



‘Joy is prayer, Joy is strength, Joy is love,  
Joy is a net of love by which you can catch souls’

Mother Teresa



## Experiencing Inner Joy

by **Dadi Hridaya Mohini ji**

Addl. Chief of Brahma Kumaris & Chairperson of B&I Wing

Om Shanti is a greeting of peace and it means I, the soul, am an embodiment of peace. It is my personal experience that whenever there is sorrow or lack of peace in the mind, if you think that I, the soul, am peaceful, my original nature is peace, an experience of peace actually begins.]

Two things essential in human life are Happiness and Power. Power can be of the mind as well as of the body. If I were to ask you 'Do you remain happy?', you would say yes, we do but not all the time. But what is it that we want – to be happy sometimes or to be constantly happy? We all wish to be happy all the time, isn't it?

It is said there is no nourishment like happiness. So, if you have happiness, you will have health as well as wealth. On the other hand if you lose happiness, you don't just lose happiness, you lose all three.

That is why it is essential that you look after this happiness. If happiness disappears, we have to understand what is the door through which it disappears? There are four such doors - one, we lose happiness when the desire of our mind is not fulfilled. So, one door is desire. The second door is thinking about others and what are they doing. The third door is thinking excessively about anything. The fourth door is sensitivity – for example, if someone criticizes you and defames you, what would be your position at that point of time? Your face will change and your happiness will disappear. But you must realize that person hasn't come to take away your happiness but you have handed it over. The person will go away



and sleep and eat comfortably but you become unhappy. So, these doors let our happiness disappear. We will have to close these doors, i.e. identify the cause – the door through which happiness has disappeared and shut that door.

It is said that, which is past is past and we should not think about it. But we forget this. Sometimes we understand that we are okay, the fault is not at our end but still we keep remembering the incident and in turn, lose our happiness. So, our effort should be to forget the past and think about the action I need to take now. We should focus on what can be done, what should I do to make things alright once again.

Happiness or sorrow is experienced inside the mind. Sorrow is experienced when there is a lack of the power of tolerance and the power to face. So, let me think about the source from where I can gain inner strength. Who is known as the Almighty Authority, who can bestow peace and power on us? It is only the Supreme who is called the 'Almighty'. Others may be strong but only the Supreme is all powerful. So, we will get this inner strength only from the Supreme. We will not be able to remove this all by ourselves because of our own weaknesses. So, the mind has to be connected to God and only then the mind

Workshop-cum-Meditation  
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will receive strength and power enabling us to deal with situations. Meditation means to connect the mind with God. But for that, we need to understand the nature of the mind as well as to develop a clearer understanding of the Supreme.

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## Leading from the Heart - by Brother B.K. Mike George - Brahma Kumaris UK.



In the title there are two words that usually have different associations – 'leadership' tends to be associated with corporate world and the 'heart' symbolizes the spiritual universe and tends to be often missing from the organizational functional world. In the past 10 years the interest in leadership has gone up considerably as in the corporate world. We have been trying to explore how to make people do their work more effectively but nothing has been really working and thus we have been getting deeper and deeper to see how we can get closer to the human heart – the heart of consciousness, where human inspiration, creativity and enthusiasm come from. And these three things seem to be missing from the 9 to 5 corporate world.

When we think of leadership we often think of inspiration. When I ask managers who defines a great leader three figures frequently emerge – Nelson Mandela, Mohandas Gandhi and Mother Teresa. If you think of these three figures, you will see that they in their lifetime inspired millions of people not from their head but from their heart. And for each one, different qualities inspired and touched people. For Mandela, it was forgiveness, the love in action; For Gandhi it was 'non-violence' whereas Mother Teresa left behind the legacy of compassion. All these qualities that exemplify these leaders lie in the human heart.

There are three qualities that would summarize leadership – vision, decision and precision. Vision, i.e. the clarity on where I am going, decisions of high quality and precision in our interaction with others. It is the task of leadership to ensure that the direction is clear, quality of decision is high and our interactions are accurate. There is only one way to lead and that is by example.

There are three levels of awareness that we need. One is self-awareness – the



awareness of my own attitude and thoughts. The second is awareness of others, what are their concerns, their attitude. Today we have a generation growing up who has a more intimate relationship with technology than with humans. So, do we take out time for people, to understand them? The third is awareness of what's going on around us in the world. Everything is interconnected. We cut down trees in one place, it rains somewhere else, there is volcanic ash emitted in one place and air traffic is disrupted all over. Therefore it becomes important to understand how things around us are interconnected.

So, these three forms of awareness will determine the quality of my vision, decision and interaction with others.

Every morning, I sit and develop this awareness and build my integrative process through meditation and then am able to carry that quality of energy with me throughout the day. This takes another kind of intelligence – the spiritual intelligence. It is the ability to integrate in my consciousness, what is happening in me and around me in the world and how these are interconnected.

Those high on spiritual intelligence will be clear about two things – purpose of their life, i.e., why they are here, and they will be never surprised by anything. They are completely unshakeable. If we get shocked or surprised, we are not able to respond to the world but instead react. When we react, we lose our self-awareness, sensitivity and self-control. We are able to respond only when we are stable. Would that not be a useful ability to have in our lives? We all are the carriers of wisdom but to link into that wisdom, I have to learn to be very quiet for we are always thinking and this will allow us to lead ourselves with the heart and also be an example for others.

### Service News of State Trading Corporation of India Ltd. (STC)



Two day long seminars on 'Developing Inner Powers and Stress Free Living' were conducted by B.K. Pius in the State Trading Corporation of India Ltd. (Ministry of Commerce and Industry, Govt. of India) on 12th & 26th May 2010 respectively at Lodhi Road, New Delhi. About 35 executives/officers of STC including Bro. R. K. Sinha, Chief General Manager – HR and Bro. Anand, Chief Manager – HR, participated.

## सेवा समाचार



बी.के.योगिनी बहन  
राष्ट्रीय संयोजिका व्यापार  
एवं उद्योग प्रभाग

आदरणीय दादी हृदयमोहिनी जी की प्रेरणाओं अनुसार

बी. के. योगिनी बहन के मार्गदर्शन में 'आध्यात्मिक शक्तियों द्वारा व्यापार में सफलता' विशय पर सारे ही भारतवर्ष के व्यापारी वर्ग एवं उद्योगपतियों के लिए कार्यक्रम रखे गये। दादीजी की प्रेरणाओं में रंग भरने और सेवाओं में उमंग-उत्साह का संचार करने के उद्देश्य से योगिनी बहन ने मुम्बई के ओम निवास, घाटकोपर में मीटिंग के साथ-साथ इस विशय पर प्रशिक्षण कार्यक्रम भी रखा गया। नागार्जुना, हैदराबाद सेवाकेन्द्र की बी.के. राधिका बहन ने लगभग १५० भाई-बहनों को सम्पूर्ण भारत में व्यापार एवं उद्योग प्रभाग के इस कार्यक्रम के द्वारा सेवा की वृद्धि करने और माईक व वारिस क्वालिटी की आत्माओं को प्रेरित करने के लिए प्रशिक्षण प्रदान किया।

उसके पश्चात् 'आध्यात्मिक शक्तियों द्वारा व्यापार में सफलता' कार्यक्रम का सफल आयोजन देश के विभिन्न महानगरों में हुआ। कोल्हापुर, लखनऊ, दिल्ली, राउरकेला, मैसूर आदि में किये गये कुछ कार्यक्रमों की झलक चित्रों में दिखाई गई है।



**राजकोट** - प्रोग्राम में दीप प्रज्वलित करते हुए भ्राता हितेश भाई बगदाई, प्रेसिडेंट ऑफ राजकोट चेंबर ऑफ कॉमर्स, कादवानी फोर्जिंग लिमिटेड के चेयरमैन बी.के. विठ्ठलभाई धानुक, मोरदिया भाई, बी.के. भारती दीदी, अशोक भाई कोयनी, सीईओ - स्टॉक एक्सचेंज और बी.के. दीपा बहन (मुंबई)



- खुश रहना भी एक कला है, सच तो यह है कि प्रसन्न रहना मात्र हमारी सोच व मानसिक स्थिति पर निर्भर करता है।
- स्वयं को सकारात्मक विचारों से प्रेरित करते रहें और मुस्कराहट को अपनी आदतों की सूची में शामिल कर लें।
- अतीत की घटनाओं के विशय में सिर्फ सोचने और पछताने में वक्त बर्बाद न करें, उपयोगितावादी और व्यवहारिक नज़रिए को अपनायें।
- खुशामिजाज़ लोगों के सम्पर्क में रहें, इससे आपका मूड सदा खुश रहेगा।
- दिन भर में कम से कम तीन बार अपनी उपलब्धियों का स्मरण करें और ईश्वर का शुक्रिया अदा करें।
- हर सुबह दिन के आरंभ में अपने आप से बात करें- मेरे जीवन में आज खुश रहने या दुखी होने का निर्णय मैं स्वयं लूँगा न कि घटनायें। कल जा चुका है और लौट कर आने वाला नहीं है और भविष्य अभी तक आया ही नहीं है। इसलिए मेरे पास सिर्फ आज है और मैं उस वर्तमान पल में खुशी का चयन करता हूँ।
- एक जलती हुई मोमबत्ती हज़ारों मोमबत्तियों को जला सकती है लेकिन ऐसा करने में उसके जीवन के पल कम नहीं हो जाते। इसी प्रकार खुशी बाँटने से कभी कम नहीं होती।
- अधिकांश लोग सिर्फ उतने ही खुश होते हैं जितना खुश रहने का मन उन्होंने बनाया होता है। इसलिए खुश रहने का चयन स्वेच्छा से करें।



**कोल्हापुर** - प्रोग्राम में (बायें से दायें) बी.के. दीपा बहन, विले पाले, रॉकेट इंजीनियरिंग के प्रबंध निदेशक भ्राता बाबा भाई वसा, कगल निर्माता मण्डल के भ्राता रंजीत शाह, श्रीराम फॉउण्डरीज़ के चेयरमैन भ्राता राम प्रसाद झवर, बी.के. सुनन्दा बहन व बी.के. गौतमी और भ्राता रोहित भाई वसा।

## मैसूर सेवा समाचार

'आध्यात्मिक शक्ति के द्वारा व्यापार एवम् उद्योग में सफलता' विशय पर राष्ट्रीय स्तरीय कार्यक्रमों के अंतर्गत मैसूर के ज्ञान सरोवर रिट्रीट सेन्टर में आयोजित कॉन्फ्रेंस में विप्रो, BHEL, BMEL आदि कम्पनियों सहित ३५० प्रतिभागियों ने भाग लिया। कार्यक्रम के विशय पर प्रकाश डालते हुए सफलता के साथ मनोबल बनाए रखने के लिए राजयोग पर भी स्पष्टीकरण देते हुए बताया कि आध्यात्मिक शक्तियों के समायोजन से व्यवसाय में सफलता पाना सहज हो जाता है।

बी.के. दीपा बहन व बी.के. राधिका बहन ने लार्सन एण्ड टूब्रो, नेशनल इंस्टीट्यूट ऑफ पर्सोनल मैनेजमेंट (NIPM), ब्रैण्डी इण्डस्ट्रीज़ आदि में कार्यक्रम कराये जिसमें मैनेजर, AGM, DGM आदि ने भी लाभ लिया।



रोटरी क्लब कार्यक्रम में बी.के. विरमसिंह भाई, दीपा बहन, मीना बहन और रोटरी क्लब मैसूर के अध्यक्ष भ्राता सतीश जी।



मैसूर में प्रभाग के कार्यक्रम में दीप प्रज्वलित करते हुए (बायें से दायें) बी.के. रंगनाथ भाई, बी.के. विरम भाई, विले पाले की बी.के. दीपा बहन, मुख्य अतिथि भ्राता वासुदेव भट्ट, मैसूर की बी.के. लक्ष्मी बहन और नागार्जुना हैदराबाद की राधिका बहन।



## Service Reports



Respected Dadi Hridaya Mohini ji giving Godly greetings to Bro. Brij Mohan Munjal, Chairman - Hero Group of Industries, Sis. Geeta Munjal, M.D - A.G. Industries. Also seen are B.K. Urmil of Palam Vihar centre and B.K. Asha, Director, ORC Retreat Centre, Delhi.



Workplace Wellness program held on 5th May 2010 at NPCL Andheri with 26 participants. Seen in the picture are BK Gauthami behn, BK Madhavi behn, Bro. A.M.Mishra, AGM - F&A, Bro. Sanjay Sanyal, AGM-Admin & BK Vasudevan, Senior Manager- F&A.



A Seminar on Total Quality Personality was conducted by BK Dr. Gopinathan & B K Hiral, Palghar on 14th April 2010, at Viraj Steel, Tarapur. The program was attended by 50 executives including Bro. Deepak Bhawe, President (HR).



A lecture on "Science of Happiness" was given by BK Dr. Sachin at Raymond Co. Thane unit. Group photo after session along with Unit Director Bro. Khandelwal Mahapatra, Bro. Aahish Shaste from HRD. Also present are B.K. sisters and B.K. Amit Kalker.



**e-message**  
for the day

**To be free from wants  
is to be free from waste.**

**Expression:**

The one who is free from wants is the one who is free from expectations. When there are no expectations, there is not too much thought about what is not there or what should be there. Since the mind is free from all these kind of waste thoughts, whatever is done is the best.

**Experience:**

When I am free from wants or desires, I am able to always remain content. I can then appreciate and enjoy everything that comes my way, and do not expect anything both from situations and people. So the mind is free from waste thoughts and questions.

'Message for the day' is being sent in English through email every day. The selected messages have been published in two books: *Inspiration & Contemplation*.

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## Experiencing Inner Joy

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So, the mind has to be connected to God and only then the mind will receive strength and power enabling us to deal with situations. Meditation means to connect the mind with God. Happiness disappears because we do not consider ourselves master of the mind & body. Therefore, the cause of sorrow and peacelessness is that I do not have the recognition of myself, hence I lose my inner power, happiness and peace. The three external powers of this world – of science, religion, and politics have taken over our lives. When the soul becomes the master of the sense organs, the mind,

the intellect and our personality, then it is possible for the soul to experience peace and happiness.

Also, when we connect with the Supreme, we receive peace, happiness, love, power and bliss because that is what He has. When we connect to Him, we receive what He has and the soul becomes strong and will be able to exercise its authority over our mind and senses and hence will experience happiness and peace. Om Shanti.

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