



Tie your lifeline to the boat of truth. Let your actions be governed by that which nourishes the heart. Even if a mountain falls on you, don't let go of your happiness –it is your greatest treasure and gift to others. - Rajyogini Dadi Hridaya Mohiniji



**Dadi Hridaya Mohiniji**  
Addl. Chief of Brahma Kumaris  
& Chairperson of B&I wing

Om Shanti, If there is determination, success follows. To achieve this state there should be no negative thoughts even in your subtle mind like whether is this possible? or am I capable to do this?

Such weak thoughts will create doubts in one's own ability to perform and hence success always eludes such a person. Never doubt your capability, if a deed is performed as per God's directions (Shrimat). Consider whatever happens is destined in this world

## Realization of Perfection Stage

drama and is for good. I as an actor have to play my role to my best of ability. This will reinforce confidence and fortify your bond with the almighty authority.

Whilst performing a Karma (action) if you think "I doubt if this will be possible for me?" This weakens your thought like a dry leaf falling out from the bond of the mother tree. A firm determination is always backed by God's power to succeed. Our mind and intellect should be filled with spiritual power. That is why God Say: Sweet Children!, see no evil, Talk no evil, think no evil". If you happen to see any waste come in your way – ignore it as a side scene. Never let such

event or incidence influence your mind. There should no negative reaction like stress, fear or anxiety connected with it. In such instance remain stress free as all is surrendered to God (even our thoughts).

Do not carry Baggage. If you are laden with weight, you will not be able to fly like an angel. Make efforts to reach self to a state of an Angle and leap flying high. Always have a smile on your face. This will reflect the state of your mind. To reach there, follow father Brahma Baba and try to imbibe his qualities and virtues in your life to reach the stage of realization of perfect self.



## Are YOU a FREE SPIRIT?

by Brother B.K. Mike George - Brahma Kumaris UK

As another new year beckons do you ever wonder what's 'new' about another year? Is anything really going to change? Is there truly going to be some newness? Looking back we are likely to see previous new years weren't that new at all. And yet we can't just summon up a new set of external circumstances, it's too radical, not to mention risky. And we cannot change others in order to make a new year really new, though some do try! We can however resolve to change some behaviours, be better people, treat others differently, listen more attentively, care more lovingly... perhaps! But for many these 'resolutions' are often quickly slain and left for dead at the roadside of our daily routines. Why? Old habits are harder to kill, and they must first die before new ways of being and doing can occupy the driving seat of our life. It's all about freedom. It seems likely that we are somewhat deluded about freedom. We have learned to believe and therefore assume that because we can go anywhere, say anything, eat anything, talk to anyone and do almost anything we want, that we are free beings living in a free society. If we are stressed in any way, if we are emotionally suffering in anyway, if we hate anything or anyone in any

way, if we crave for anything or anyone, if we blame, complain or condemn anyone for anything in any way, these are the symptoms of the absence of true freedom. In fact, any unhappiness whatsoever is a sign that we are not truly free beings. It is a sign that we are imprisoned in a cell of our own making. Our favourite greeting at this time of year is, "Happy New Year!" But despite our universal blessing for others are we able to create for our self a new year of happiness? It's just not possible for many as freedom and authentic happiness are irrevocably intertwined.

**BLAMING:** We make our self a prisoner of the belief that others are responsible for our present and future predicament. Freedom is restored when we end all blame and take complete responsibility for our thoughts and feelings. Happiness is...self responsibility.

**COMPLAINING:** We make our self a prisoner of how we believe and therefore think circumstances 'should be'. Freedom is won when we accept everything as it is and everyone as they are at any and every given moment. Only then is there 'inner space' for our contentment.

**CRITICISING:** We make our self a prisoner of our 'idea' of how others 'should' behave. Freedom is regained when we 'let be' and

realize that each person is playing their part, dancing their dance, in the musical drama we call life!

**ARGUING:** We make ourselves prisoners of our own opinions, and the belief that we are 'right'. Freedom is only attained when we re-affirm the idea that each is entitled to their opinion.

**POSSESSING:** We make our self prisoners of what we believe we possess. Freedom is achieved only when we mentally 'let go' and remember nothing is 'mine'.

**SELF-LIMITING:** We make our self prisoners when we identify with an image of our in capabilities! Freedom is restored when we realize there is nothing we cannot learn to do if we are prepared to embrace our failures as well as our successes.

**WORRYING:** We make our self a prisoner of our own fears based on our imaginary speculations about a dark future. Freedom is only possible when we realize that what we think and do today creates 'our tomorrow'. Breaking out and setting ourselves free is obviously more than just a days work, more like a whole years home work! Yet the prize is so great i.e. our own personal happiness. Wishing YOU New Freedoms Next Year! Therein lies our happiness.

**ACTION:** Take one of the above each day this coming week and consciously work on ...not doing it! © Mike George 2010

## Evaluating Business Through Spirituality

By Prashant Raut - Asst. General Manager,  
L&T - EAOO Powai, Mumbai



Businesses are run to make the money. While doing that the organization's culture, its core values are equally important. Everybody is unique. Each one of them is having unique virtues and lot of potential for contributing significantly to the organization. The spirituality is based on truth, love and the happiness. The talk about the team work in the organization is nothing but connecting the virtues.

There is a appraisal procedure in the organization to account the performance of an individual throughout the year. The performance should be checked daily and at every moment and not only at the end of the year, like we check our karmic account daily. Today we are living in Kaliyug. The next is Satyayug which will be coming soon. In Kaliyug people are behaving in such a way that it is taking them towards the path of destruction. There is a competition in the organization instead of cooperation. Everybody wants to grow more than others. People follow unethical practices to dominate and overpower others. The quality of thought of the people is equally important as the quality of the products they make. While for the end customer the quality of the product is vital, for internal customers the quality of behavior is also vital. The leaders in the organization should motivate and encourage the employees which will help them to grow their inherent virtues. There should be proactive approach. HR & Welfare should talk to frustrated employees very often to find out the cause of stress and counsel them to ease their tension.

Can spirituality bring the cultural change in the organizations? The answer is yes. During this new year 2011, let us be innovative to resolve that we transform our business by adopting the spiritual way. A roadmap to grow the business by adopting the spiritual path:

- A)** The strong positive relationships among employees lead to strong team work and hence the solutions come faster. For mental stability there should be inner peace maintained throughout the day. Brahma Kumaris' Rajyoga meditation helps to connect our soul to the supreme soul and draws a lot of power, peace and strength .
- B)** The nature has gifted each one of us virtues, which vary from person to person. It is necessary to understand the strengths of

the employee and use them for the benefits of the business. The weaknesses should be overcome by boosting the strengths. This will ensure that employees work without stress and in a friendly cohesive manner.

- C)** Employees should have faith in the leadership, similarly leadership should have the faith in employees. When there is a faith there is victory.
- D)** Rajyoga meditation imbibes eight powers in an individual. Power to withdraw, power to cooperate, power to face rather than running away from the problems, power to judge, power to discriminate, power to accommodate, power to tolerate, and power to pack up. Imagine an organization having people with all these powers which can produce wonderful results.
- E)** Honesty and purity of thoughts lead to purity of actions. When the thoughts are clear there is no confusion. When the actions are pure and strong they produce strong results. The culture of joy, love and caring help working in harmonious way to achieve results.
- F)** Spirituality teaches us that the role which we perform is given by the God and not by human beings, which should be never denied and should be performed to the best of one's abilities. When you work spiritually all the skills are automatically developed.
- G)** It helps us improving our technical and business knowledge. Knowledge has great power. Knowledge helps us solving the problems and generate new, innovative ideas.
- H)** Employees should never become hopeless and miserable. This weakens their confidence and self esteem. Efforts should be put to improve the self confidence and the self esteem of the employees continuously. Spirituality helps to remove wasteful thoughts and helps to bring accurate thoughts, feelings, actions, behavior, speech, determination, efforts in right direction and hence the results.
- I)** There is nothing like retirement in life till you leave your body. Keep on enjoying the karma and service to the society and the people. Focus on present and forget the past. When there is a focus on present the future is automatically bright. Success is nothing but delivering more than expected by stretching yourself beyond your capabilities. One time courage multiplies the success.
- J)** We should work on changing ourselves and not others. When we change, other's behavior with us also changes. Employees should be

taught to improve & develop themselves and the business processes continually. Learn to send positive vibrations to everybody and have victory over enemies such as anger, ego, lust, fear, greed, and hatred. They will disappear when the mind is preoccupied with healthy, positive and creative thoughts.

**K)** Organizations take various new initiatives for improvement & value added activities. All these initiatives gel with spirituality.

Finally, the freedom is doing what you like and happiness is liking what you do. If the mind is free of worries it can create varieties of ideas and when these ideas are implemented they will give immense pleasure.

Let the spirituality transform the people and help the organizations to achieve the better results.

Wish you all a great success in your Spiritual endeavors during year 2011 and ahead.

## Service Reports



*Seen on the dias are: Shri Bhanu Kumar - Chairman of BSE Brokers Forum, Alok Churiwala- Convenor of Events Committee, Shri Lalit Mundra - Jt. Sec. BSE, and speaker B.K. Gauthami.*

The BSE Brokers' Forum arranged a different type of seminar-cum-get-together this month, poles apart from the usual routine. Instead of discussing finance and growth rates, stock prices and regulations, the organisers invited Brahmakumari Gauthami to talk on "The Art of Positive Thinking".

22nd December 2010 saw over a hundred participants attending the event. The audience included people from various broking houses including their owners, directors and staff, all of whom hugely benefited from the talk.

यह नव वर्ष आपके जीवन में लाये ... हर दिन, हर पल खुशियों के सुअवसर, उमंग- उत्साह से पा लें हम जीवन की हर उपलब्धि, पूर्ण हो जाये हर सपना, सुखमय बना दें सारा जग अपना... नववर्ष २०११ आपको मुबारक!!

## स्वस्थ मन, स्वस्थ तन - सुखमय जीवन की नींव



दादी जानकी जी,  
मुख्य प्रशासिका,  
ब्रह्माकुमारीज

### सुनहरे सिद्धान्त - स्वस्थ मन के लिए

अन्तर्मुखता ही सुख का आधार है। बाह्यमुखता से दुःख का एहसास होता है। दर्द की दवा डॉक्टर के पास है, दुःख की दवा भगवान के पास है। जहाँ दुःख है, वहाँ अशान्ति है। डॉक्टर भी पहले इन्जेक्शन देकर शरीर का एहसास खत्म करते हैं, फिर अन्दर से बीमारी रुपी किचड़ा निकालने का ऑपरेशन करते हैं।

परचिंतन की आदत में मनुष्य दूसरों का चिंतना कर चिंता से ग्रसित रहता है। वह सारा दिन दूसरों को देख कर उनके दोष निकालता रहता है। इसलिए अपनी बीमारी के कारण को पहचानें और उसका निवारण करें। क्रोध अनेक बीमारियों की जड़ है।

किसी भी घटना के विषय में यथार्थ समझ की कमी होने के कारण हम स्वयं भी दुःखी होते हैं और दूसरों को भी दुःख मिलता है। सही समझ और संग की मदद से हम क्रोध का समाधान कर सकते हैं। जैसे पेशेन्ट को हॉस्पिटल में रखने से डॉक्टर व नर्स उसका ध्यान रखते हैं, उसी तरह अच्छे संग में रहने और समझ का प्रयोग करने से हम बीमारियों का समाधान कर पाते हैं।

न चिंता, न परेशानी - न वरी, न प्रॉब्लम - एकान्त में बैठकर रियलॉइज़ करें, अपनी चेकिंग कर अपने आप पर ध्यान रखें तो अनेक बीमारियों को खत्म कर सकेंगे। वर्तमान वातावरण के कारण बहुत सी चिंतायें लगी रहती हैं जैसे - कल क्या होगा, मेरा क्या होगा, घर का क्या होगा - इस चिंता की सोच को श्रेष्ठ चिंतन में परिवर्तन कर दें। खुशी जैसी खुराक नहीं, चिंता जैसा मर्ज नहीं। सदा खुशी में रहें और समस्या का निश्चिंतता से मुस्कराते हुए सामना करें।

### 1 qgjsfl ) Hr & LoLkru dsfy,

तन को निरोगी बनाने के लिए अपनी दिनचर्या निर्धारित करें और इसको पालन करने में स्वयं पर अनुशासन रखें। ६ बीड़ी, सिगरेट, शराब जैसी आदतें बीमारियों को जन्म देती हैं इसलिए इनसे होने वाले दुःखों को समझकर इन आदतों से दूर रहें। भोजन पर संयम वर्तमान परिवेश में बहुत ज़रूरी है। लक्ष्य रखें कि भोजन करते समय, टी.वी. फोन आदि से दूर रहें और अपने विचारों को भी समेट लें। व्यायाम भी शरीर के स्वास्थ्य के लिए उतना ही आवश्यक है जितना कि भोजन। अतः व्यायाम के लिए कम से कम सप्ताह में ५ दिन समय ज़रूर निकालें। अपने उठने-बैठने और कार्य करने की विधि को जांचें और आवश्यकता हो तो अपनी आदतों को सुधारें जिससे उससे संबंधित बीमारियों से बचाव हो सके। जैसे आजकल कमप्यूटर पर लम्बे समय तक कार्य करने के कारण कमर दर्द, गरदन दर्द, कमज़ोर नज़र आदि की बीमारियां आमतौर पर दिखाई देती हैं।

## कोल्हापुर सेवा समाचार

रॉकेट इंजिनियरिंग कम्पनी, कोल्हापुर: ३ अक्टूबर २०१०

कम्पनी की स्थापना के ५० वर्ष पूरे होने पर स्वर्ण जयन्ति के शुभ अवसर पर उन्होंने ब्रह्माकुमारीज के व्यापार एवं उद्योग प्रभाग को एक दिवसीय कार्यक्रम के लिए आमंत्रित किया। इस कार्यक्रम का विषय था- “आध्यात्मिक सशक्तिकरण द्वारा नेतृत्व कला एवं

संगठन शक्ति का विकास” जिसमें कम्पनी के २०० से भी अधिकारियों तथा कर्मचारियों ने लाभ लिया। प्रभाग की ओर से इस कार्यक्रम में ब्र.कु. योगिनी बहन, ब्र. कु. मीरा बहन, ब्र.कु. दीपा बहन, ब्र.कु. क्रीना बहन, ब्र.कु. प्रीति बहन, भ्राता हरेश भाई मेहता, फ्रांस से पथारे हुए मैनेजमेंट कन्सल्टैन्ट भ्राता मार्क फोरकेड तथा बहन



(बायें से) ब्र.कु. हरेश भाई मेहता, ब्र.कु. मीरा बहन, भ्राता जी. टी. वासा, ब्र.कु. योगिनी बहन, भ्राता एच. टी. वासा, ब्र.कु. सुनंदा बहन, भ्राता मार्क फोरकेड।



प्रभाग की राष्ट्रीय संयोजिका आदरणीय ब्र.कु. योगिनी बहन ने ‘आध्यात्मिक सशक्तिकरण द्वारा नेतृत्व कला एवं संगठन शक्ति का विकास’ विषय पर अपने विचार व्यक्त किये एवम् कार्यक्रम के प्रति अपनी शुभकामनायें व्यक्त कीं।



कोल्हापुर जोन के - आदरणीय ब्र.कु. सुनंदा दीदी ने स्वर्ण जयन्ती के अवसर पर अपनी शुभकामनायें देते हुए ‘आध्यात्मिकता द्वारा सशक्तिकरण’ विषय पर अपने विचार व्यक्त किये।

## Service Reports



**RAICHUR:** A program on Success in Business through Spiritual Powers was organized at Siruguppa - Hubli on 12-12-10 (from Right to Left): Ashok Bohra - President Cloth & Readymade merchants Association, Mylapur. N. Murthy President Chamber of Commerce & Industry, B. K. Smitha Centre In Charge Raichur, B. K. Jayanthi Zonal B & I Co ordinator Hubli T. Nagaraj President Chemist & Druggist Welfare Association, Devanpalli Srinivas President Raichur City Consumer Distributor Association, Shri. M. R. Amaresh Rice Merchant Raichur



**BOISAR:** A grand program on "Find Solutions to Life Challenges" conducted by divine sister BK Shivani was organised for the Tarapur Atomic Power Station (TAPS). Seen on Stage is Div Sister BK Yogini with Div Sister BK Meera, along with other BK sisters and Shri R.K.Gargye – Station Director and other dignitaries from Industries.

Over 4000 employees and their families residing at Boisar TAPS colony participated in this program, which received an overwhelming response. Also a separate program by divine sister BK Shivani on "Science & Spirituality" was organised at Brahma Kumaris Boisar center. Over 100 VIP executives from different companies - Siyarams, Pantaloon Fashions, Virat Industries, Tata Speciality Steels and many others- participated in this program by invitation.



**BOISAR:** A program on 'Self Orientation' was organized for all members of Lavino Kapur family, Boisar. 504 persons attended the program conducted BK Charuben and BK Smitabhen during Nov – Dec. 2010 and feedback from all is "VERY GOOD".

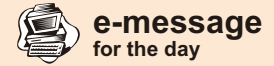


**SIRUGUPPA:** B.K.Jayanthi Conducting session on Success in Business through Spiritual Powers at Siruguppa on 22-10-2010.

Audience interestingly listening. Shri B.G. Siddhareddy President Rice Mill Association Siruguppa, Shri Nagalapur Basavarajappa Industrialist others and B.K. Poomima Centre in Charge Siruguppa, B.K.Jayanthi Zonal B & I Co ordinator Hubli



A program on Rajyoga Meditation and its benefits was conducted at Mumbai Sales Tax (ST) office at Mazagaon. Shri Sanjay Bhatia ( IAS) – Commissioner of ST and over 50 Employees participated in this program spread over 4 days. The program was conducted by Div Sister BK Deepa and Div Sister BK Malti and BK Geeresh from the local Mumbai center



Give the ones in need,  
the support of your courage

**Contemplation:**

Whatever the situation or however much in need a person might be, the best help you can offer is of making them courageous. They will then work on their situation and succeed.

**Application:**

When you find someone weak or in need, instead of becoming weak along with them, maintain your courage and you will be able to give this support to the others too. Then they will get the courage to work on their problem.

'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 [www.bkbiwing.org](http://www.bkbiwing.org) and register online.

## व्यापार एवं उद्योग प्रभाग वार्षिक मीटिंग

शांतिवन में १४-१५ फरवरी २०११ को व्यापार एवं उद्योग प्रभाग की वार्षिक मीटिंग रखी गई है। यह मीटिंग प्रभाग की अध्यक्षता दादी हृदयमोहिनी जी और प्रभाग के राष्ट्रीय व ज़ोनल संयोजकों की उपस्थिति में होगी। सभी ज़ोन व सबज़ोन से निवेदन है कि वे अपने सेवा-समाचार मीटिंग में अवश्य प्रस्तुत करें।

सभी प्रतिभागी १७ फरवरी को बापदादा से मधुर मिलन मनायेंगे जिसमें प्रभाग की गतिविधियों की रिपोर्ट भी प्रस्तुत की जायेगी। सभी सदस्यों से निवेदन है कि इस वार्षिक मीटिंग में अवश्य भाग लें।

समय:

१४ फरवरी सायं ४.०० से ८.०० बजे तक  
१५ फरवरी प्रातः ६.३० से १२.३० बजे तक