



Change Your Thoughts; Change Your Life from Dadi Janki



Dadi Janki ji
Chief of Brahma Kumaris

It is a fact that we can only change ourselves by first changing our thoughts. If there is constant battling in our minds, then what will happen when we come into speech and action? We need to understand clearly where waste thoughts lead us, and also understand that battling is a huge waste of time. When our thoughts are like webs, they trap us, then like a spider that creates one web and then moves on and creates another, our own thoughts become our enemies. There is then enmity and animosity with others. Now let us take a thought to change that. Let us understand that we have a treasure-store of knowledge and a treasure-store of thoughts. Not just ordinary thoughts but a treasure-store of pure and peaceful thoughts.

It is such a simple aspect to look inside the self and create pure and peaceful thoughts. When we do this, we would see how nothing else is remembered. It is important to know that God's vision is on us and He has taught us how to see others. When we keep receiving His power, we find that all sorrow is being removed.

Let us now take the thought not to allow ourselves to go back to the old habit of creating a web of waste thoughts and getting trapped in it. Wherever you are and whatever you have been through, allow the happiness of this time to emerge and you will find that all the sorrow you have experienced until now in your life disappears. God's love is the most attractive thing in the world... just merge in that love and you will feel that you are filled with light. All negative will get eliminated and you will be able to let go of everything. God tells us what to do with our minds... He says, 'Child, go within and pay attention to Me. My image cannot be seen but your heart can recognise who I am'. In fact, God is so beautiful. Pay attention to Him and this thought alone can make your mind wealthy and your body pure.

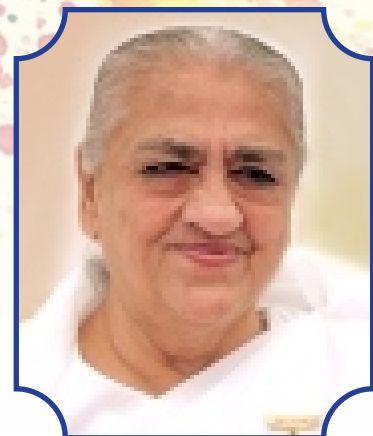
The true spirit of celebrating a festival

We all celebrated Holi with a lot of happiness. But what is the true meaning of **Holi**? **Holi means 'pure'**. We have to spread the wave of purity in all directions. Young and old – all are saying, “Holi, Holi” because firstly, Holi means “it has already happened, that is, past is past.” **Holi (Ho li)**. In common words, when we say, “Holi”, it means whatever happened has already happened.

Secondly, Holi means I now belong to God (**Bhagwan ke Ho liye**). So, did all of you celebrate such a Holi? That is, did you finish and burn the past? You haven't kept anything of the past in your heart, have you? Do not remember whatever happened in the past, but remember the future, pick up virtues from whatever happened, and keep the goodness of that in your heart and remember that. And whatever is wasteful, let that completely be “past is past.” Do not even think about it. Then you become coloured with the Father's imperishable company. We are His children, are we not? We are all coloured by the Father's company. This colour is such a strong colour that it cannot be erased.

If ever you are unhappy, or any situation arises, then forget everything else and remember these things so that you are able to forget the past in the present and remember only the good things and smile, laugh and play. Many, many greetings and congratulations to everyone for Holi.

Congratulations. All of you now have burnt the past, have belonged to God and so continue to celebrate with pleasure and continue to fly in the flying stage.



Dadi Hriday Mohini ji
Addl. Chief of Brahma Kumaris
& Chairperson, B&I Wing



Safal karo, Safalta pao (Utilise treasures wisely and experience success)

This is the formula for achieving success *Safal karo toh safalta mile, Samay sankalp shwas, tan man dhan, man vachan karm safal karo.* To recognise and use all our treasures is to ensure success. The treasures that we have are our time, thoughts, breath, body, mind, wealth, words and actions.

Dadi Jankiji teaches us, as a role model, not to waste any treasure and thereby energy is saved. We should not ever say 'why', 'what' and 'how'. We understand that what has already happened is only the past. We need to learn from it and put a full stop. On the other hand the question mark (?) is always crooked. So it is good not to have questions. It is said that in the Ramayana, even God took the help of His children to finish negativity (Ravan). Ravan is the symbol of 5 vices in man and woman. After Ravan dies, Ram Rajya is established, where people are completely happy and full. We need to clean the soul, just as we clean our houses. We need to keep an account of our positive, good actions and negative actions. We need to make our unity very strong. We all have the aim of complete happiness, peace and success.



Sis. BK Yogini
National Coordinator, B & I wing

So let us look at the true meaning of **SUCCESS**:

- S** Setting goals (Have a very elevated aim –Because as is our aim so are the qualifications and qualities we develop)
- U** Utilise the time (Use time in things which are elevated)
- C** Courage (we take one step of courage and God takes us 100 steps forward)
- C** Creativity (Find new ways of doing even ordinary things)
- E** Effort (To make effort with commitment, to do things with the heart)
- S** Sensible planning (for this we need Team Spirit; respect for each and every one and the role that they are playing, everyone has a contribution to make)
- S** Start the work

So, there is the ability to achieve and maintain success, under all circumstances.

A national Conference-cum-Meditation Retreat on "*Wisdom for Changing Times in Business and Industry through Rajyoga*" was held in the Shantivan Complex in Abu. This program was held in the month of January 2017. Over 5000 delegates from the Business and Industry sector from different parts of India participated and benefitted from this program. The program gave experiential inputs on how inner empowerment and enlightenment can lead to outer success based on deep wisdom.

Dadi Ratan Mohiniji graced the occasion and inspired everyone with her divine blessings.

Anna Saheb Chokoteji, a famous industrialist from Kolhapur expressed his deep appreciation for the work of Brahma Kumaris and gave his good wishes.

A felicitation ceremony was held for the family of the martyrs who lost their lives in the shooting at Kupwada in Jammu & Kashmir. A cheque was also presented to the family.



Felicitation of the family of the martyr army personnel



Program at Bombay Chamber of Commerce and Industry by Sis. BK Deepa.



Program at Vizag Steel Plant by Sis. BK Radhika.



Program at Bajwa, Vadodara, conducted by Sr. Faculty Sis. BK Geeta on 'Vyast trast jeevan se mast jeevan'. Guests present were Bro. Shivalal ji Goyal (Kutch chemicals), Bro. Ajay Rankaji (Zydex industries), Bro. V Nagesh (Cosmos group of companies). Also seen in the picture are Sis. BK Aruna.



Sis. BK Geeta conducted a session on 'Tanav kaise ghathe, vyapar kaise bhade' in Jodhpur. Special guests present were Bro. Nirmal Bhandari and Bro. Suresh Rathi. Also present were Bro. Raj Singh and Bro. Ram Avtarji Agarwal.



SELF DEVELOPMENT

For People in Business and Industry

(A Newsletter for private circulation)



Program at Bajwa, Guest: Bro. Vinod Bhai Goyal, Faculty Sis. BK Geeta.



Service at Bawana.



Program at Atomic power plant in Rawatbhata.



Singrauli (MP) Workshop on Mind Management at Reliance Power Sasan Ultra Mega Power Plant. Seen in the picture are the president of the Plant, Bro. Sri. Jitendra Prasad, and other HODs along with the employees. Faculty Sis. BK Shobha and Sis. BK Jyothi are also seen.



A tribute to our Divine Sister BK Chandrika

Sis. Chandrika rendered exemplary services from the year 2000. She left her physical costume on March 29th, 2017. She had been undergoing treatment for cancer. Sister Chandrika has taken up several responsibilities, first at the national coordinating office at Vile Parle, subsequently moving to Boisar. Highlighted here are a few Godly services rendered by her in Boisar and the surrounding areas in the past 12 years. She has been instrumental in organizing programs on a large scale like the Holistic Health Fair (50,000 visited and took benefit), Shivani behn's programs, in collaboration with TAPS (5000 attended), Geeta Gyan program by Usha behn (2000 participants), Dr. Sahoo's Goodbye Diabetes program (2000), organized train Rally (3 Days) across MIDC & 20 villages. One of the esteemed visitors to the centre at Boisar is Baba Ramdev.

She has also been instrumental in organizing programs in about 50 organizations in and around Boisar. Some of them are: TAPS, BARC, several steel plants, Amul, Siyaram, Pantaloon, MIDC, MSEB, CISF, Moonlight and many more manufacturing industries, services industries, banks etc, just to mention a few. She has been instrumental in tying up with industries like TIMA (Tarapur Industries Manufacturers Association) & TMA (Tarapur Management Association) for regular programs for Social Institutes like Rescue Foundation (For Teenage Girls), Anu Balvikas (For Handicap Children). She also had regular joint Services with Rotary Club, Lions Club, Women Welfare Club of TAPS, BARC, IMA, TATA & JINDAL. Subsequently, she was instrumental in starting study centres (Geeta Pathshalas) in TAPS Residential Colony, Anand Surface Industry and Moonlight Industries.



Under the theme, 'Vyapar me safalta - parivar me kushalta kaise prapt karen', faculty spoke on Balance in professional & personal life. Bro. Raj Rassawatt was the chief guest.



Program on 'Balance in Professional & personal life' in Kotkapura, conducted by Sis. BK Geeta. Also present were Bro. Manoj Patel, Sis. BK Prem Lata, Bro. Onkar Goyal (President All India Retailer Federation), who was the chief guest.



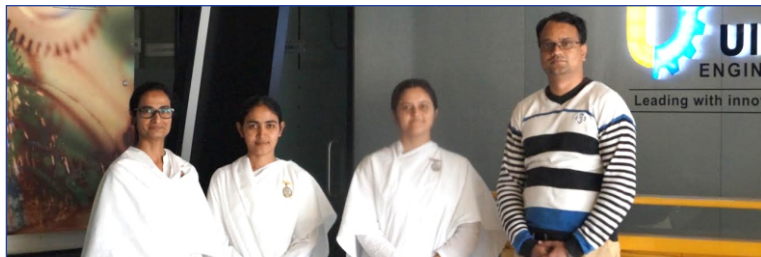
Program in Muktsar: Bro. Raj Rassawatt, (President Pesticide & chemicals association Punjab), Bro. Ajay Setia Chief guest (Chairman & MD, Setia Paper Mill, Muktsar), Bro. Kulwant Singh (ADC, Muktsar), Bro. S. Baljot Singh (Senior superintendent of Police, Muktsar), Sis. Baljeet Kaur (Circle Education Officer, Faridkot) were present for the program.



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Positive thinking program at Ultra Engineers, Pune. Sis. BK Namarata, Sis. BK Amruta with the HR head Bro. Mukesh Nikam. Programs have been scheduled for the entire year.



Program for Rotarians by Sis. BK Radhika in Nandiyal.



Meditation course for staff of Ultra Tech Cement. 30 attended the session conducted by Sis. BK Jagruti.



Art of leadership program by Bro. BK Swaminathan. Guests Bro. Ranjit Shah, Secretary, GIDC, Bro. Mukesh, Joint Secretary. Also seen is Sis. BK Geeta.

**DO SOMETHING TODAY
THAT YOUR FUTURE SELF
WILL THANK YOU FOR.**

e-Message for the Day



The biggest gift is the gift of virtues.

Expression:

Throughout the day, each individual is involved in a series of activities. A simple thought to give the gift of virtues makes even ordinary actions special. Each act becomes special and the fragrance of this speciality spreads around and touches the lives of others too. Such an individual is able to contribute to every task with his own speciality and bring success in the task too.

Experience:

I am able to express and give the gift of my virtues, I am able to attain satisfaction with whatever I get to do. This satisfaction brings in me the inner urge to contribute some more. I achieve success outwardly too since I have actually been able to experience inner success.

'Message for the Day' is being sent through Email everyday.
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A businessman was highly critical of his competitors' storefront windows. "Why, they are the dirtiest windows in town," he claimed. Fellow business people grew tired of the man's continual criticism and comments about the windows. One day over coffee, the businessman carried the subject just too far. Before leaving, a fellow store owner suggested the man get his own windows washed. He followed the advice, and the next day at coffee, he exclaimed, "I can't believe it. As soon as I washed my windows, my competitor must have cleaned his too. You should see the shine on them."



Conference on Balancing Life & Work at Gyan Man Sarovar, Panipat. Bro. Ram Gopal, ED, Panipat Refinery, Bro. Pramod Vij, Dist. Pres.(BJP,Panipat), Bro. Sanjay Bhatia, Chairman, Haryana Khadi Gram Udyog Board, Sis. Suman Manjari, IG, HR, Police, Bro. Dr.Rajiv, Director, Balaji Multi Specialty Hospital, Bro. Rakesh Garg, Secretary, Haryana Chamber of Commerce, Bro. BK Bharat Bhushan, Sis. BK Sarla, Sis. BK Shivani (Key note speaker).

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