें से दायें) बी.के. हरेश भाई विले पार्ले, गीता बहन ज्ञान सरोवर, HQ संयोजिका, योगिनी बहन एवं बी.के. मदन लाल शर्मा, राष्ट्रीय संयोजक, प्रेम बहन संयोजिका

मीटिंग में उपस्थित सदस्य ध्यान पूर्वक सुनते हुये।

व्यापार एवम् उद्योग प्रभाग की मीटिंग का आयोजन 22 से 24 जनवरी 2010 में मुम्बई के ओम निवास सेन्टर में सम्पन्न हुआ जिसमें भारत के विभिन्न स्थानों से 110 भाई-बहनों ने भाग लिया। कार्यक्रम को दिशा देने के लिए प्रभाग के मुख्य वरिष्ठ भाई-बहनों उपस्थित थे - योगिनी बहन, गीता बहन, एम.एल. शर्मा जी, प्रेम बहन पंजाब, दीपा बहन विले पार्ले, राधिका बहन नागार्जुना हैदराबाद और हरेश भाई विले पार्ले।

योगिनी बहन ने कहा कि बापदादा की प्रेरणाओं के अनुसार हमें वारिस निकालने की सेवा करनी है जो ईश्वरीय संदेश जन-जन तक पहुँचाने में मददगार बनें। गीता बहन ने सभी का ध्यान इस तथ्य की ओर खिंचवाया कि ब्रह्मा बाबा भी एक व्यापारी ही थे और साथ ही प्रभाग की अध्यक्षा भी बापदादा का रथ आदरणीया गुल्ज़ार दादीजी हैं। विंग्स द्वारा सेवाओं को गति मिली और लोगों को यह भी स्पष्ट हुआ है कि यह मात्र आध्यात्मिक संस्था नहीं है परन्तु यहाँ ज्ञान के व्यवहारिक पहलुओं को सरलता से प्रस्तुत किया जाता है। दादी गुल्ज़ार जी ने कहा कि बापदादा माईक व वारिस क्वालिटी की प्रत्यक्षता चाहते हैं। हमें प्रभाग की ओर से अखिल भारतीय स्तर पर कार्यक्रम रखने चाहिए जो एक ही विषय व थीम को लेकर जिला व ज़ोन में एक ही समय

पर हों। साथ ही आत्म-अभिमानि स्थिति का अभ्यास करके ही हम सेवाओं को ऊँचाईयों तक पहुंचाकर बापदादा के सपनों को साकार कर पायेंगे।

सर्व सम्मति से अखिल भारतीय कार्यक्रमों की श्रृंखला का विषय 'आध्यात्मिक शक्तियों द्वारा व्यापार और उद्योग में सफलता' निश्चित किया गया। इन कार्यक्रमों के लिए मुम्बई के राष्ट्रीय संयोजन ऑफिस से प्रशिक्षक व शिक्षण सामग्री का सहयोग प्रदान किया जायेगा। राधिका बहन ने विशेष रूप से कार्यक्रमों से अवगत कराया व प्रशिक्षण प्रदान किया। साथ ही आगे भी इस प्रकार का प्रशिक्षण कार्यक्रम रखने का विचार किया गया। मीटिंग में आये हुये सभी भाई-बहनों ने अपने ज़ोन / सबज़ोन के कार्यक्रमों व सेवाओं से अवगत कराया। बाबा की नयी मुरलियों के आधार पर सेवा करने के लिए हर ज़ोन को कम से कम 2 प्रोग्राम अवश्य करने चाहिए-1) व्यापारी वर्ग के लिए 2) सभी वर्ग के प्रमुख के साथ व्यापार व उद्योग से जुड़े लोगों का। साथ ही इन कार्यक्रमों के परिणामों का भी निरीक्षण करना चाहिए। पंजाब की प्रेम बहन ने कहा कि इस प्रकार की मीटिंग सेवाओं को सही गति व दिशा प्रदान करती है और सेवा के सुझावों को कार्यान्वित करने के लिए बापदादा की शक्ति भी देती है। उन्होंने सुझाव दिया कि सभी सेवायें पूरे उमंग-उत्साह

के साथ करनी चाहिए। ज्ञान सरोवर के कार्यक्रम में संख्या प्रमाण ही मेहमानों को लाना चाहिए जिससे व्यवस्था ठीक रहे और आये हुए मेहमान कार्यक्रमों का पूर्ण लाभ ले सकें। पानी की कमी को देखते हुए ऐसे कार्यक्रम अन्य स्थानों पर आयोजित किये जाने चाहिए जैसे, ओ.आर.सी, शान्ति सरोवर आदि। सभी ज़ोन के सक्रिय रूप से सेवा में जुड़ने से ही सेवाओं की प्रत्यक्षता होगी और फल दिखाई देगा। शान्तिवन में प्रभाग कार्यालय पर साहित्य उपलब्ध कराना चाहिए। प्रभाग की चित्र प्रदर्शनी जो बनाई जा रही है, उसे दिखाकर सभी के सुझाव लिए गये। प्रभाग के सभी कार्यक्रमों के विवरण का एक फोल्डर छपाना चाहिए। अनुभव पुस्तिका बनाकर उसमें वी.आई.पीज़ के विचार लेने चाहिए जो न्यूज़लेटर में छापे जा सकते हैं। न्यूज़लेटर के 10 वर्ष पूरा होने पर प्रभाग की सेवाओं से लाभान्वित होने वालों के अनुभव छापे जाने चाहिए। ज्वैल्स के कार्यक्रम का उदाहरण देते हुए गीता बहन ने कहा कि इसी प्रकार से एक ही व्यवसाय से जुड़े लोगों का अपने-अपने ज़ोन में छोटे समूहों में कार्यक्रम रखना चाहिए। सेवाधारियों की, प्रशिक्षकों की और जिन स्थानों पर नई सेवायें शुरू की जा सकती हैं उन सब की सूची बनानी चाहिए और आबू के वार्षिक मीटिंग में उस पर चर्चा करनी चाहिए।

### सेवा समाचार



राउरकेला (ओरिसा): बी.के. स्नेहल बहन 'तनावमुक्त जीवन' विषय पर स्टील ऑथोरिटी ऑफ इंडिया में कार्यक्रम कराते हुए।



नवसारी:- सेवाकेन्द्र पर आयोजित स्नेह मिलन (आध्यात्मिक वार्तालाप) में शहर के प्रसिद्ध व्यापारी भ्राता ओम प्रकाश अग्रवाल जी को ईश्वरीय सौगात देते हुए ब्र.कु. गीता बहन जी।



बार्शी:- महाशिवरात्रि के उपलक्ष्य में आयोजित शिव ध्वजारोहण कार्यक्रम में भ्राता प्रफुल्ल शहा प्रसिद्ध व्यापारी एवं रोटरी क्लब के अध्यक्ष को ईश्वरीय सौगात देते हुए ब्र.कु. संगीता बहन

## Responses from Beneficiaries of Business & Industry Wing.

### Good Wishes From



**Shri K.S. Raju**  
**Chairman & M.D.**  
**Nagarjuna Fertilizer**  
**& Chemical Ltd.**  
**Hyderabad**

It gives me a great happiness to learn that the Business and Industry newsletter SELF-DEVELOPMENT has completed 10 years of its publication.

The Nagarjuna Group has been associated with the Brahma Kumaris right from the inception of the Business and Industry wing of the Brahma Kumaris. Spiritual based management workshops have brought great benefit to our associates and their families. After the establishment of the 'Brahma Kumaris Nagarjuna Management Centre', many of our associates went through the Raj Yoga Meditation Course which has raised their self-awareness visibly. Courses in Personal Development also have helped our associates to not only be more valuable at the work place, but has made them better human beings and helped them to apply deeper values in their daily lives. We receive a daily message which

serves as a reminder for continuing the positive intervention in our daily lives.

My pranams to the Dadijis and their loyal dedicated team of Brahma Kumaris and Brahma Kumars for their selfless work and dedication to the cause of humanity.

I wish the team all the very best.

### Association of Brahma Kumaris with L&T



**Shri R.N. Mukhija**  
**President (Ops.)**  
**EBG Division &**  
**Member Board**  
**L&T Ltd. Mumbai**

Brahma Kumaris has been associated with L&T for last 5 years. L&T employees are benefited by various programs conducted by volunteers of Brahma Kumaris. L&T workmen, new joiners, top management and even L&T suppliers have participated in these programs.

The 'Self Management' program conducted by Sister Deepa was attended by many engineers from Electrical & Electronics Division of L&T at Powai and

at Ahmednagar.

Senior managers at L&T were introduced to a 'new paradigm of leadership' by Dr. Surya from Brahma Kumaris. Earlier he had conducted a session on 'Economic Crisis - Leadership through Spirituality'. This session was conducted in November 2008 at the backdrop of global economic crisis.

Over 400 managers also had an opportunity to interact with Sister Shivani on 'Exploring your Inner Powers' in February 2009 and on 'Transformational Leadership' in December 2009.

Brahma Kumaris has also been conducting program for workmen called 'Anand Yatra' on regular basis. This program is aimed at improving inspiration quotient and be able to manage 'change' effectively. More than 600 workmen have participated in this program.

While L&T is engaged in building nation, Brahma Kumaris is helping L&T to develop spiritual quotient of its employees!

### Good Wishes From Atul Ltd.



**Shri Sharat Tripathi**  
**President**  
**Human Resource**  
**Atul Ltd.**  
**Valsad Gujarat**

Atul Ltd. is an organization founded on Ethics and Values. Values are the single constant in life and remain eternal in the otherwise dynamic world; they shape our thoughts, words and actions and determine our long-term achievements, personal and professional. Values bind people of different ages, background and countries.

It was the firm belief of our founders that business can be managed and worldly success can be achieved through following the path of Values.. Integrity, Understanding, Unity, Responsibility and Excellence are the five Values articulated by the people of Atul. We have been on the growth path for more than five decades following this principle.

Brahma kumaris played a pivotal role in the process of perceiving and practicing these Values in the correct perspective. Sisters led by Sister Deepa conducted work shops at Atul that saw wholehearted response and participation

from the employees, across the whole organisation. It was the unbiased, neutral guidance of Brahma kumaris that helped us in evolving correct understanding of Values in the business perspective at Atul.

Brother Swaminathan and Girishbhai along with Sister Deepa were involved in introducing values in the Atul Vidyalaya too.

I thank Brahma kumaris for the valuable support rendered in this journey of awakening and enlightening for the Team Atul. We hope to get support and guidance from you in the future as well.

Continued on page 5

## Responses from Beneficiaries of Business & Industry Wing.

### Good Wishes From Bharat Petroleum Corporation Ltd.



**Shri Suresh K. Gupta**  
Manager  
(Training & Dev)  
Bharat Petroleum  
Mumbai

Om Shanti,

We at BPCL Mumbai Refinery send greetings with great humility to our Divine Sisters from

Brahmakumaris B&I Wing.

I am sure it was a divine intervention that we came in contact with Brahmakumaris around 8 to 10 Years back. This association with the divine sisters have given a great sense of fulfillment to our staff. They have benefited both internally and have given them a sense of purpose in their lives. Rather we look eagerly for

the next program, such is the feeling.

On a personal note every time I meet Sister Deepa Behan and Sister Preeti Behan the serenity and peace on their faces gives me a great sense of peace and humility. We consider ourselves fortunate to have been blessed their presence at BPCL and would continue this association.

### Bombay Chamber of Commerce and Industry

"Seminar on Workplace Wellness"

February 17, 2010, 10.00 am to 4.00 pm

On behalf of the Bombay Chamber of Commerce and Industry, I express my sincere thanks and gratitude to you for being the speaker for session on Spirituality & Corporate Executives.

Your session was well received and the

participants were extremely appreciative of the information inputs provided to them. We look forward to your involvement with the activities of the Bombay Chamber in future as well. Please find attached the photographs taken at the occasion. With regards,



**Usha Maheshwari, Senior Deputy Director, BCCI**

## Spiritual Experience By Members Of Business & Industry Wing



**BK Jagdish Shah**  
Director  
(Factories Operation)  
Pidilite Industries  
Mumbai

I came in contact with Brahmakumaris in 1991 which is the most important turning point in my life, both professionally and personally.

After the initial introduction to the Rajyoga meditation, I found the activities and programs from the B & I wing very useful with practical application.

What I learnt and practiced during the

early 1990s became very handy when, in 1995, I was made the Managing Director of the then Cibatul Ltd. The lessons from the B & I wing were directed towards change management... preparing executives to face challenges.

After I left Atul in 2009 and joined the Board of Pidilite Industries Ltd. at Mumbai, again was a very big change for me and my family. The core strength that drives me through this period of transition is the spiritual inputs.

On the occasion of the completion of 10 years of SELF DEVELOPMENT I extend my greeting and best wishes.



**BK Haresh Mehta**  
Chief Executive  
Officer  
Power Linkers  
Group Pvt. Ltd.

Dear Divine Family,

Business and Industry Wing is publishing this newsletter for past 10 years under the divine guidance. I compliment the work done by its past and present Editors, the BK Brothers and BK Sisters who contribute their efforts in publication and the authors of articles. My good wishes, to publish this Spiritual Newsletter for the benefit of the society.

### Dr. D Rajgopala Reddy PhD.

My association with Brahma Kumaris started long back & I have been influenced by their selfless service, one of

them is their Newsletter "Self Development" of which I am a regular reader. On completion of 10 years of this newsletter publication which is spreading true knowledge and has benefited the

society at large, my sincere & heartfelt wishes to Brahma Kumaris to continue their Good Work of adding values to Human Lives.

Continued from pg 2

## INNER POWERS- by Brother B.K. MIKE GEORGE - BRAHMA KUMARIS UK.

Power then, at the level of consciousness, is not creating more change, it's not even about changing the direction of the inner winds of our thoughts and feelings. It's the ability to STOP all change, the capability to be still at will. It is the ability to silence the noise of thoughts, emotions, memories etc. It's the capability to STOP DOING and simply BE.

But the idea of stopping thinking, of ending feelings, stilling all emotion seems...frightening to many. The idea of clearing the mind and emptying the mental and emotional inner space seems counter productive to the very purpose of life.

In fact the opposite happens. The practice of being quiet begins to reveal how often and in how many ways we already lose our self in our thoughts, in images, in memories, within our minds. It's because we believe we 'need' to be thinking things through, because we learn we 'should' always be feeling something, that we don't realise this is what is taking and draining our energy thereby diminishing our peacefulness and clouding our clarity.

By all accounts being still, being silent, being quietness itself, is not an abdication of life, it is a restoration of power in our life. It is not an avoidance of living; it is a restoring of the wholeness of the self that was previously attempting to fragment

its self with all that mental and emotional activity. It is through this wholeness that the power of life itself is attempting to pour outwards into the world. Being utterly tranquil as we meet whoever and whatever comes to us allows us to see with greater clarity exactly what it is that life is asking of us. It allows us to create with greater care and accuracy the most appropriate response. It is the primary impulse of all life. Both our day and our life are part of the 'creative process' that living is.

When you recognise you are thinking too much, thinking too negatively, and that you seem to have no control over your thoughts and feelings, it means your consciousness is weak. So you have choices. You obviously can't get anyone else to do your thinking and feeling for you. And you can't just give up as that would be a form of suicide. So you acknowledge you have to build the power of your consciousness so that your mental muscles have some real strength. Only now you don't 'go out' somewhere to build your inner strength, you 'go in'.

And the first exercise in the gymnasium of your consciousness is to end all negative and stressful thoughts. Not in a battle against them, that only makes them stronger. Not in a struggle to suppress them, that only makes them spring back with greater frequency. But simply by learning to observe them. To observe

them is to 'pull away' from your thoughts and emotions, and that is what denies them the energy to live! Without that energy they fade and dissolve. And as they die it's not that you die, in fact you become much more aware of YOU, the self-aware self, the still and silent always present self. The one who is the true source of power 'here' within consciousness. And when thoughts and feelings become still, just as when a lake becomes still, you can see into its depths. In stillness there is an end to thinking and the beginning of 'seeing' into the depths of you. Only then can you empower the quality of your 'liveliness' as you co-create with others

In the quiet depths of every being there is a wisdom that waits to shape and guide you in your life. In the silent, unchanging heart of every being there is the power to face and embrace any and every event that may come. In the still and unmoving depths of the spirit that is the self there is an eternal, unchanging, undying state, without which there would be no such thing as life and living, being and doing, creating and co-creating.

Rediscovering this, your inner power, begins with restoring peace to your mind and memories. The kind of peace where nothing moves, no thing changes, in the universe of your consciousness.



## Service Report

Program on enhancing Personal Excellence and Team Building was one of the excellent programs I have attended. The faculties were highly proficient and immaculate in the way they handled the abstract subjects of Team Building, Stress management, Harmony in relationship

and Anger Management. I am happy to have got the opportunity to attend such a program.

RK Gargye, Station Director, Tarapur Atomic Power Station 3 & 4

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## Service Report



**1) Colaba-Mumbai, February 20:** Addressing over 150 specially invited prominent Business & Industrialists Brahma Kumari Sister Gayatri welcoming the delegates said that valuing self respect and dignity of self and others in equal measure held key to get success in Business. Where there is Value Based Business, supply and profit automatically increases for which we should take into account its impact on all 4 aspect i.e. Personal, Economic, Social and Environment. While doing any type of business one should not forget humanity. Prominent among them are Mr. Prashant Akhani – Chairman Cum Managing Director, Mr. Kanubhai Liajawala – Managing Director – Print & Stick Pvt.Ltd., Mr. Arjun Dhawan – Dhawan Electronics Pvt. Ltd.



**2) Wakaner- Gujarat:** A 3- days Seminar on “Spiritual Power for Success in Business & Industry “ was conducted for Company – KORES-INDIA Ltd. at their Wakaner Plant by BK Sister Anju from Rajkot center. The program was attended by over 100 employees of organization who were benefited by this course. Seen in the Picture are BK Sister Anju, BK Sister Shailja and the participants



**3) L & T Madh, Mumbai:** A day works shop on Self Management. The program was attended by Over 30 Executives and managers of the organization who were immensely benefited by the insights and tools. This program was conducted by Bk Sister Deepa, BK Preeti. Seen in this picture are all Participants along with BK sisters and BK Sister Kuntiben of Malad Center Mumbai



**4) L & T Powai, Mumbai:** Over 400 managers also had an opportunity to interact with Sister Shivani on 'Exploring your Inner Powers' during February 2009 and on 'Transformational Leadership' in December 2009. Seen in the picture Divine Sister Shivani, Sister Deepa lighting the lamp. Seen along with Bro. R. Mukhija, Dr. Kamath (Head H.R.)& Sister Jagruti



**e-message**  
for the day

**DETACHMENT GIVES THE POWER  
TO BE UNINFLUENCED BY DESIRES.**

### Expression:

When we are able to use the power of detachment that is within us, we are able to go beyond the attraction of things even whilst using them. We will be able to be in the consciousness that we are the true masters who use all things as and when needed, while being uninfluenced by them.

### Experience:

When we find ourselves having a desire we should remind ourselves that we are the ones who are the creators of things. So we are the ones who influence and not the ones who are influenced by the creation. This will easily make us detached from the things that we are using.

'Message for the day' is being sent in English through email every day. The selected messages have been published in two books: Inspiration & Contemplation. To subscribe for message for the day contact: [businesswing@bkivv.org](mailto:businesswing@bkivv.org) or log on to our website [www.bkbiwing.org](http://www.bkbiwing.org) and register on line

## A feedback

**Parulekar Florina**  
Divine Brother / Sister,

There is a deep thirst for progress and an inclination towards perfection within all of us. To bring it into practice we need an Anchor, a support which will help us to take a step forward.

Facing challenges when life appears to be tough, we need an inner guidance & direction to help us channelise our thoughts positively & inspire us to become the Master of the situation.

"Message for the Day" is an attempt in that direction.