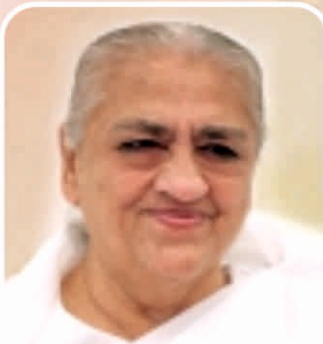


Happy New Year

In the new year, we pause and notice the passing of time as we move from the old year to the new one. Know that every moment, every hour is important. And understand the value of each soul - not only the famous souls, who lived among us and blessed us with their elevated vision for the world, but also the lesser known souls who have given us their company and encouragement throughout the year.

May the year ahead be one that uplifts each of us allowing us to inspire others. May we begin to glimpse a future of universal peace and brotherhood on the horizon and quicken our pace to get there together as a world family.

Love and good wishes
BK Janki



दादी हृदयमोहिनी जी
अतिरिक्त मुख्य प्रशासिका,
ब्रह्मा कुमारीज
अध्यक्षा, बी एण्ड आर्ड प्रभाग

शान्ति की शक्ति का अनुभव

मेडिटेशन का अर्थ ही है मन परमात्मा में लगाना। अशांति का मूल कारण है ही मन के विचार, फिर मुख से बोल में आती है फिर हाथ से कर्म में आती है। पहले पैदा होती ही है मन में अशांति। इसलिए उस मन को ही परमात्मा के तरफ लगाने से हमारे मन में शान्ति आने से हमारे वाणी और कर्म स्वतः ही अच्छे हो जाते हैं। अगर मन में अच्छे विचार होंगे तो जो भी सामने आयेंगे उनसे अच्छे ही बोल बोलेंगे। और मन में अगर अशांति है तो अच्छे आदमी सामने आने पर भी उनसे अच्छा व्यवहार नहीं कर सकते हैं। अतः अपने मन में जो अशांति पैदा होती है वह ही समस्याओं का कारण है।

लोग समस्याओं से बहुत परेशान हैं। तो उनके मुख से यही बोल निकलते हैं कि मैं कितना भी बदल जाऊँ यह दुनिया अच्छी नहीं बन सकती है। ऐसे लोग फिर दिलशिकस्त हो जाते हैं। लक्ष्य को प्राप्त करने की भी हिम्मत नहीं रहती।

हम है ही परमात्मा के संतान तो हम अपने अंदर अशांति को दूर जरूर कर सकते हैं। हमें उसकी समझ चाहिए, जिसको ही ज्ञान कहते हैं। जैसे हमारे सामने उदाहरण है पाँच पांडव की जीत हुई, ना की अक्षोणी सेना की क्योंकि उनके साथ परमात्मा थे। हमको भी यह निश्चय रहे कि परमात्मा साथ हैं तो हमारा मन शांत और शक्तिशाली बन जाता है।

परमात्मा के साथ जोड़ने का अभ्यास हम एक मिनट भी करें तो उससे बहुत फायदे हैं। एक मिनट भी उस स्थिति में स्थित हो जाते हैं तो उसका प्रभाव बहुत समय तक चलता है। जैसे कोई खुशी की बात होती है। उदाहरण के लिए कुछ अच्छी चीज खाई, वह तो एक सेकण्ड में खा तो लिया, उसकी टेस्ट बहुत समय तक रहेगी और उसी अनुभव की तरफ बार-बार खींचती रहेगी। तो साइलेन्स का अभ्यास भी भले एक मिनट का करते हैं, लेकिन यह एक मिनट के अनुभव से सारे दिन में बार-बार खींच होगी।

तो क्यों न हम भी साइलेन्स में बैठें और परमात्मा से कनेक्शन जोड़ें। तब उसका प्रभाव सारे दिन चलता है - कभी मर्ज रूप में और कभी इमर्ज रूप में।

Businessmen are like a treasure for the nation. They increase the prosperity of the nation. There are lots of aspects for a businessman. In any business, one needs to take initiative and they would also be certain amount of risk involved. There is also planning required and determination. Of course, the most important aspect is to be able to take the right decision at the right time. All these are the qualities that a businessman needs.

It is also important to remember that a person who is happy is always successful. His pleasant and cheerful appearance makes him win the trust and faith of all. His attitude is always positive, therefore energetic. When there are pure thoughts, there is an attitude of good wishes for everyone. There is the ability to only see and appreciate the goodness in everyone. In fact, the one who is under the influence of his own weakness, does not have the strength to transform. So it is our thoughts, in the form of good wishes and positive attitudes that becomes the means for transformation. Such a person will be able to move forward towards his aim. It is so important to keep moving towards the destination. For instance, a river never stops to ask when it will reach the ocean. It keeps moving forward incessantly. So, we too, should never stop. It is important to remember that 'there will be no person who has never faced challenges' and 'there are no challenges, which have no solutions'. So, we need not be afraid of challenges. Instead, we need to look at them as an expert looks at something that needs to be repaired. Then, we can surely find solutions.

When our mind is weak, situations become problems,
When our mind is stable, situations become challenges,
When our mind is powerful, situations become opportunities.

So, it is important to make our mind powerful. Just as food gives strength when it is digested, so also we can increase the power of the intellect and thereby thoughts, by exercising it. To take up and practice with some powerful thought from time to time is what brings results.



Sis. BK Yogini
National Coordinator, B & I wing



Sis. BK Yogini visited Haridwar, Dehradun, Rishikesh, Mussorie and Roorkee for the service of industrialists and businessmen.

Several well-known businessmen took benefit from the various programs conducted in these places. Some of the dignitaries who attended and took benefit from these programs are Bro. Dr. S. Farooq , President of Himalaya Herbal Drug,

Bro. Rakesh Oberoi , Chairman and MD of Oberoi Motors and Oberoi Grp, Sis Priti Sharma , Marketing head of Herbo Clean co.,

1008 Mahamandaleshwar Swami Hari Chetnanand Giriji Maharaj, Adhyaksh of Hariseva Ashram trust, Haridwar, Bro. Purushottam Sharmaji , Adhyaksh of Shree Gangasabha Haridwar & Bro. Anil Goyal ji, Pradesh Adhyaksh of Prantiya Udyog Vyapar Pratinidhi Mandal of Uttarakhand.



Inaugural-cum-Reception Session of "National Conference-cum-Meditation Retreat" of Business & Industry wing at Harmony Hall, Gyan Sarovar, ML. Abu.



Candle lighting ceremony of the conference in Abu; seen in the picture are Bro. BK Surendra, Bro. BK Madanlal Sharmaji (National coordinator- B & I Wing), Bro. Dr. Vivek Mehan (Eminent Cardiologist - Mumbai), Sis. BK Yogini (National coordinator- B & I Wing), Bro. Ruchir Parekh (Industrialist - Ahmedabad), Sis. BK Geeta (Brahma Kumaris HQ coordinator - B & I Wing), Bro. BK Mohanbhai Patel.



Sis.BK Deepa conducting a session for the senior staff at BPCL, Mumbai.



'Sneh Milan' organised for 150 businessmen in Gondal. Seen in the picture are Sis.BK Aarti, Sis.BK Bharti, Sis. BK Anju and Bro. Lakshman.



Sis.BK Radhika conducting a talk on "An attitude of gratitude".



Rajyoga Meditation Camp for family members & children of Indian Oil Corporation colony, Rajkot, conducted by Sis.BK Vidhi and Sis.BK Arti.



The good wishes tree brought a lot of response from one and all.



Palghar District Collector Dr. Prashant Narnaware inaugurating the Business & Industry Wing stall



Sis.BK Harsha explaining one of the exhibits to Bro. Jaisheng Sankhe - President, Palghar Taluka Industrial Federation

**IF IT DOESN'T
CHALLENGE
YOU, IT
WON'T
CHANGE YOU**

पालघर, महाराष्ट्र १८ दिसंबर २०१७

पालघर तालुका इंडस्ट्रीज फेडरेशन और पालघर मैनुफैक्चरर्स एसोसिएशन की ओर से पालघर के आर्यन हाईस्कूल के ग्राउंड पर एक भव्य इंडस्ट्रियल एक्सपो का दिनांक १६ से १८ दिसंबर २०१७ के दौरान आयोजन किया गया। पालघर डिस्ट्रिक्ट कलेक्टर भ्राता डॉ प्रशांत नरनवरे के द्वारा इस एक्सपो का उद्घाटन हुआ। इस सुअवसर पर पालघर तालुका इन्डस्ट्रीअल फेडरेशन के प्रेजिडेंट भ्राता जैसिंघ संखे, पालघर के संसद भ्राता चिंतामणि वणगा जी तथा बी जे पी लीडर बहन लक्ष्मी हज़ारीजी पालघर तालुका इंडस्ट्रीज फेडरेशन के कार्यवाहक भ्राता अमर गाँधी जी तथा अन्य वरिष्ठ महानुभाव उपस्थित थे।

इस एक्सपो में ११० से अधिक स्टाल्स लगे हुए थे। ब्रह्मा कुमारीज के राजयोग एजुकेशन रिसर्च फाउंडेशन के व्यापार एवं उद्योग प्रभाग ने भी इस एक्सपो में भाग लिया। व्यापार एवं उद्योग प्रभाग द्वारा हो रही विभिन्न सेवाओं से सभी डेलीगेट्स को अवगत कराया गया।

प्रभाग द्वारा अनेक कंपनियों और इंडस्ट्रीज में मैनेजमेंट स्टाफ तथा वर्किंग स्टाफ के लिए स्ट्रेस मैनेजमेंट, पॉजिटिव थिंकिंग, पॉजिटिव ऐटिट्यूड फॉर सक्सेस, हारमनी इन रिलेशनशिप, सेल्फ मैनेजमेंट, कम्युनिकेशन स्किल्स इत्यादि विषयों पर कार्यक्रम कराये जाते हैं।

इस स्टॉल का प्रमुख आकर्षण था - व्यापार एवं उद्योग प्रभाग की सेवा चित्र प्रदर्शनी, गुड विश ट्री, स्पिरिचुअल वैल्यूज एंड पावर्स व्हील। इस एक्सपो को देखने के लिए ५००० से भी अधिक लोग पधारे थे।



Bro.BK Girish conducting a session for the staff of Future group.



e-Message for the Day

Message for the day

The biggest help for the self is to be tension free.

Thought to ponder:

Situations will continue to come each day and continue to make me thoughtful, preoccupied, upset or angry. There can't be a single day with no difficult situations. So if I continue to create a habit of seeing and thinking negative, I will then never have a cheerful face. On the other hand, the biggest help that I can do for myself is to be tension free, in spite of the situations. This creates a positive habit of being cheerful.

Point to practise:

Today I will make a promise to myself that I am going to have a cheerful face, whatever the circumstances might be. I am going to resolve in my mind all the difficult situations and be cheerful. If I can't resolve, I will postpone them for tomorrow. But today I will be happy and cheerful.

'Message for the Day' is being sent through Email everyday. The selected messages have been published in the book: 'Solutions for Daily Life'.

For free subscription of
'Message for the Day' write to us at
businesswing@bkivv.org.

A Businessman who lost everything in a fire placed a Sign Board:

**"Everything burnt but luckily
faith & confidence undamaged.
Business starts tomorrow."**

Call of Time



- **It is not the time to blame**
- **It is not time to change others**
- **It is not the time to expect others to be grateful**
- **It is not even the time to regret or repent**
- **It is not the time to worry or fret about the future**
- **It is time to empower oneself**
- **It is time to let God take over**
- **It is not the time to waste time**

The glass of water

There was once a psychology professor who walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they'd be asked the typical "glass half empty or glass half full" question. Instead, with a smile on her face, the professor asked, "How heavy is this glass of water I'm holding?"

Students shouted out answers ranging from 250 ml to 1 litre.

She replied, "From my perspective, the absolute weight of this glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me."

As the class shook their heads in agreement, she continued, "Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed – incapable of doing anything else until you drop them."

So let's let go of our stresses and worries!