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## *Come, Let us Run to Stop*

**T**he moment a child is born, it starts breathing instantaneously. Slowly, the child starts growing and does not remember as to when exactly he started running. First of all, he ran for admission in a school, then ran to finish homework, and ran further to win a competition. The beginning of life, which needed to be smooth and relaxed, became a part of a fast track lifestyle.

With the passage of time, one seems to be running constantly – to obtain a good service, to get a good matrimonial match, to acquire a good social position, etc. One keeps on running to show to all his better-than-others position in the society. In this exercise, the time also ran away equally fast.

It is a matter of serious consideration as to whether we are a part of this mad run. If we are, then what is the target of this run?

Let us stop,...to check that we have not gone blind in chasing the target of our constant run.... to check that there has been no cause of regret in picking up means of acquiring materialistic and social status, and that our self-respect remained intact. Often, people do not feel hesitant in harming others, if needed, to fulfill self-interests.

We must avoid this rat-race, where even after winning we remain a rat!

Like every year, 2014 has also run vigorously, leaving behind an invitation to run—for Divinity that exists within us. And, achieving this target would mean an end of all other worldly runs. And, as we halt, or stop, we come to acquire an element, the element of **ONENESS**.

— Vimlesh Ahuja  
Hansti Duniya

Compiled by :- Hardik Khinda, Sanskriti School, Delhi

## THOUGHTS TO PONDER

- It is a divine law that God can be realised by the grace of True Maser. —Nirankari Baba
- Hatred does not cease by hatred, but only by love; this is the eternal rule. —Buddha
- A man's best friends are his ten fingers. —Robert Collyer
- Forgive thyself little, and others much. —Leighton
- Hope is life and life is hope. —Adele Shreve
- God is the only Supreme Power though He may be called by different names. —Elizabeth Browning
- To be trusted is a greater compliment than to be loved. —George Macdonald
- Violence is the last refuge of the incompetent. —Isaac Asimae
- Forsake not God until you find a better master. —Scottish Proverb
- Only reverence can restrain violence, reverence for human life and the environment. —William Coffin.
- That man never grows old who keeps a child in his heart. —Steele
- To acquire and imbibe saintly traits, the company of saints is indispensable. —Nirankari Baba



## Ik Tu Hi Nirankar - 100

HE MERE MAN OT LIA KAR RAB DE KAMAL BANDE DI;  
TAN MAN DHAN SABH ARPAN KAR DE SOHBAT CHHAD KE MANDE DI.  
NIRANKAR NOON JAAN LIA TE SHAN IHDI PEHCHANI EY;  
TRAILOKI DA MALAK BANADA JIHDA BRAHMGIANI EY.  
AISE JAN DI SANGAT KAR KE CHAIN DILAN NOON ANDA EY;  
AISE JAN DE DARSHAN KAR KE PAP PUNN MIT JANDA EY.  
AISE JAN DI SANGAT KAR LAI CHAHUNA JE BHALIAEE TOON;  
CHARAN PAKED LAI AISE JAN DE CHHAD DE KUL CHATRAEE TOON.  
MUK JAEGA JAMMNA MARNA NA AVEN NA JAVENGA;  
AVTAR GURU DE CHARAN JE PUJEN JEEVAN MUKTI PAVENGA.

## Gist : Thou Formless One

O' my mind, you should always seek the shelter of the perfect man of God;

You should surrender your all- body, mind and wealth, giving up the company of the evil doers.

He who realizes the Formless and knows His grandeur;

He who imbibes God-knowledge, becomes the master of three worlds.

In the company of such a blessed one, one's heart finds solace;

The glimpse of such a blessed one, makes one rise above virtue and vice.

Seek the company of such a blessed one, if you want your welfare;

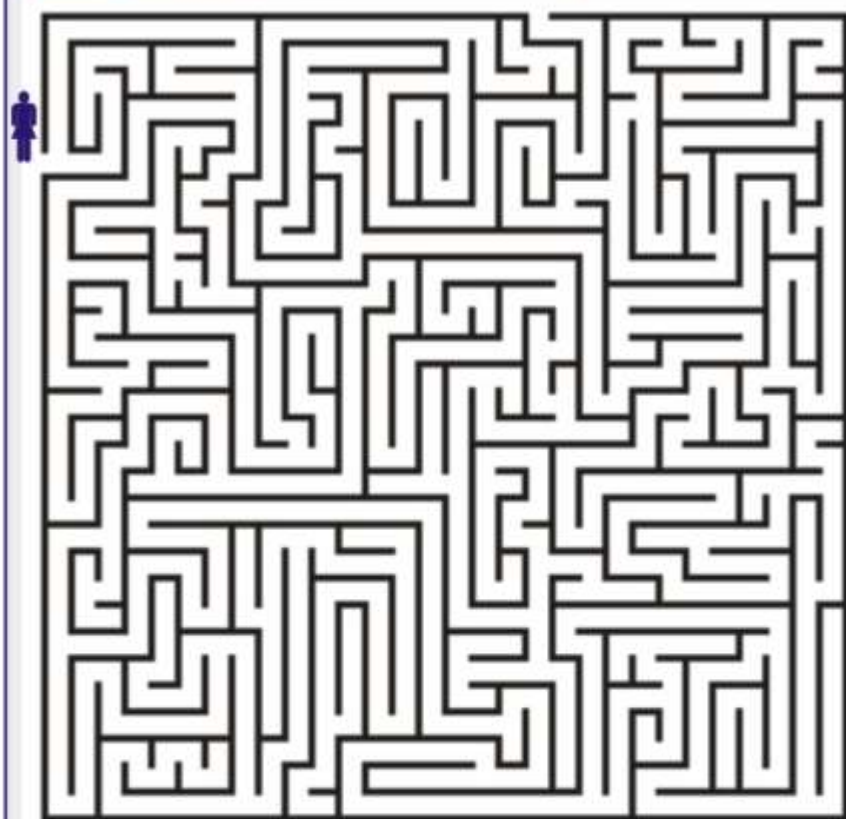
Cling to the feet of such a blessed one, leaving aside all your cleverness.

This will rid you of the cycle of birth and death, you will not come and go any more;

Avtar says, if you worship the feet of the True Master, you will attain salvation.

## Find the way

Dinesh Rai



If the way found in half minute, you are Genius.

If the way found in one minute, you are Talented.

If the way found in more than a minute, you need to improve.

★ All reforms, except a moral one, will prove unavailing.

— Thomas Carlyle

★ Pinch yourself and know how others feel.

— Japanese Proverb

★ We live in an age when only unnecessary things are our necessities.

— Oscar Wilde

★ All are afflicted with 'maladies' except the True Master.

— Adi Granth

Thoughts



## Petty Matter

“Dear Mohan! Have your food. It has long been served”, Mummy said two-three times, but Mohan responded in one single sentence, “Just coming, Mom”.

It was becoming a routine. Mom would serve the food, but Mohan would be busy playing with friends. He just could not think about food.

Mom was perturbed with Mohan’s carelessness. She knew that if food is left open for long, it would attract germs and dust, proving harmful for health. It was explained to Mohan several times earlier. But Mohan didn’t care and would put a query, “Mom, how would a little delay matter?”

In the evening, mom called Mohan. Handing him a plate, she said, “Son, wash this plate cleanly and keep in the kitchen”. Mohan did accordingly.



Next day, mom said, "Dear, bring the plate I gave you last evening to clean". Mohan brought the plate and handed it over to mom. Then she asked, "Look it carefully and tell me if it is clean?"

Mohan looked and was surprised. The plate which was thoroughly cleaned last evening was covered with a layer of dust. He said, "Mom, it is dirty, it has got dust on it."

Mom said advising, "Dear Son, the plate got a layer of dust because it was kept in open. In the same way, your food which is left open for quite a time attracts dust and that is harmful for your health. Therefore, whenever you are called for food, you should immediately leave games and have your food, ensuring that the food you take is



dust- and germ-free. More the delay, dirtier the food is. That can make you sick. Moreover, ignoring food is like an insult to it."

Mohan got the point. Apologizing he said, "Mom, from today onwards, I won't repeat this mistake. I considered it to be a petty matter. Now I understand its

## White Rhinoceros, with a small neck

—Pragya Pandey—

**T**he white rhinoceros, with a big head and a huge body, is one of the best five varieties of this creature. In similarity with some elephants, it is considered to be one of the biggest mammals. However, in contrast with its awful body, the neck is quite small and the chest, a bit wider.

The male white rhinoceros weighs approximately 2300 kg and the heaviest one, on record, weighed 4500 kg. One particular feature of this mammal is that it has two horns, made of carotene, just above the nose. And another interesting feature is its hump rising above its back.



It has quite a big mouth enabling it to thoroughly chew the grass. Although it has hearing sense, it normally uses its smelling power for most

of his works. Its nose is the widest among all the animals on earth. The normal life span of this mammal is between 40 and 50 years.

importance, and also an insult to the food if it is left unattended. Now I will take the food immediately and that too after properly cleaning my hands.

Since then, Mohan did not make that mistake. Whenever his mother would call him for food, he would not take time to leave his games, wash his hands and start his food.

Mom was indeed happy to see this change in Mohan.

## The Winter days



There come the winter days  
To work hard in different ways  
There come the winter days

If you wish to keep fit  
Stick not then to the quilt  
Listen what the time says  
There come the winter days



Fierce are the winter waves  
Keep shut the bungalow gates  
Study hard and shun the plays  
There come the winter days

The days are getting short and short  
Enjoy the longer night most  
Get up early, with sun-rays  
There come the winter days



# Happy Birthday



Kavita (Bhuchomandi)



Prabhjot (Nabha)



Raunak (Chandrapur)



Nilesch (Patiala)



Kumar (Mumbai)



Ratnam (Gorakhpur)



Simranjot (Longowal)



Ivyaan (Delhi)



Aneesh (Mumbai)



Harjap (Karnal)



Beerkamal (Faridkot)



Sahil (Delhi)



Avnisha (Delhi)



Muskaan (Bhiwani)



Utkarsh (Chiraiyakota)



Priya (Peelibeet)



Anshika (Mathura)



Naman (Aurangabad)



Banni (Panchkula)



Asha (Rampalli)



Rohit (Nangloi)



Ankti (Rajnagar)



Preeti (Malhad)

❖ Under this column, photographs of children up to the age of 10 years only are entertained. Please send passport size photographs only, Which should reach us at least two months before.

➔ Editor, **Hansti Duniya**  
Magazine Section  
Sant Nirankari Mandal  
Sant Nirankari Colony, Delhi-9

## HAPPY BIRTHDAY

The above coupon must be affixed on the back side of the photograph

Name..... Date of Birth.....Year....

Address.....

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# GRANDPA

Story & Illustration

— Ajay Kalara

Once a disciple, asked his Guruji

Guruji,  
some  
people say  
that this life  
is a  
struggle.  
Some say  
that this life  
is a  
celebration.

Dear, those who haven't found a Guru, they have termed life a struggle while those who have found, for them it is celebration; and only those who walk on the path told by the Guru, can term this life a festival.

The answer was not convincing to the disciple.  
Just then Guruji told a story to his disciple.

... Once a upon a time



Three disciples completed their education in a Gurukul and asked their Guruji about Guru-Dakshina. Gurudev smiled and said-



All three became very happy that they would be able to fulfill the wish of Guruji. They all spoke gladly...



They all left for the jungle.





They asked him, Who has taken all the dry leaves in the jungle.



The leaves have already been used as fuel, he replied.

Then, all the three went to a nearby village in the hope that they would certainly find a packet of dry leaves.



After reaching there, they asked a trader for some dry leaves. But were again disappointed as the trader had already sold the dry leaves after making medicine from them.



Whatever they could do, they did. But they could not get their hands on dry leaves.

Finally they returned to Gruji empty handed.

Oh, you have come back. Give me the dry leaves.

Three of them kept looking down, but one spoke.



Guruji, we thought that dry leaves would be found lying around and we would bring them back soon, but we could not find them.

Guruji smiled and spoke



Children, just as the dry leaves from trees are not useless, similarly the dry leaves in form of enlightened knowledge is useful in many ways. Go and spread the light of your knowledge, that itself would be Guru Dakshina to me.

Three students became happy and left for their homes.

The disciple who was eagerly hearing the story spoke....



Guruji, I understood completely that there is nothing waste in this world. Everything is useful.



### Latest News About Mars Science Laboratory, NASA's

The scientists are now certain about the fact that a catastrophe took place very early on the surface of mars. "New Scientist"



has published a report about a study of a crater named Aram Chaos that exists on the surface of mars. It is claimed that about 2.5 to 3.5 billion years earlier, there existed - in place of this crater - a lake covered with thick layer of ice.

Due to the changes in temperature, the water rose above the level of the lake and flowed out in a number of streams. The scientists have found the signs of these streams on the surface of mars. According to them, the lake was so deep that its water kept on flowing out for almost a month. Now they are conducting a research of the bottom of the crater in the hope they can find trace of any micro organism of that time still surviving.

### Longest tissue of dinosaur found

Scientists in Patagonea region of Argentina have successfully discovered the biggest tissue of dinosaur. It is believed that this tissue is



of a new specie of dinosaurs, viz., Titanosaur whose neck and tail were long and had four legs. According to Jose Luis Karvalido, a scientist of South Argentina, its weight would have been almost equal to 14 African elephants or 100 tons.



## Ten Things God Won't Ask

— Archana Mahanjan

1. God won't ask what kind of car you drove; He'll ask how many people you drove who didn't have transportation.
2. God won't ask the square footage of your house. He'll ask how many people you welcomed into your home."
3. God won't ask about the clothes you had in your closet. He'll ask how many you helped to cloth.
4. God won't ask what your highest salary was, He'll ask if you compromised your character to obtain it.
5. God won't ask what your job title was, He'll ask if you performed your job to the best of your ability.
6. God won't ask how many friends you had, He'll ask how many people to whom you were a friend.
7. God won't ask in which neighborhood you lived, He'll ask how you treated your neighbours.
8. God won't ask about the colour of your skin, He'll ask about the content of your character.
9. God won't ask why it took you so long to seek salvation. He'll lovingly take you to your mansion in heaven and not to the gates of Hell.
10. God won't ask how many people you passed this on to, He'll ask if you were ashamed to pass it on to your friends.

## OLD GRANDMA



Poem :  
Madan Gopal  
Sharma

Old grandma  
Loves us all,  
She is very dear,  
And is an enlightened soul.

If ever,  
Mom does scold  
At once grandma  
Rushes her to hold

Grandma provide us  
Clothes and meal  
She does every work  
With zest and zeal

Late at night  
Stories does she tell  
And in the morning  
Awakes us well

She cautions us ever  
To keep ourselves healthy  
So that we can  
Be wise and wealthy

## *Life Is Adjustment*

Once, a newly-wed couple, visibly angry and cursing each other, approached Baba Gurbachan Singh Ji Maharaj at Chandigarh and alleged a breakdown in their relationship. Baba Ji referred them to Rev. Rajmata Ji who was sitting nearby. Rajmata Ji gave them a patient hearing for a pretty long time and discovered that it was only a case of ill-adjustment born out of ego-clash. When the couple pressed for her intervention for dissolving the relationship, Rajmata Ji asked them. "Why cause marital disaster? What will you do afterwards?" Both quipped back quickly, "We shall re-settle elsewhere." Rajmata Ji thoughtfully explained to them, "Your recently solemnized marriage cannot be dissolved in a huff. Besides, what is the guarantee that elsewhere you will find a good partner? If the new spouse turns out to be still worse, then what?" The couple was dumbfounded and pensive. After a pause, Rajmata Ji persuaded them to attend the Sangat (Congregation) whereafter the matter could be sorted out calmly and positively. Baba Ji witnessed all this.

Willy-nilly, the couple made for the Sangat. They looked frozen at the top but agitated thoughts kept running in their minds. After about two hours. Baba Gurbachan Singh Ji Maharaj generalized the individual case of the day and among other things especially blessed the congregation with the guiding secret of a successful married life.

Babaji said, "With the realization of Fatherhood of God, one discovers himself to be a member of a global human family. The enlightened devotees are always expected to behave like angels to each other, full of compassion and concern for every one. Their life is comparable to water which at once adjusts and takes the shape of changing



containers of different sizes and shapes. In exactly the same way, the devotees may not be able to change the events of life but they can certainly change their attitude towards them and



accordingly like roses and thorns on the same branch This kind of optimum adjustment is called for to lead an ideal family life.

Viewing life from worldly angle, Baba Ji expressed regret that like the headlights of a vehicle, faults of others look glaring. This attitude turns man against man and, in this process, he does wrongs to himself and loses peace and happiness.

Baba Ji stressed upon harmonious environment in and outside our homes. This makes us interwoven, interconnected and interrelated with people around us. The way we listen to others is crucial for either building or breaking a relationship. At a collective and an individual level, we should have natural ability to appreciate others' position. We must respect different cultures, ways of life and beliefs and explore viable alternatives to avoid making our homes unpleasant.

Highlighting the miraculous effect of restraint, Baba Ji added that appreciation, respect and understanding coupled with patience, compassion, tolerance and humility go a long way in promoting positive feelings and serve our purpose in every walk of life. When practised, all virtues lead to humility and, in turn, means normalcy, essential for successful

adjustment in life with individuals and the human family at large. Baba Ji rightly distinguished between the so-called great men with baser instincts and greater-than-men saintly persons full of virtues: the former believing in standard of living, while the later in achieving standard of life.

Referring to the economic adjustment, Baba Ji explained that it is not so important as to what a man earns. The importance lies in the fact as to how one adjusts with whatever one earns. There is enough in the world for every body's need but not enough for one man's greed. Also there is no demarcation where the poverty ends or the richness begins. At times we spend money we have not yet earned, to buy things we do not need simply to impress people whom we do not like. This show-syndrome can create hydra-headed virus completely disturbing our adjustments. Bringing out adjustment as the natural law of our being, Baba Ji compared life with a blanket too short: when we pull it up, our toes shiver and when we yank it down, our shoulders shiver. But when we adjust ourselves by drawing our knees close to the chest, we pass a comfortable night.

Concluding his discourse, Baba Ji exhorted the devotees to live an ideal life which is nothing but projection of saintly traits. The estranged couple walked hand-in-hand up to Baba Ji and heartily thanked him for rescuing them from their marital disaster. The hidden message to the prospective young couples is, *"Keep your eyes wide open before marriage and half-shut afterwards."*

## Thoughts

✦ How can one love someone without knowing him?

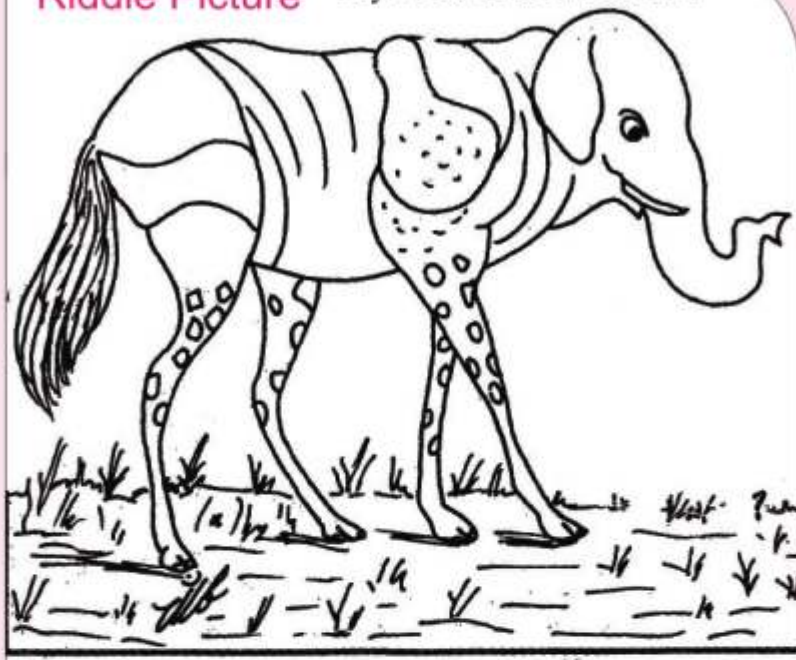
—Nirankari Baba

✦ We spend money which we have not yet earned, to buy things we do not need, to impress those whom we do not like.

— Sunny Gulati, Chandigarh

## Riddle Picture

By : Chand Moh. Ghoshi



Please identify the original animals from the mouth, ear, trunk, legs and tails of the above imaginary mammal.

Correct answers:—  
- Mouth of elephant - Ear of a dog - Trunk of rhinoceros  
- Legs of Giraffe - Tail of fox

## Act

Trust no Future, however pleasant!  
Let the dead Past bury its dead!  
Act in the living Present!  
Heart within, and God overhead!

— Longfellow: A Psalm of Life



## A FRIEND INDEED



**R**impi and Baldev lived in same town. Both studied in 8th standard, but in different schools. Their houses were also not very far from each other. In the evenings,

they would gather in an open ground and practiced wrestling. It was their favourite game.

Rimpi's father was an officer, whereas Baldev's was a simple peasant. It was really difficult for parents of Baldev to support his studies, although his school fee was half waived. Each year, Baldev would purchase old books from his one-year senior classmates.

This year, when Baldev was promoted to 8th Standard, the syllabus for Maths, English, Computer and Science had changed and new books were introduced. In the evening, on return of his father home, Baldev brought a glass of water for him. Seeing him relaxed, Baldev told him that he would need Rs.200 to purchase new books.

"Two hundred Rupees"! His father was taken aback.

"Yes father. I would need four new books as per the changed course".

"Can't you get old ones? Just a few days earlier, I got you a new dress, and paid the school fee also. Now, where to arrange this additional Rs.200 from?" His father said worriedly.

Baldev's mother interrupted. "I have ear rings. What a better purpose would these serve than for my son's education? Please sell them and arrange books for Baldev".

“Alright. I will return home early tomorrow and go together to the goldsmith’s shop”, said Baldev’s father and went for a bath.

Next day, there was a sport competition in Rimpi’s school. Students from ten nearby schools had come to participate. Everyone was preparing to give a tough fight. Everyone wanted their school to come at the top. Each winning player was to be awarded Rs.200. Rimpi and Baldev were also there in the 30-35 kg wrestling event.

Baldev was representing his school and so was Rimpi. Looking at Rimpi’s preparation, Baldev thought of withdrawing as it was not possible to defeat Rimpi. Thinking about school’s prestige, he came out in the ground and started preparing. Baldev was, however, scared that Rimpi would defeat him in the midst of shouts from the students.

The moment the referee blew the whistle, the wrestling began between them, each trying to hold a better grip. Applying his full force, Rimpi raised him up to his shoulders.

“Put him down. Make him touch his shoulder to the ground” were the shouts coming from every corner.

But, something strange happened. Rimpi suddenly lost his balance, saving himself somehow from falling. This opportunity was enough for Baldev to bring himself in a better position. Both fought with all their might. Suddenly, Baldev threw Rimpi flat on the ground.

Woke up Baldev! Woke up, came the cheerful shouts from his schoolmates. All took him on their shoulders and circled around. Baldev had won the prize of Rs.200.

Baldev was unable to believe his victory. With confusion in mind, he reached Rimpi’s home in the evening, and found him there.



“Come Baldev! Congratulations! You did a miracle today. How come you gathered so much strength? I did my best to defeat you, but somehow you applied better tricks. You were simply marvelous”.

“Leave it, Rimpi. Tell me, who is your best friend?”

“You”, replied Rimpi. “Vow on me then and tell me the truth. Did you not deliberately lose your game?”

Rimpi became answerless, as if he was caught red handed. “The thief is caught. Right?” said Baldev.

Rimpi could no more resist. He said, “Baldev, the truth is that I came to your house yesterday. When I entered, your mother was talking about selling her ear rights so as to purchase your books. I heard her talk and silently returned. Today, during the wrestling, I thought it was not me but you who needed Rs.200. So, I thought it right to lose the fight.

Baldev’s eyes were in tears. Holding Rimpi’s hand, he said, “Rimpi, you have actually won, even after losing”. Rimpi and Baldev were in the arms of each other.



## **HE DEFEATED DEATH TO BECOME HERO IN SPORTS**

**T**hat skinny boy of 12 years was Bob Robert B. Mathias. Bob was growing normally like any other child and at the age of 10 was caught by blood deficiency disease. Two years have elapsed. Hundreds of injections and different medicines have been given to him. The blood deficiency was so acute that he could not even move around. With blood deficiency being one of the deadliest diseases, he caught many other complications.

Doctors expected very little about Bob's survival. But Bob had a tremendous will power. Not only did he want to become healthy, but also to reach at the top in the world of sports. Medicines, of course, improved his condition. But it was his strong will power that he started recovering from the age of 14.

Doctors made him stand on his own and his legs trembled. He was about to fall when the doctors supported him. He was asked to stand erect. Bob looked helplessly at the doctors. His mother and the doctors encouraged him. With great difficulty, Bob was able to stand for a while. But it was a great achievement for a boy who was used to sleep for about 18 hours a day and being unable to move.

Next day, the doctors not only made him stand, but supported him to walk – just four to five steps, increasing the walk day by day to ten, fifteen and twenty steps. And the miracle eventually happened when Bob started running. He started taking interest in many sport events.

With nutritious diet and sports, Bob's body improved quickly. At the age of 17, he was 6 feet and 2 inches tall and a

handsome boy, weighing 190 pounds. Bob played football, basket ball and sprint events besides playing other games.

Bob was tremendously happy when he was included in the American team for 1948 Olympics. He was selected for decathlon - the toughest competition as it involved taking part in ten events.

There were twenty countries to take part in the decathlon event in Olympic Games organized in London 1948. The 17-years old Bob highly impressed everyone with his unbelievable performance. Bob finished 100 meters sprint in 11.8 seconds. In brand jump he covered 22 ft. height. In Ball throw, he covered a distance of 42 ft. and 6.5 inches. He won the High Jump event. He took only 41.7 seconds to complete 400 meters sprint. And the most interesting part of it was that he finished all these events in one day.

Next day, Bob crossed 12 ft. in the pole vault event. He threw the arrow as far as 164 ft. and participated in 1500 meters sprint. After completing the High Jump and 100 meters Hurdle Race, he got the maximum score, i.e., a score as high as 6824 which meant nobody could surpass Bob Mathias in the Olympic Games that year.

...And Bob Mathias, a 17-year old boy, became the decathlon champion. He was the same boy whose life was at a great risk and no one expected him to achieve such great heights in the world of sports.

Four years later, in Helsinki Olympics, Bob Mathias scored victory second time in decathlon, with a much better score than that of the previous Olympics. Bob Mathias is the only sports person to have won consecutively two decathlon events in Olympic Games.

Basically, Bob has shown to the world that a strong will power can strengthen even a physically weak person to reach at the peaks of sports. Definitely, he has set a motivating example for everyone to follow.

## The Genie

A man had to do a lot of work every day. One day he was very, very tired. He was praying in his heart, "Oh God! Please give me a servant to do all my work, I feel so exhausted." He was polishing an old brass lamp while praying. All of a sudden an old genie appeared before him. He said, "I am the genie of this lamp. What can I do for you? I grant you a wish." The man was flabbergasted. He said, "What do you mean? Can I ask for anything?" The kind looking genie said, "Yes, but ask carefully. Don't ask for anything dangerous."

The man was tired and the servant problem was upper most in his mind, so he said, "Give me a servant, who can do all my work, so that I can relax and enjoy life." The kind genie smiled and



replied, "Are you sure, that is what you want?" The man said, "Yes, I'm very sure." The genie tried again to make him see sense. He said, "I can surely give you a servant, but you shall have to keep him occupied always. If you are not able to keep him at work always,



he shall destroy you." The man thought of the endless chores that he had to do all day and said, "No problem. I shall keep him occupied always."

The genie moved his hand and an ugly looking genie appeared. The old

**"When thoughts are reduced, the mind naturally comes under control, like a clock that is unwound."**

genie told the new genie to serve his master and then disappeared. The man told the genie, "Servant, go and clean my house." In an instant the genie completed the task and said, "What next, master?" The man said, "Go and water my fields." The genie went and was back in a jiffy. "What next, master?" The man said, "Go and feed the cattle." The genie took

only a few minutes and was back again. The man was thinking what next to tell him. The genie said, "What next, master?" The man said, "Just wait, and let me think." The genie bared his ugly teeth and raised his claws saying, "If you don't give me work to do, I shall eat you. Tell me quickly, I cannot sit idle." The man stuttered, "Go and pluck the apples from the tree," "Go and bring water from the well," "Wash the linen," "Make dinner,"... The man was panicking now. What should he do? There was no more work to be done.

The man looked at the bare teeth of the snarling genie and started running. The man ran and the genie ran after him. The man accidentally stepped on the brass lamp and his foot happened to rub it. The kind old genie appeared again. The man took shelter

behind the kind genie's back, while the ugly genie tried to grab him. The old genie said, "Calm down! Calm down! Tell me, what the matter is." The man told the whole story to the old genie and beseeched him to take his cruel genie back. The kind genie said, "I cannot take him back now, but I can tell you how to keep him occupied. Take a long pole and tell the genie to fix it securely into the ground. Then tell him to keep on going up the pole and then down, up and down again and again. That will keep him busy forever." So the evil genie was ordered to do just that and he spent his

entire time going up and down the pole!

This is not just a story for children. There is an evil genie in all of us. It is our mind! If we don't keep the mind occupied in things constructive, it has a tendency to think negative thoughts, fantasize over the undesirable and the futile. Many times we say things like, "I am going crazy thinking about this; I'm going mad; I've nothing to do!" This happens when the idle mind becomes an evil genie. Remember to keep your mind sufficiently occupied on a positive and productive track, always. ●

**Thoughts** ▶ Those who work for appreciation and fame end up quarreling and fighting with each other. —D.S. Shauq

▶ Right intention is to the actions of a man what the soul is to the body, or the root to the tree. —Jeremy Taylor

▶ Caste is no bar. The one who worships God is a devotee of God. —Nirankari Baba



## Improve your Grammar

—Vikas Arora (Rewari)

Choose the right option

1. I had only one \_\_\_\_\_ of water for taking a bath.  
a) PALE                      b) PAIL
2. Are you \_\_\_\_\_ for the test ?  
a) ALL READY                      b) ALREADY
3. This notebook also comes with a \_\_\_\_\_ screen.  
a) GLASS                      b) GLOSS
4. What is the plural of Spy ?  
a) SPIES                      b) SPY
5. More men adore the sun rising than the sun \_\_\_\_\_.  
a) SHINING                      b) SETTING
6. Present: Set, Past: Set, Past Participle: \_\_\_\_\_  
a) SAT                      b) SET
7. A group of factory workers \_\_\_\_\_ going to their workplace.  
a) IS                      b) ARE
8. Some people may need to shower twice a day if they \_\_\_\_\_ a lot.  
a) PERSPIRE                      b) PRESPIRE

Answer Sheet	1	2	3	4	5	6	7	8

Judge your position from the table given below:

All correct – Excellent Grammar

5 – 7 correct – Average Grammar

Below 5 correct – Go through the Grammar book everyday.



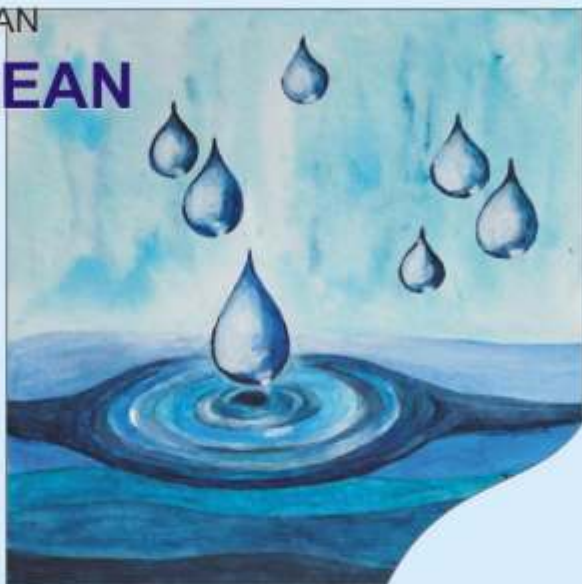
# DROPS

Child Story : Rajendra Kumar Singh

CREATE AN

## OCEAN

Naren, the rabbit, was quite sharp at studies. He always stood first in his class. All the teachers of the school were very fond of



him. Naren, too, was equally respectful to them. However, as sharp he was in studies, so much lazy he was in social works. Reason being that he lived in a remote area, away from the society. He was absolutely blank about how to behave and what to speak with others. Therefore, he could not get noticed in the society.

One day, sitting on a bed at the front of his house,

Naren pondered as to why people ignored him. Why was it that the amount of love and affection he received from his teachers, was not forthcoming from people of the society. It hurt him from inside. Chunky, the monkey, who happened to pass by, asked Naren "What is the problem, Naren? Why so sad?"

Naren said in a low tone "Chunky brother, I am not as popular as I am in the

school. I cannot figure out the reason for this". Chunky replied "You are popular among the teachers in the school because you are quite active and good at studies. Same way, once you become active in social works, the society will also shower love and affection on you. "But, how will I command love and affection? I am totally new in this field."

"Make contacts with people".

"What will happen, then?" "You will know more and more about them."

"It will require making contacts with people and their families".

"Yes", said Chunky. "But, if you want to be popular and command respect of the people, you will have to make special effort".

"And, what is that?" Naren was getting impatient.

"Make a new contact each day. Because if your contacts are with a few and limited number of people, your knowledge and experience will remain limited." But, if this keeps on increasing, nobody will be able to compete with you in knowledge and experience about people and their families". Each piece of information from a new family each day will add to your popularity in the same way as a drop added every day leads to the creation of an ocean one day.

Naren understood what Chunky taught. He started making a new contact every day. Soon he became popular in the society. Now, he was able to command love and affection of both the teachers at school and the people in society.

## H.D. Answer

—Kulbir Singh (Karnal)

Q. To what extent should a man exercise forbearance ?

Ans. To one's maximum possible extent.

—Hargun Jaswani (Mandla)

Q. What is greater than love ?

Ans. Sacrifice.

—Radhakrishnan (Rajkot)

Q. How to shed hatred ?

Ans. By forgiving and forgetting.



—Parmanand (Vadma)

Q. Why do people talk more and work less ?

Ans. Lack of sense of responsibility.

—Raj Kumar (Aligarh)

Q. I want to be a subscriber for Hansti Duniya for one year. What should I do ?

Ans. Send a Money order for Rupees Ten.

—Malti Sardhana (New Delhi)

Q. Why do people stake precious morals for material wealth ?

Ans. It is a matter of values.

—Sham Raheja (Faridabad)

Q. Who is a true disciple ?

Ans. One who lives up to the Master's teachings.





# Improve your Grammar

Answers:

1	2	3	4	5	6	7	8
B	A	B	A	B	B	A	A

Q.No.	Explanation
-------	-------------

- |    |   |
|----|---|
| 1. | PAIL means a bucket and PALE means having less colour (of a person or his face) than usual, typically as a result of shock, fear or ill health. |
| 2. | ALL READY means 'completely ready'. ALREADY means before the present time or earlier than the time expected.                                    |
| 3. | GLOSS means shine or luster on a smooth surface.  |
| 4. | The plural of Spy is Spies.   |
| 5. | There is a comparison between two contrary things. The antonym of rising is setting.  |
| 6. | Here, the three forms of verb are Set, Set, Set.  |
| 7. | The phrase beginning with collective noun 'A GROUP OF' takes a singular verb in spite of the fact that the word after 'OF' is plural.           |
| 8. | Perspire means to give out sweat through the pores of the skin.   |

By: Chanderkant Jadhav. Mumbai



## *Jesus Christ*

**J**esus was born in Israel 2000 years ago. Modern civilization marks his birth by dividing time B.C. (before Christ) and A.D. (Anno Domini-or the year of our Lord). For his first thirty years, Jesus lived a traditional Jewish life, working as a carpenter. In his thirties, Jesus began his public teaching and display of recorded miracles, yet still never travelled more than 200 miles from his birthplace. Over a three years period, despite his efforts to keep a low profile, Jesus' reputation spread nation wide. The Jewish people took note of him. Jesus' key messages included:

- God loves you and is with you.
- Love one another.
- Immense value of each person
- Good news: kingdom of God has come to earth.
- God forgives those who ask.

As a result of these preachings the number of his followers increased dramatically. In the city of Jerusalem one record states that some 3000 new followers were added in a single day. The religious leaders responded by trying to stamp'out Jesus' followers. Many of these people chose to die rather than deny their belief that Jesus was truly God.

Within 100 years, people throughout the Roman empire became followers of Jesus. Christianity became the official religion of the Roman Emperor. Jesus' words and life still speak loudly for themselves.

Jesus claimed to be God, which was a direct violation of the Jewish law. Therefore the religious leaders asked the Roman government to execute him. In each of several official trials, the Romans found that he was not guilty of breaking any Roman law. Even the Jewish leaders recognized that Jesus followed the Jewish law perfectly.

Lord Jesus Christ stood for humanism, love and humility. Love of God, and love of man are the two pillars on which his teachings are based. According to Jesus, all the law and the teachings of prophets hang on these two commandments.

You shall love the Lord your God  
with all your heart,  
and with all your mind.

This is first and great commandment.

And the second is like it.

You shall love your neighbour  
as your self;

St. Mathew 22.37.39

The other qualities take the back seat and in fact owe their existence only to love of God and love of mankind. These two spiritual postulates evolve durable cohesion in the society which are a pre-requisite for prosperity and progress of the society at large. Whenever these two aspects disappear, the social citadel crumbles down.





We all pray you Babaji to make the world smile  
This world is full of violence, has forgotten to smile

A fraction of second is enough to make it wild  
Let everyone's heart turn into a heart of child

Life falls short for love to make  
People easily find time to hate

Let the world turn out to you for a little while  
So the world will know love and all can smile

Save the world from hands of violence  
The human being has lost all the sense

Oh man! Become worthy of His Holiness  
For this you need to dissolve selfishness

Oh Almighty! make us that worthy,  
So that we can always serve thee

This is prayer of savy and jany  
Let this message spread to many.



See what I will do now after  
I stand here. —Astha (Sivni)

## Photo Feature



Wait I am coming near you.  
—Samdish (Khabra)



I can sit on this chair like this also.  
—Akashdeep (Khanbra)

I will also  
ask papa to  
bring me a  
new chair  
—Sampriti  
Kaithal).



My mom is also going to  
bring a chair and toys for me

I like sitting  
here fully  
prepared.  
— Dezee  
(Razima)





Look at my new lovely - Meet

## Photo Feature



Don't I look like a Kashmiri Doll?— Sampriti



Let us enjoy reading stories of Hansti Duniya — Yahvi (Kota)



My copy of Hansti Duniya has come today only - Ashish (Kota)



I still enjoy playing with my toys — Samdrishi (Patiala)



Arr, Don't you know reading - Preet (Ghaziabad)





## Photo Feature



With the cap on, no one makes  
out that I have fewer hairs.  
— Rachit (Varanasi)

My God, I forgot to put on my  
cap — Kartika (Kota)



I am going  
to visit my  
mom's  
mother  
— Suhani



How lovely is my hat! No?  
— Monika



Three of us all are going for a picnic party.



I will also go to park  
tomorrow - Kanishka

## SMSES of the month



\* Insaan mayus isliye hota hai kyonki wo Parmatma ko razi karne ki bajaye logon ko razi karne me laga rehta hai. Wo yeh bhool jata hai ki Rab razi to sab razi.

—Sukhbir Shah, Canada

\* When your commitment is deeper than the Sea and your ambition is taller than Mount Everest, your future will be brighter than the Sun.

—Maha Singh, Sultanpur

\* Reasonable planning in life is our concern. Worrying about future is not our concern. It is Satguru's concern. Why worry when He is the caretaker in our life - "Jeevan'da rath Tuhi chalaane, assa taa kewal behnahai."

—Ramesh Rai, Bihar

\* Fal milta hai karam se, karam banta hai Vichar se, Vichar bante hai Vivek se, aur Vivek milta hai Satsang se, Bin Satsang vivek na hoi. Bin Vivek na sojhi koi.

—Pinky, Delhi

\* Do not devalue or hurt anyone in life. You may be very powerful today but remember, time is more powerful than you. One tree makes millions of match sticks. But when the time comes one match stick is needed to burn millions of trees. So always be good and do good.

—Rahul Rai, Delhi

\* Wo sanskar jinki hamne 84 lakh yonion mem practice ki wo sab pashuparvitian hain jo manush mann me sanchit rahti hain. Satguru ke Gyan se inse chhutkara mil sakta hai.

—Ankita Rai

# CROSSWORD

— Vikas Arora (Rewari)



## Left to Right ▶

1. Main language spoken in Tanzania (SWAHILI/PUNJABI).
5. The level of the surface of the sea relative to the land is called \_\_\_\_\_ level.
6. Proverb: \_\_\_\_\_ bygones be bygones.
7. George Washington was the first President of this country.
8. Violet and \_\_\_\_\_ colours are at the extreme ends of a rainbow.
9. An Indian state which was a former Portugese colony.
10. A coloured liquid used for writing and printing.
12. Abbreviation of Bachelor of Laws.
13. The capital of Uttar \_\_\_\_\_ is Lucknow.

## Up Down ▼

1. Antonym of Buy.
2. Canberra is the capital city of this country.
3. Unable to be heard.
4. A plan, an opinion.
9. The word that comes last in the dictionary: GRIP, GRAB, GRIM, GRIL.
11. Brother of Love, son of Lord Rama.



## Winners of October Issue

Ist	Misha G Khenani Radhe Krishna Gandhi Road, opp:Mughul Monarch,Plot no 435/436, ULHS-421005,District Thane(MAH)	10Yrs
IInd	Krishna Yadav Krishna Yadav d/o Sh Pardeep, V P O-Bhageswari District Bhiwani(Haryana)	12Yrs
IIIRD	Amandeep Singh House No 20,Type V, RCF, Kapurthala (Punjab)	13 Yrs

### Consolation Entries

Bhakti R Jajee, Beed, Kumar Shubham, Kolchi (Kerela), Sarthak Manickpur vasai (W), Sadhik Kapoor, Jammu, Kavish Vivaan, Pratap Public School, Amandeep Singh, RCF, Kapurhala, Shobhit Walia, SBS Nagar, Ludhiana, Shirsti Singh, Allahabad. Simran Chittoria, Jipmer Campus, Ponicheery, Navita (Shivalik Nagar, Solan), Krishna Yadav, (Bhageswari, Bhiwani, Hry.) Paras, (Brahmpuri, Ambala), Simaran Chittoria, Jipmer campus, Pondicherry.,Atharva Nilesh Lale, Kalachowki, Mumbai,

### Competition for December

On page 46, a beautiful picture is given; colour it and send it to us latest by January 20, 2015. The best three will be awarded suitable prizes.

The result will appear in February 2015 issue. Full name and address should be mentioned clearly at the prescribed place. Children up to the age of 15 years only will be eligible to participate. The decision of the Editor Hansti Duniya will be final.



Name .....Age.....

Address .....

.....

# LAUGHING TIME

By . Sakshi Gulati, Chandigarh



Q: How to make Banta laugh on Sunday.

A: Tell him a joke on Saturday.

Santa : I haven't slept all night in train.

Banta : Why? Santa : Got upper birth.

Banta : Why did not you exchange.

Santa : It was vacant, there was nobody to exchange.

Girl : Do you love me with all your heart?

Boy : Yes, why do you ask me?

Girl : Then would you die for me?

Boy : No, mine is undying love.

Mahesh : Where were you born Satish?

Satish : I was born in Maharashtra.

Mahesh : Can you spell it?

Satish Er... I think I was born in Goa.

Pradeep : Pintu, what is your age?

Pintu : 14 years at home, 13 years in school 18 years in Cinema Hall and 11 years in buses.

Father : Son, why are you taking the weighing machine to school?

Son : Dad, the teacher has desired us to weigh before speaking.

Patient: Doctor, give me such a medicine as makes me roaring.

Doctor : That you will do on getting my bill.





# Riddles

Q.1 What is so fragile that when you say its name you break it?

Q.2 I have a tail, and I have a head, but I have no body. I am NOT a snake. What am I?.

Q.3 It falls, but does not break, and it breaks but does not fall?

Q.4 What is it that is left over even if you take away the whole?

Q.5 What goes up and down the stairs without moving?.

Q.6 What can you catch but not throw?

Q.7 What sounds better the more you beat it?

Q.8 What is the study of birds called?

## Thoughts

- Leadership and learning are indispensable.
- People grow old but do not grow up.
- Ignoring the facts do not change the facts.

— NIRANKARI BABA

**Answers.**  
1. Silence 2. A coin 3. Night falls and day breaks  
4. Wholesome. 5. A rug. 6. A cold 7. Drum 8. Ornithology



Shaivi Rane  
(Livingston, Scotland)

## Christmas

Christmas is a day full of joy  
Ask any girl or boy

Santa's reindeers fly up high  
By the twinkling stars in the night sky

Children love a snowball fight  
Although it's freezing day and night

Under the Christmas tree  
Lots of presents you can see

Everywhere Christmas lights are seen  
In colours red, blue, purple and green

We all celebrate it, wonder why?  
It started with a bright star in the sky

Although I agree Christmas is fun  
It is celebrated because of God's chosen son

So, now it's time to have fun  
Be happy and love every one



## Have Your Say

It is really useful to read Hansti Duniya from first page to last page. Every article gives reader a unique knowledge. "First of All" editorial gives us a knowledge to Know one, Accept one and Be one". The example of mathematics teacher is very appropriate.

The stories 'The sword and the needle', 'A Unique Hunger' and "The Tax" are very interesting and gives us a good lesson. Run for Oneness is a very unique article. Selection of each and every article has been done with fresh mind by the Editor.

— Manjeet, Kaithal

'Spend money where it helps' is a very nice article written by a well known actor Akshey Kumar. It is the greatness of the Hansti Duniya who arrange such articles. Mostly people waste money on unnecessary shopping. Readers can easily understand the value of money by reading this unique article.

My little daughter Aavya and her friends Somaneyu, Nitika, Sonya feels pleasure to read "Champu" and 'Photo feature', They also see different photos of little children in "Happy Birthday" and are very happy.

— G. S. Kohli, Dehradun

The poems printed in the November issue 'Parents', Pray to the Almighty, Smile and Money are very well choose by the editor. Tortoise the cool and long-aged is very educative article. Young children can get lesson to remove pollution from their heart. As the tortoise effectively helps removes water pollution.

— Varun Verma, Bangalore

### Crossword Solution

1	S	W	A	H	I	L	I
	E		U		N		D
	L		5	S	E	A	E
6	L	E	T		U	S	A
			8	R	E	D	
9	G	O	A		I	N	11
	R		12	L	L	B	U
	I		I		L		S
13	P	R	A	D	E	S	H



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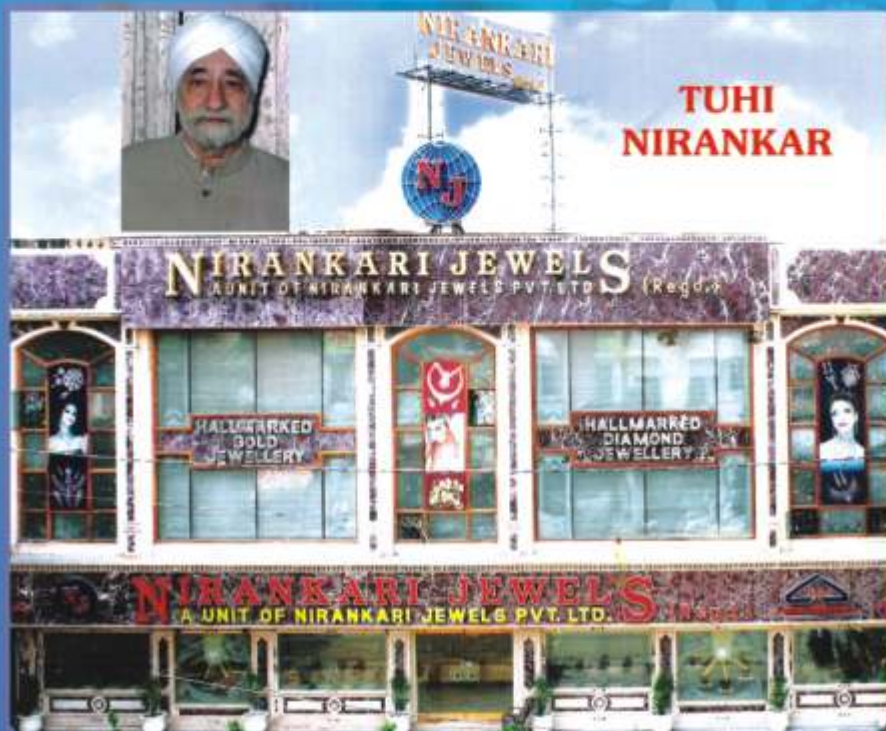
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