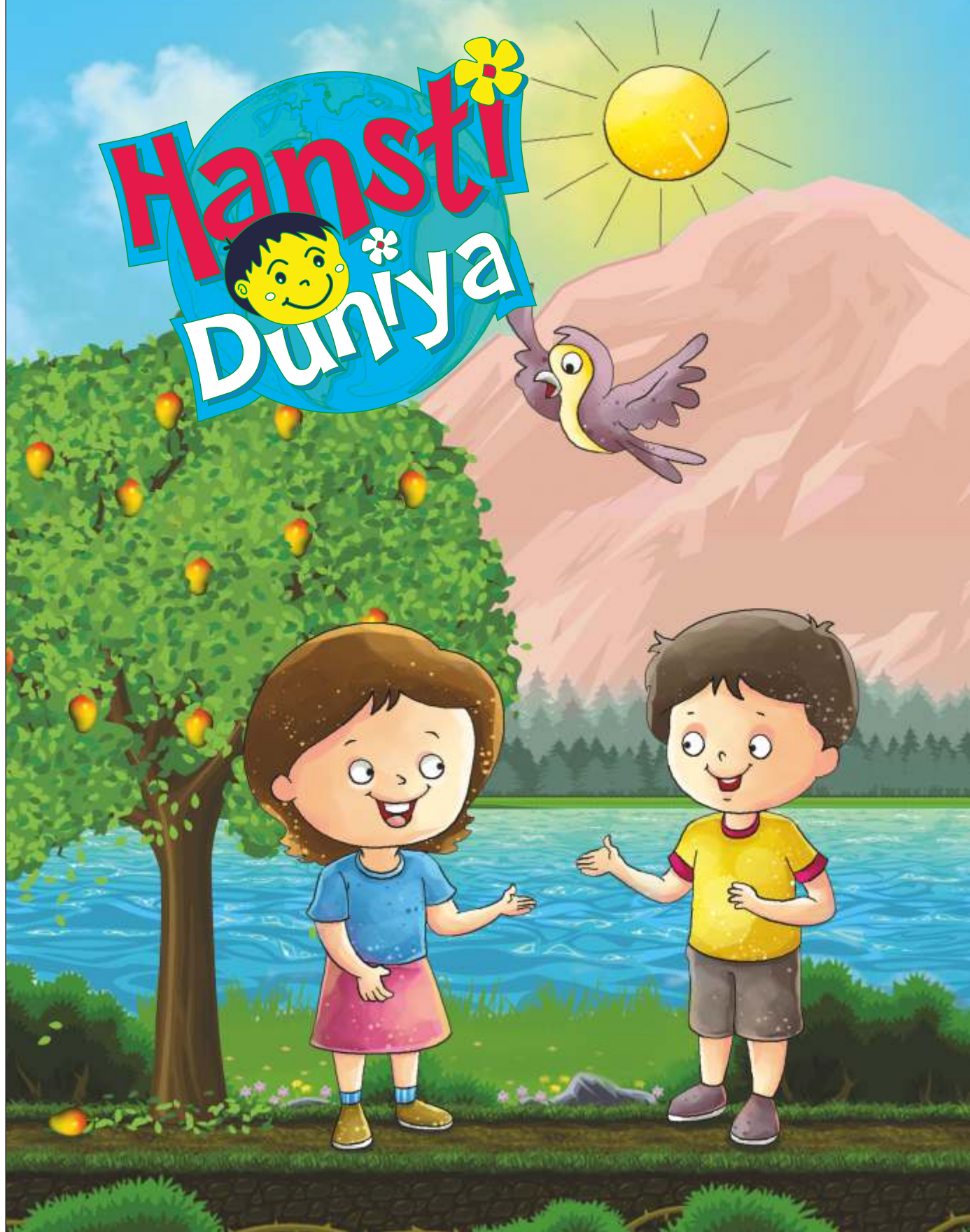


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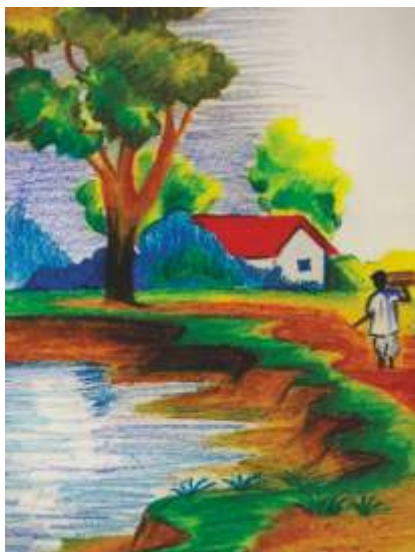


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Freedom from Pollution Possible

The science teacher told the students in a class about pollution that air is so much polluted now a days that while breathing, more and more contaminated substance gets into our body and we inhale lesser oxygen.

The different type of noise affects our ears and weakens ability to hear and think.

In the same way, our body is also getting weak due to the adulteration in food. The teacher made the children understand the things through various other examples and sought their support for solution .

Actually, this is the subject to be thought of and it is very essential. But every one needs to be aware and it is important to work hard to find its solution.

Baba Hardev Singh Ji Maharaj stressed on this point that the pollution is dangerous whether it is internal or external. He dedicated His entire life to eradicate pollution from the mentality of society. The man continues to stumble

in spite of external light if he is internally not enlightened. He motivated all through His practical life to eliminate all sorts of differences, remove hostility and hatred and inculcate love for all in their hearts. He taught each and every aspect of the 'art of living' through His own life.

He started various socio-welfare programmes amongst which blood donation, cleanliness drive, simple mass-marriages etc. are the important ones. He inaugurated the blood donation camps every year by Himself donating the blood. He gave the slogan- 'blood should flow in human veins and not in drains' and said that a drop of blood can become the source of living.

Cleanliness of our body, keeps the body clean, similarly the cleanliness of mind not only keeps it pious but it cleans the mentality of all around us.



Baba Ji gave the message of humanity to the entire man-kind through His slogan-

'Nar Sewa, Narayan Pooja.'
In the depth of His heart, He had the feelings of welfare of all, as a result of which emphasis was laid on cleanliness drive, simple mass-marriages, blood-donation camps, educational institutions etc. He united all with God-Almighty and Himself remained united with all through this Nirankar. He taught humans the art of living by visualizing God in every human being. He Himself lived like God in body-form and now we are visualizing Him before us in God.

His message of truth can impart us sanctity and liberation from such pollution.

Baba Hardev Singh Ji Maharaj-

Millions of humble submissions to you from the entire creation.

—Vimlesh Ahuja



Holy Words of Baba Hardev Singh Ji Maharaj

- ☆ A devotee leads his life by doing Sewa, Simran and Satsang. Thus he himself gets salvation as well as works for the welfare of others.
- ☆ The God's knowledge without devotion never imparts peace of mind.
- ☆ The devotee is like a blooming flower and devotion is his fragrance.
- ☆ When the mind is pious, the life will automatically become so.
- ☆ Those who enjoy the devotional ecstasy, they only are pious and clean-hearted.
- ☆ We should always remain imbued with the qualities of humility, love and compassion.
- ☆ There should always be an attitude of gratitude that Lord ! It's your grace that you have provided me everything. Had you not provided it to me, who am I to give it further?
- ☆ As the water that merges with Ganges, itself becomes Ganges, in the same



way, whosoever, loses his identity and submits to Lord Master, he himself becomes equivalent to God.

- ☆ The real fragrance and purity of mind can be achieved through gentle behaviour and noble character only.
- ☆ It is the state of mind that makes a man devotee or a devil.
- ☆ The devotees united with God Almighty only enjoy the love in their life.
- ☆ Humility triumphs over as compared to ego.
- ☆ If a gold item is thrown into mud, its value doesn't diminish and if the dust moves up into the sky, its value never increases rather it bothers the eyes.
- ☆ The words can make or mar but the actions speak louder than the words.
- ☆ Always keep company of good persons. Even the dust under the feet touches the sky on getting company of the air.
- ☆ The life spent in darkness of ignorance is only a burden on the earth.

Divine Words of Satguru Mata Savinder Hardev Ji Maharaj

- ☆ Whatever may be the situation, there should be love only.
- ☆ Every shoulder should be utilized to take the Mission to such height at which Baba Ji wanted to see it.
- ☆ All should jointly contribute for the progress of the Mission.
- ☆ We have to take shelter of Nirankar in all circumstances in our life. We are not to leave our love and patience.
- ☆ We are to strengthen the idea of equi-vision and shun the narrow-mindedness.
- ☆ Every saint has now to become the light-house of this Mission and to become the light-house, there is no question of any prestige.
- ☆ Human is the supreme creation of God, we have to maintain its status.
- ☆ Where we try to bring the worldly people into the fold of the Mission, at the same time we should also meet those saints with love who are absenting from the Mission due to



- some reason, ask their problem and try to re-unite them with the sangat.
- ☆ We should have such a fear of God in our mind as protects us from doing any mistake.
 - ☆ Liberation of our soul is possible only through uniting it with God-Almighty.
 - ☆ Let us value the human values.
 - ☆ We can impress all through our beautiful mind only.
 - ☆ The people whose mind is clouded with ego, cannot see anything in their surroundings.
 - ☆ Shehanshah's era of 'Sat-Vachan' can be re-established with the spirit of mutual co-operation only.

—Shriram Prajapati, Delhi



—Dr .Om Parkash Setia, Chandigarh



Invisible Hand is Always There to Support us

Seek refuge in
the Supreme
Almighty and trust
Him entirely.
Though storm
howls, darkness
becomes deeper

God is kind, merciful and helpful. He protects and supports all creatures on this earth. He is the creator, sustainer and protector of all. Many a time we may feel shattered and start thinking that we have no body to look to, but His invisible Hand is on work and takes us out of the trouble, in the same way as finding threat to the safety of her child, mother rushes and takes him in her lap.

but His light will continue to shine on us. He is nearer to us than our heart beats and closer to us than our breathings.

Here is a true story of pre-partition days. A young widow in Amritsar would do petty jobs to bring up her two small sons. Once she fell sick and remained confined to bed for number of days. Whatever little she had stored for the rainy days was finished and the situation



reached to such an extent that even arranging one time meal for her children became a problem. One day when pangs of hunger had broken down, the children went crying to their mother who was on bed, "Ma, hunger is unbearable, do something." She took them in her lap and said, "It is God, who is giving food to all creatures. You ask from Him and He'd definitely give." The small children took a paper and wrote their request on that. Thinking, that the Postman would carry their request letter to the Almighty God, they went to the nearby Letter Box but were not able to reach the opening of the Letter Box due to their short stature despite repeated attempts. One wealthy person, who was going on routine morning walk, glanced their struggle. Having understood their problem, he went to them and said, "Give this to me. I will put it inside." He took that letter from them, but when he saw that the letter was addressed to God, he became curious and read the contents. He understood everything and told them that till such time they grew up, he'd take care of their food and education. Strange are the ways of God in taking care of all creatures.

— Poonam Jindal

WHERE DID I GO WRONG ?

How could I expect the glide to be
smooth,
when I myself have cupped my
wings
I shout, in the quest of an answer
for where did I go wrong?

How could I glimmer like a shining
star,
when the sky has fallen over me in
the quest of an answer for where
did I go wrong?

How could I put on a gleaming
smile, when the life has gone
upside down, in the quest of an
answer for where did I go wrong?
A day is bound to come in the
future,
when the flowers will once again
bloom,
answering the question I dwelt on
for long
where did I go wrong?



Words are fuel of Emotions

Words fuel good moods or bad moods; in fact, they fuel our attitudes and have a huge impact on our lives and our relationships.

If we speak positive and good things, we minister life to ourselves. We increase the emotion of joy. However, if we speak negative words, then we minister death and misery to ourselves; we increase our sadness and our mood plummets.

But, thankfully, we can control what words we speak and the quality of our lives. Why not help yourself first thing every day? Don't get up each morning and wait to see how you feel and then talk about every feeling you have to anyone who will listen. If you do that, you are giving your emotions authority over you. Instead, get up praising God for His goodness in your life. Let words of thankfulness fuel a life of peace and joy.

Let your consciousness move toward the light

Life will not allow you to be guilty forever! No one, not even you, deserves to be punished forever! When the darkness about you or your life is revealed, rejoice! Know that it is coming up in order to move out. When darkness is revealed, it means that our consciousness is moving toward the light. It is a reflection of our inner readiness to release the past and move forward with clarity. Darkness coming to the light is a good thing. It is a God thing.

And God never asks us to do more than we can, before we are able. Remember, the light of God will reveal anything unlike itself. The closer you walk towards the spirit of God, the more likely it is that your darkness will come to light. It is always possible to



move from darkness to light with spiritual enlightenment.

Always see the light before you !!

I would like to acknowledge all the enlightening sources from where I read and

share these wonderful articles with you all.

"It's good to read; read good books and like reading."



Prayer of Thanks for you :

God, thank You that I can choose what kind of attitude I am going to have by choosing to speak words of life each day.

No matter how I feel or what is going on around me, I'm going to encourage and strengthen my spirit, not my flesh.



Poem- H.S. Rice

THE

GIFT

OF

FRIENDSHIP

FRIENDSHIP is a PRICELESS GIFT

That cannot be bought or sold,
valuable than gold—

For gold is cold and lifeless,
It can neither see nor hear,
And in the time of trouble
It is powerless to cheer—

It has no ears to listen.

No heart to understand,

It cannot bring you comfort

Or reach out a helping hand—

So when you ask God for a GIFT.

Be thankful if He sends,
the love of real true friends.

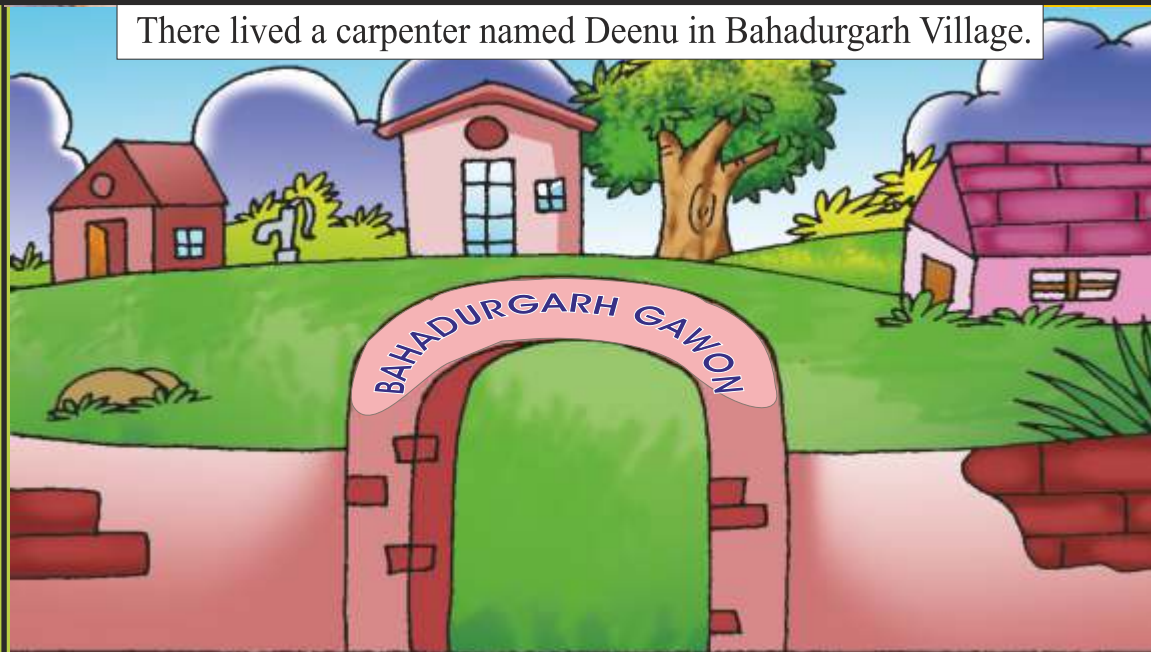




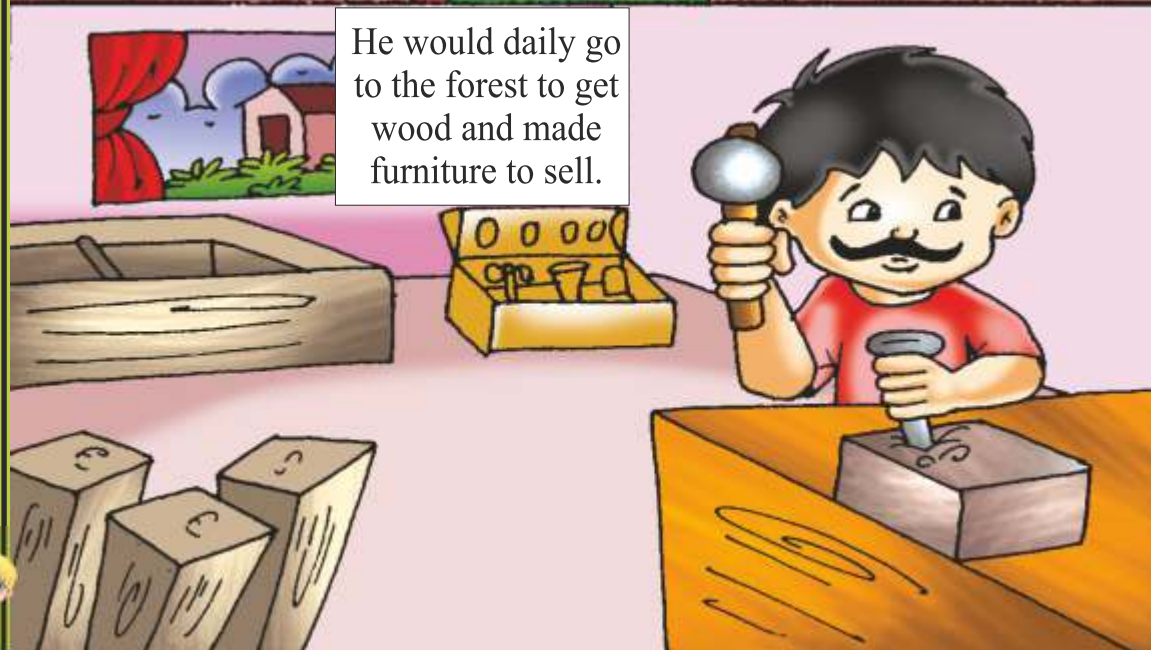
Grandpa

Story & Illustration
— Ajay Kalara

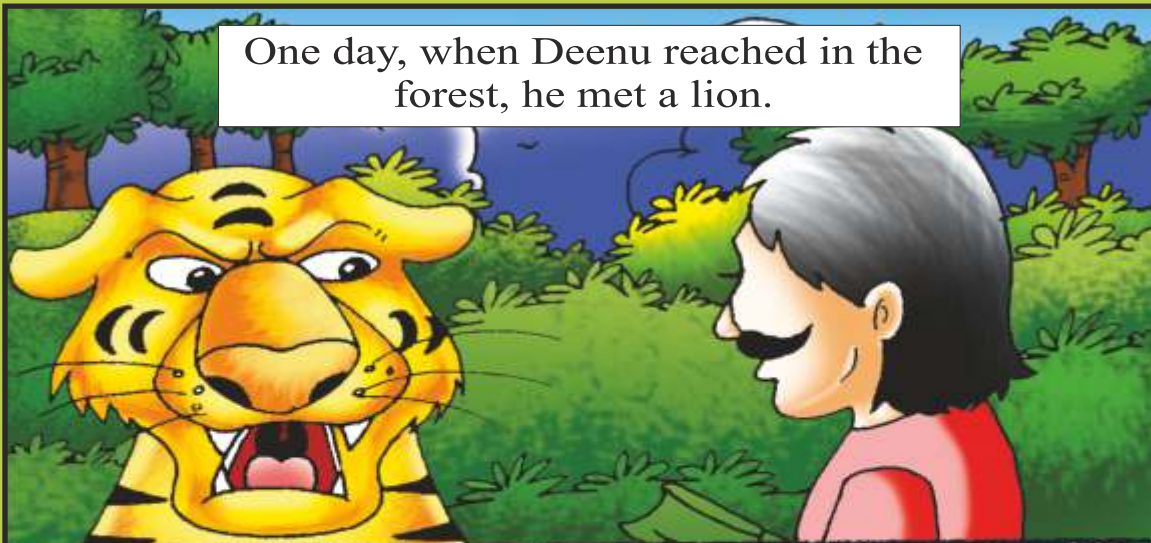
There lived a carpenter named Deenu in Bahadurgarh Village.



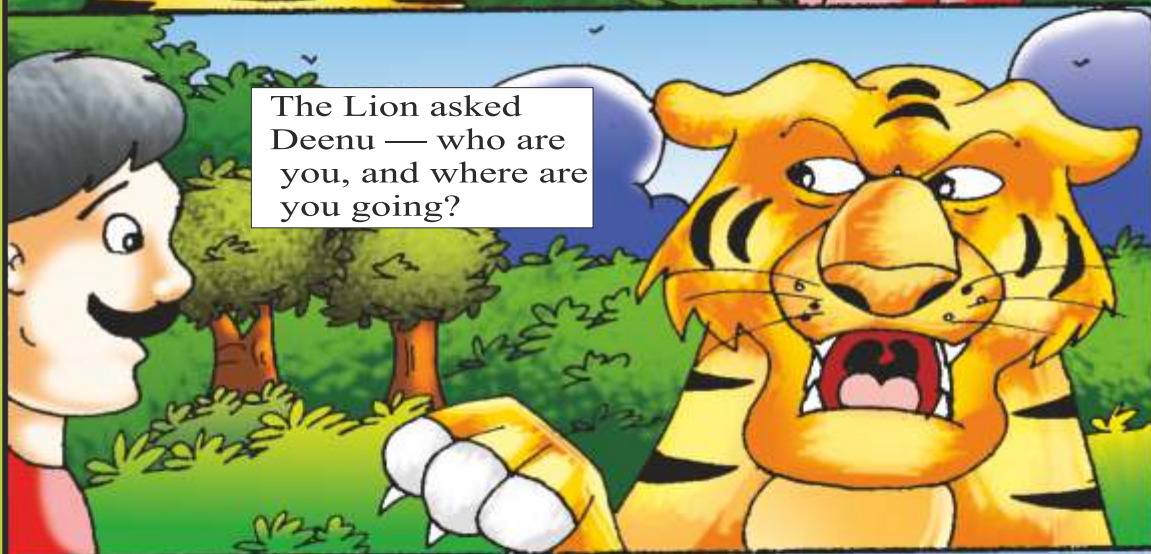
He would daily go to the forest to get wood and made furniture to sell.



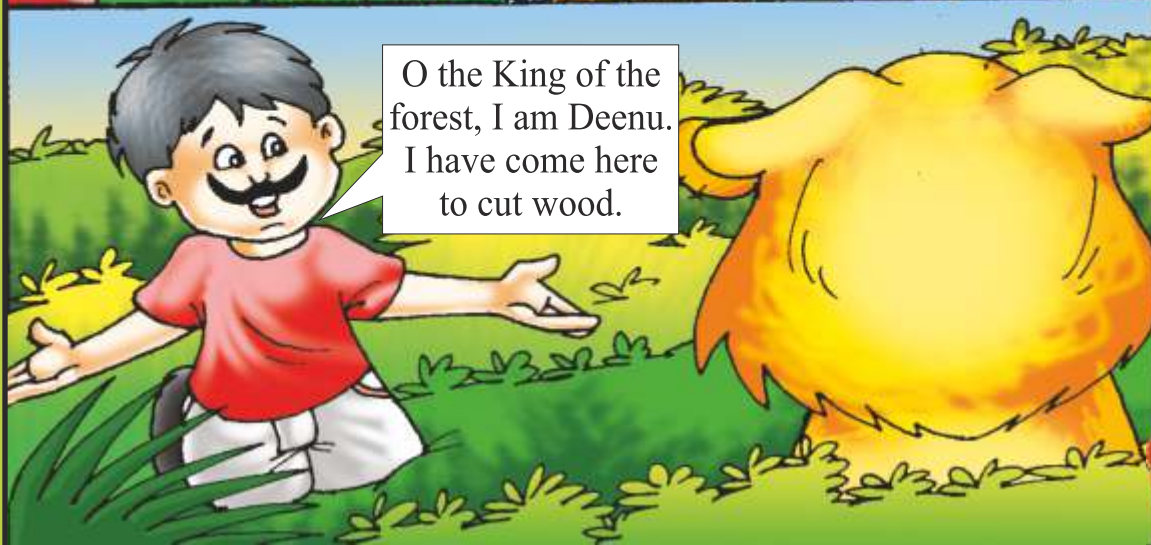
One day, when Deenu reached in the forest, he met a lion.

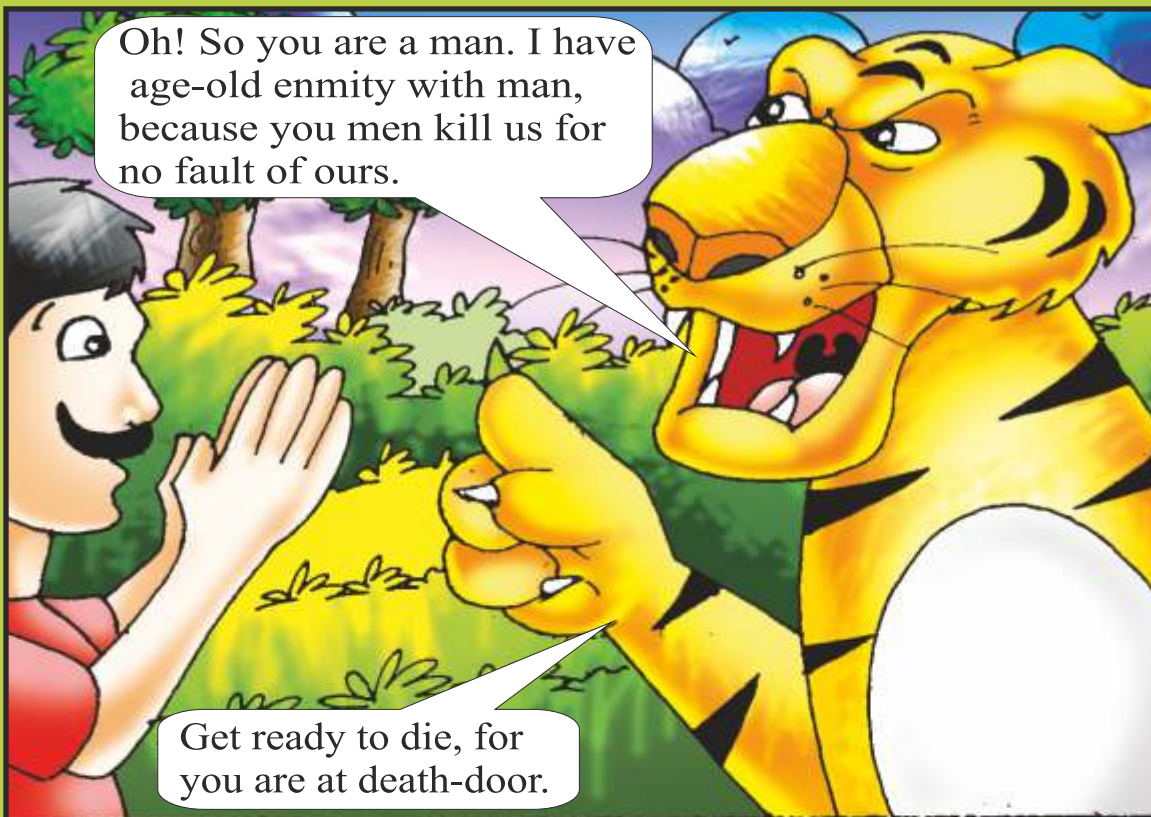


The Lion asked Deenu — who are you, and where are you going?



O the King of the forest, I am Deenu. I have come here to cut wood.





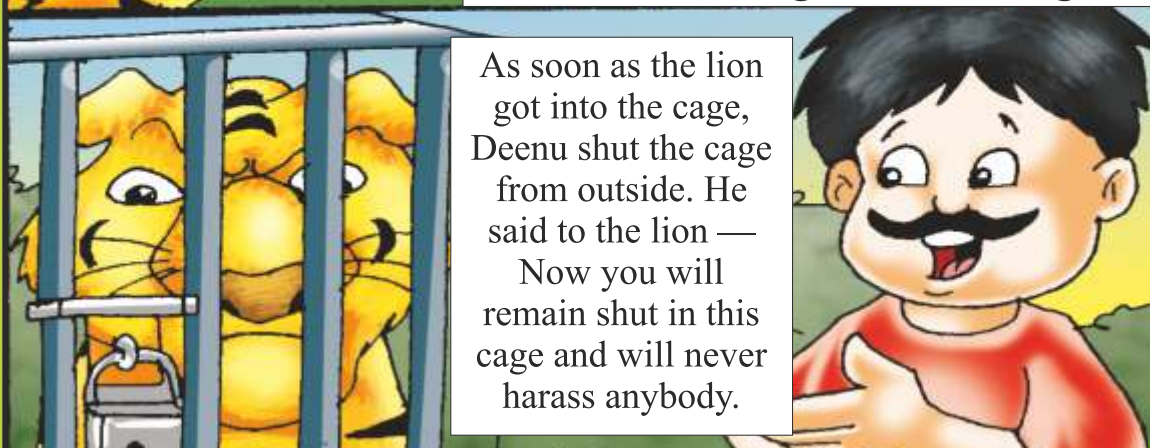
Deenu hurriedly got the wood from the forest and made a cage for the lion.



And said to the lion — Sir, here is your house.



Elated, the lion got into the cage.



As soon as the lion got into the cage, Deenu shut the cage from outside. He said to the lion —
Now you will remain shut in this cage and will never harass anybody.

So dear children, this story teaches us the lesson that in the times of trouble, one should use one's wits and courage.



Improve your

—Vikas Arora (Rewari)



Choose the right option –

1. The members were ____ of the date of the meeting well in advance.
a) IGNORANT b) INFORMED
2. Once he has signed the agreement, he won't be able to back ____.
a) OUT b) UP
3. Their ____ to scale the mountain peak was an absolute failure.
a) ATTEMPT b) PROPOSAL
4. Change the gender:
Masculine: POLICEMAN, Feminine: _____.
a) POLICELADY b) POLICEWOMAN
5. Slow and steady _____ the race.
a) WINS b) WIN
6. Which one of the two is a synonym of TERMINATE?
a) FEASIBLE b) END
7. Our school bore the _____ in the dance competition held at the district level.
a) PALM b) WEIGHT
8. Find out which letter is silent while pronouncing the word 'RECEIPT'.
a) T b) P

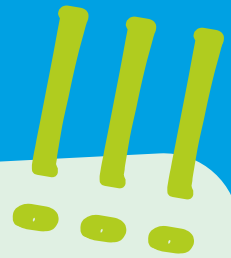
Answer Sheet	1	2	3	4	5	6	7	8

Answers on page No. 19



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.

Know your scriptures



SAMPURAN AVTAR BANI

Ik Tu Hi Nirankar 129

NAM DHAN NAHIN JIS DE PALLE ANT SAME PACHHTANDA EY;
NAM DHAN NAHIN JIS DE PALLE RONDA TE KURLANDA EY.
NAM DHAN NAHIN JIS DE PALLE LOHBI EY HANKARI EY;
NAM DHAN NAHIN JIS DE PALLE OH PAPI SANSARI EY.
NAM DHAN NAHIN JIS DE PALLE KANGLA VI KANGAL VI EY;
NAM DHAN NAHIN JIS DE PALLE MANDBHAGI CHANDAL VI EY.
NAM DHAN NAHIN JIS DE PALLE JANAM JANAM DA ROGI EY;
NAM DHAN NAHIN JIS DE PALLE HARDAM REHNDA SOGI EY.
KAHE AVTAR GURU TON JIS NE NAM PIALA PEETA EY;
SADH JANAN DI DHOODI PARSI JEEVAN DA LAH LEETA EY.

THOU FORMLESS ONE 129

The one who is bereft of the wealth of the divine name (God), repents in the end;

The one who is bereft of the wealth of the divine name, wails and cries.

The one who is bereft of the wealth of the divine name, is greedy and egoistic;

The one who is bereft of the wealth of the divine name, is a sinner and a materialist.

The one who is bereft of the wealth of the divine name, is a wretched as well as a pauper;

The one who is bereft of the wealth of the divine name, is unfortunate as well as brutal.

The one who is bereft of the wealth of the divine name, is diseased from birth and after birth;

The one who is bereft of the wealth of the divine name, is ever in sorrow and grief.

Avtar says, the one who has sipped the cup of divine name from the True Master;

He has applied the dust of the feet of saints on his forehead, and achieved the aim of life.



—Sanjay Tandon, Chandigarh

Wimbledon Champion

The play is His,

The Role is His,

The lines are written by Him.

He directs,

He designs the dress and decoration,

the gesture and the tone,

the entrance and the exit.

You have to act well the part

and receive His approbation

when the curtain falls



Jesse's Silkworm Story

When Jesse was a little girl of six she kept silkworms. Once she noticed one of them was struggling hard to get through a small hole in the cocoon. Jesse became very worried about the small creature's capacity to emerge, so she took a pair of scissors and cut open the cocoon. Then to her horror, she noticed that the moth was deformed when it emerged. It had a swollen stomach and twisted wings - very different to the other moths, and unable to fly.

She carried this picture of the moth's struggle into her adult life until one day when she watched a program on moths and butterflies on television. Jesse, now in her 60s, discovered that all moths need to push hard and struggle when emerging from their cocoons to enable the blood from their bellies to pump into their wings and give them the strength to fly.

Jesse finally had the insights that nature had given her:

"Our struggles and efforts 'when things get tough' strengthen us and support our growth and development into beautiful perfection" and

"If we 'rescue' others when they are facing tough situations we intercept their development and growth"

The time is always right to do what is right.

Life **LAUGHS** at you when you are **UNHAPPY**. Life **SMILES** at you when you are **HAPPY**.

But, Life **SALUTES** you when you, make others **HAPPY**!

Compiled by : Aanand

Improve Your Grammar

Answers:

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

Q.No. Explanation

1. You can be informed of something in advance but you can't be ignorant in advance.
2. BACK OUT means to withdraw from a commitment.
3. ATTEMPT is the correct answer. It is an effort to achieve or complete something difficult.
4. The Feminine of Policeman is Policewoman, not Policelady.
5. If the two subjects joined by 'and' are considered as one thing, a singular verb will be used. Here, slow and steady (the plan of being slow and steady) is considered as one thing, so WINS is used.
6. TERMINATE means END.
7. BEAR THE PALM is an idiom that means 'to be victorious'.
8. While pronouncing the word 'RECEIPT', the letter 'P' is silent.





1		2		3		4
5	6		7		8	
9						
10		11		12		13
14						

Left to Right →

Up - Down ↓

1. The smallest country of the world is _____ City.
5. Antonym of Merit.
9. The highest rank in many modern naval forces.
10. A nutrient found in food, specially in meat, milk, eggs and beans.
14. A powerful motor vehicle used for pulling agricultural machinery.
1. The writer of Mahabharata was ____ Vyas.
2. A famous cartoon programme: _____ and Jerry.
3. A wheeled vehicle.
4. A trap made of netting to catch fish, birds or insects.
6. A person who is older than you.
7. The word that comes last in the dictionary: EXILE, EXIST, EXACT.
8. A citizen of Iraq is known as _____.
10. A vessel for holding liquids hidden in the word HIPPOPOTAMUS.
11. The abbreviated form of 'Oracle Certified Associate'.
12. Three forms of verb: Present: _____, Past: ATE, Past Participle: EATEN.
13. Neither he ____ his friend went to Delhi.



EVERY ONE CAN USE IT



Onions

Reduce risk
of heart attack

Combats
cancer

Kills
bacteria

Lowers
cholesterol

Fights
fungus

Oranges

Supports
immune
systems

Combats
cancer

Protects
your
heart

Straightens
respiration



Peaches

Prevents
constipation

Combats
cancer

Helps
stops strokes

Aids
digestion

Helps
hemorrhoids

Prunes

Slows
aging
process

Prevents
constipation

Boosts
memory

Lowers
cholesterol

Protects
against
heart disease



Rice

Protects
your heart

Battles
diabetes

Conquers
kidney stones

Combats
cancer

Helps
stops strokes

Tomatoes

Protects
prostate
cancer

Combats
cancer

Lowers
cholesterol

Protects
your heart



—Priya Tandon , Chandigarh



The Greedy Horse

A king once offered a handsome reward to anyone who could take his greedy horse with him for a day and satisfy it, such that on its return to the palace in the evening, it would not have any desire to eat. One by one people came forward and took the horse to their houses for a day. Some fed it with hay; others fed it gram dal and oats. Each day, when the volunteer would bring the horse back to the palace, the king would instruct the servant to offer it some fresh



green hay. Despite being stuffed all day, the greedy horse would surely have a few mouthfuls of hay.

Day after day, many people tried, but every evening the horse would repeat its late night snack of fresh hay, on its return to the palace. Every day the king would repeat the challenge in court, and some one or the other would take it up. Days passed.

One day a Sadhu came by and learnt of the challenge . He offered to try his hand at the horse. So the next morning, he led the horse to a forest near by. There he put some hay in front of the horse. The moment the horse bent down to eat, the Sadhu hit him sharply with a heavy bamboo stick. This went on all day; the horse would go near the grass and the Sadhu would hit him hard with the stick. All day the horse went hungry. As dusk fell, the Sadhu led the hungry and bewildered horse to the palace. The king ordered that fresh hay be offered to the horse. The Sadhu stood next to the horse, brandishing his stick. The horse eyed the stick and did not dare to touch the grass. It had had enough all day. It had learnt its lesson. The king was not only amazed but impressed too. Well, the Sadhu was given the promised prize money and he was on his way. But he had taught a valuable lesson.

In this world too, we get attached to worldly things. The more of the world we get or the more it is available or offered to us, the more we want to grab and devour. We are never satisfied. We have no ceiling on desires. Then, God decides to teach us a lesson. He gives us a worldly blow by rebuking us or depriving us of something or the other. Still we do not listen; we try newer ways to get what we want. Eventually He has to rain blows on us to make us understand and to tame our animal instincts of *'eat, drink and be merry.'*

Let us discipline ourselves before He decides to wield the stick and take us to task, like the horse in the story.

Moral : Greed yields only sorrow, contentment is the best.



Rabindranath Tagore

Rabindranath Tagore was also known as Rabindranath Thakur and more popularly as "Gurudev". He was a great Indian poet who has given many famous writings to the country. Undoubtedly, he was a greatest poet after Kalidas. Now, he is well known all over the world as a greatest Indian poet and writer of all ages. He was born in a rich and cultured family in Jorasanko, Kolkata on 7th of May, 1861 to Maharshi Debendranath Tagore (father) and Sarada Devi (mother). He lost his mother at his fourteen in 1875. He developed the interest of writing poems in his early age. He was also a painter, a philosopher, a patriot, an educationist, a novelist, a singer, an essayist, a story writer, and a constructive worker. He wrote many stories, novels, poems and dramas. He was also very well known for composing music. His writings greatly influenced Bengali culture during the late 19th century and early 20th century. Tagore was also a



cultural reformer, and modernized Bangla art. He made it possible to make art using different forms and styles. His great writings in the form of novels and short stories indicate his wisdom, deep experience and understanding about human character. He was a poet who has given a nice national anthem "Jan Gana Mana". Some of his important



works are "Geetanjali" (Song Offerings), a world-famous poetry book; Gora (Fair-Faced); Ghare-Baire (The Home and the World), "Amar Shonar Bangla", "Rabindra Sangeet" and many other works. He was awarded the Nobel Prize in 1913 for his great English version writing of "Geetanjali". He was the first Indian and first Asian to get this award. He was the founder of Vishwabharati University at Santiniketan in 1902. His endless love towards his country and countrymen forced him to reject "Knighthood", an award given by the British government in 1919 in protest against Jallianwala Bagh massacre at Amritsar. His great writings still inspire and encourage people of the country.

Tagore died on 7th August, 1941.

A Friend

- ★ A Friend shares the good times and helps out by listening during the bad times.
- ★ If you have two friends in your lifetime, you are lucky. If you have one good friend, you are more than lucky.
- ★ A friend is a person who knows what you are saying even if you are not talking.
- ★ Friends are the most important of your life. Treasure the tears, treasure the laughter, but most important, treasure the memories.
- ★ A True friendship is felt, not explained,





Drink Hot Water- Prevent Heart Attack

Drinking hot water is useful not only after meals for good digestion but also to prevent heart attack. Chinese and Japanese take hot tea after their meals and not the cold water. Generally people like to take cold water or cold drinks with or after their meals which is very harmful, because the cold water solidifies the oily products that we take in our meals and slows down our digestion. When it reacts with the acids in our stomach, it breaks down and soon gets absorbed by the intestines much faster than the solid food. It gets deposited in the intestines and soon converted to fat which becomes a cause for cancer.

So it is always advisable to take hot soup or warm water after the meals. A glass of warm water should also be taken before going to bed. This prevents formation of blood clots and saves us from heart attack.

A group of Japanese doctors have certified that drinking hot water is very much effective for headache, migraine, high/low blood-pressure, joint pains, irregular heart-beat, increase of cholesterol, cold, cough, uneasy breathing, asthma, blockage in veins/nerves, urine problem, stomach problem, weak memory, eyes-nose-ear-throat problems etc.





How to use Hot Water :

- 1) If you are suffering from skin problem and tired of using various cosmetics, start taking hot water after getting up early morning. Your skin will be problem free and start glowing.
- 2) All the toxic elements present in the body get eliminated by drinking hot water. All the abdomen problems such as indigestion, acidity, constipation, piles etc. are also removed by taking hot water empty stomach early in the morning and after meals at night.
- 3) The problem of low appetite is removed by taking lemon with little black salt and black piper in hot water.
- 4) The problem of cough, cold, throat infection, asthma also get removed by taking hot water.
- 5) By taking lemon and honey in hot water, the extra fat in the body gets eliminated and weight gets reduced.

- Gurcharan Anand, Ludhiana(Punjab)



H.D. Answers

— Aisha Noor, Lucknow

Q. What is more important to save today? Humanism or Environment?

A. Both are complimentary and supplementary to each other for an ideal civilised life. Saving Humanism is the first priority without which Environment has no meaning.

—Maanyta Munjil, Ghazibad

Q. What could a man want who already has every thing ?

A. More and more. There is enough in the world for every body's need, but not enough in the world for one man's greed.

Q. What is true role of Harmony?

A. Harmony makes small things grow, lack of it makes great things decay.

—Sunaina Verma (Bhopal)

Q. What is meant when people claim they love the Truth?

A. In reality, they want to believe that which they love is true.

—Sunil (Delhi)

Q. Explain teachings of the Mission in word?

A. Tolerance.

—Nikhil Paul, Siliguri (W.B.)

Q. What is the secret of success?

A. Among many factors, the important one is developing positive thinking which enhances your personality and leads you to experience success in life.



The Best Medicine

Story by : S.P. Tandon

A young boy was feeling sad and depressed. He was always unduly quiet and reserved. He never wanted to play or be with friends. All he wanted to do was, to sit alone and sulk.

One day his mother took him to a physician. She explained the problem to him at length. She was worried that her son was getting into depression. The doctor examined the boy and found everything to be in order. To satisfy the mother, he prescribed some medication. What he had actually given was multivitamins. The physician took the mother aside and said, "Madam, I have given the boy a prescription for the ailment. But the most important thing he needs is love. Give him as much love as you can. That's the best medicine for him. I assure you he will be as good as new."

The worried lady asked, "What if it doesn't work?"

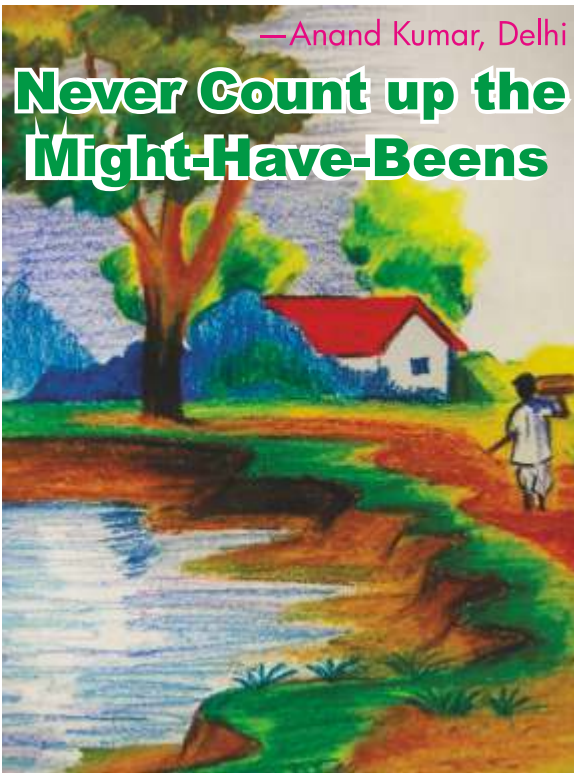
The physician smiled.

"Just double the dose!" he said.



—Anand Kumar, Delhi

Never Count up the Might-Have-Beens



I was born and raised on an Iowa farm. I vividly remember the dust-bowl years. When I was a child, in the Nineteen thirties, the drought swept in from the Dakotas. The wind was dry; the wind was dusty; the wind was violent; and the wind was fierce. The wind became our enemy, because it would peel the dry, rich, black soil, and swirl it like drifting dunes in the gullies and canyons of our fields. We prayed for the rains, but the rains did not come. I shall never forget that difficult year. We walked around our farm with white towels over our faces to keep from suffocating in the driving dust.

Then harvest season came. My father would normally harvest a hundred wagons full of corn. But I remember the harvest that year. My father harvested not the one

hundred wagon loads we usually harvested — but a meager one-half wagon load. I can see the old wagon standing in the yard — only half-full. It was a total crop disaster that has never been equalled before or since!

You know what happened? I shall never forget it. Seated at the dinner table with his calloused hands holding ours, my father looked up and thanked God. He said, 'I thank You, God, that I have lost nothing. I have regained the seed I planted in the springtime!'

He used a half-wagon load for seed, he got a half-wagon load back. His attitude of gratitude was that he didn't lose a thing, while other farmers were saying, 'We lost ninety loads,' or, 'We lost one hundred loads.' They counted their losses by what they hoped they could have accomplished.

And I'll never forget my father saying, 'You can never count up the might-have-beens or you will be defeated.' Never look at what you have lost; look at what you have been left with.

Those words of wisdom from my father, who never went past the sixth grade, were immeasurable in making me the possible thinker that I am today. The attitude of gratitude gave my father surviving power. He went right back and planted that seed the next year. When he finally retired, he was no longer a poor farmer. With his attitude he prepared and left a nice estate for this children. ●





Peace Song

Nirankari Children, New York

This life is a blessing, and I know it's true.
There's no thing out there to equate it to.
I woke up, with a feeling of joy.
There's no soul to express it to.

[Chorus]

Oh, I see love and I see light.
I see merry days that I thought would never end.
I see joyous times, when we're all in one space.
But I always knew it wouldn't be without Him

[instrumental transition]

[verse 1]

Would you look down upon the people, who spread ego around
Or would you love them so they would only realize Our time is caving, and we got to
do things right, Building peaceful ties and bridges of love

[Chorus]

[verse 2]

Been walking our minds to an easy time, our back turned
'gainst the poor Lord knows when the storm hits it'll turn our head around Well
there's fears over here, and fears over there,
Thinking bout what's to come Lord knows his plans have yet to take their ground

[Chorus]

But I always knew it wouldn't be without him - 2 There's only one true light here all
around Thought i'd see it, thought i'd see it, all the time – time.

Note: This Peace song was sung by Nirankari Children during a Rally on
'Women Empowerment by devotees of Sant Nirankari Mission on
16 March, 2017 during CSW-61 event attended by delegates of the
Mission.

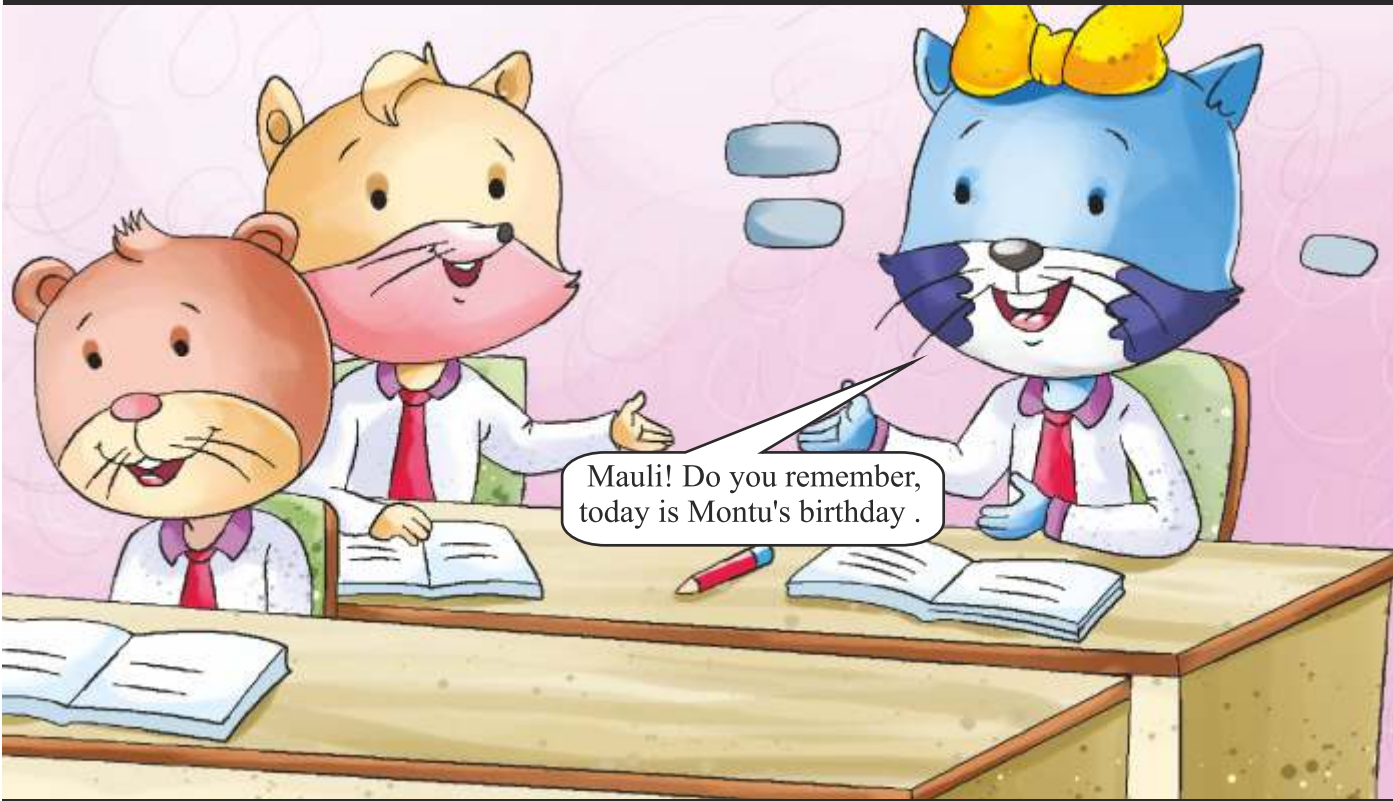
—C.L.G.





Kitty

Story & Illustration
— Ajay Kalara

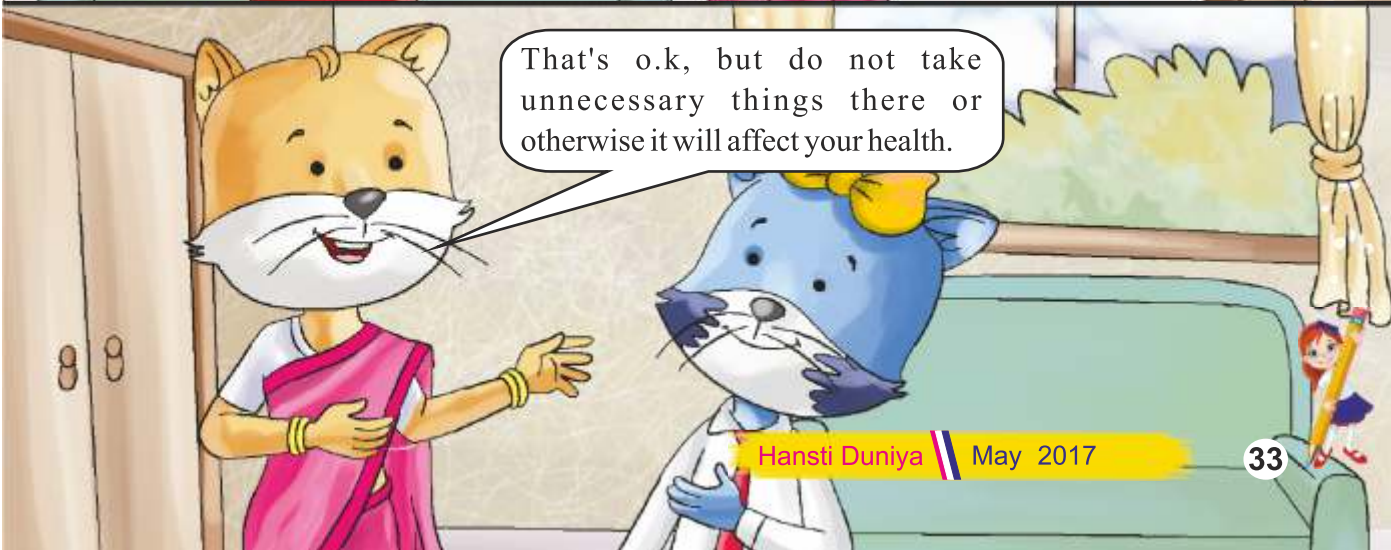




So, let's move out to purchase a gift for



Mom! Today evening there is Montu's birthday party at his residence. Please take out a beautiful frock for me.



That's o.k, but do not take unnecessary things there or otherwise it will affect your health.

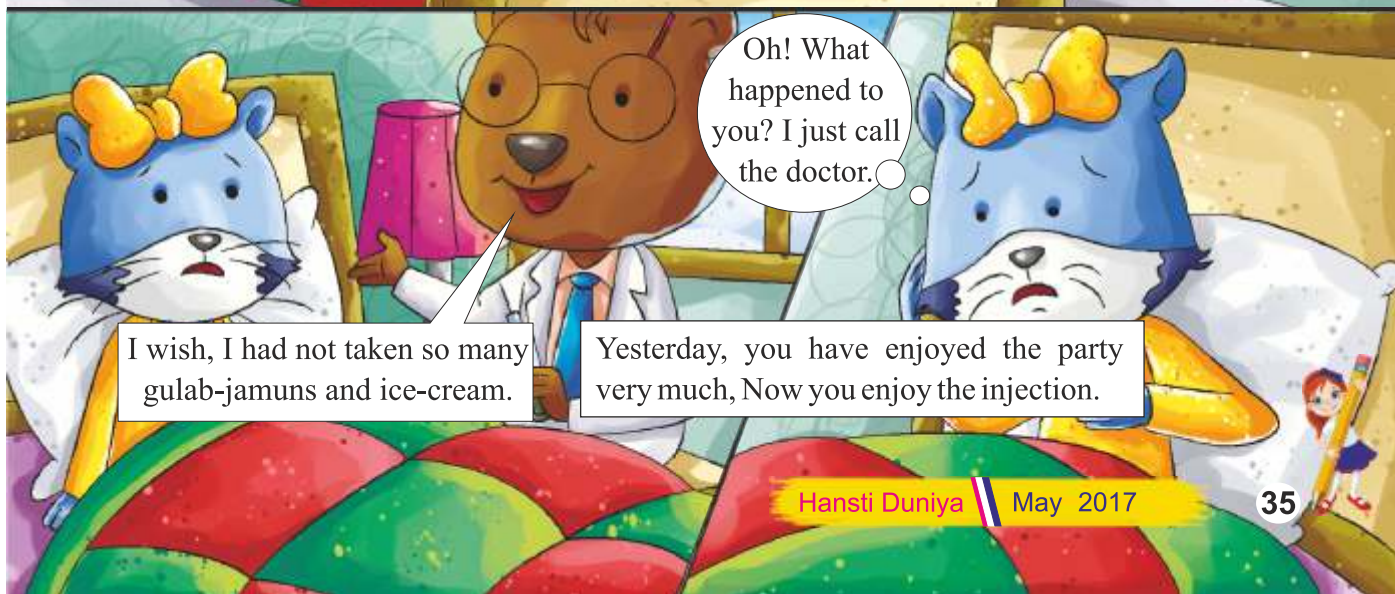




Oh wow! Here I find gulab-jamuns and Ice-cream also. My mouth is filled with water. I will eat to my tummy full.



Waiter! Please give me a plate full of 10 gulab-jamuns and also the Ice cream.



I wish, I had not taken so many gulab-jamuns and ice-cream.

Oh! What happened to you? I just call the doctor.

Yesterday, you have enjoyed the party very much, Now you enjoy the injection.

Thoughts TO PONDER



- ★ Realise that our hunger for happiness will remain, unless we share in the bread of peace and joy. —Surjit Dhami
- ★ Creating an atmosphere of violence is also fear. —Kailash Satyarthi
- ★ Spiritual connections are only ever made in the present moment. —Carolines Gibbs
- ★ Whenever you are confronted with an opponent, conquer him with love. —M.K. Gandhi
- ★ Kindness does not benefit the receiver alone but also the others involved. —Meenakshi Kanda
- ★ The human mind has been likened to a bird, which can fly in any direction in the vast open skies of life. It is therefore, for the individual to give it proper direction. It must fly to the places where it finds sweetness and coolness — Nirankari Baba
- ★ A tree is known by its fruit, a man by his deeds. A good deed is never lost. He who sows courtesy reaps friendship and he who plants kindness gathers Love. —Navneet Bansal, London, UK
- ★ If you tell the truth, you don't have to remember anything. —Mark Twain
- ★ If you can dream it, you can do it. —Walt Disney
- ★ Give me the gift of a listening heart. —King Solomon
- ★ Wealth is the ability to fully experience life. —Henry David Thoreau



DAYARAM'S DECISION

The farmers were working hard in their fields. After the efforts of many days their fields were ready for the seed. One day all the farmers were sitting under the pipal tree listening to the radio. In the news it was predicted that there would be no rainfall in the

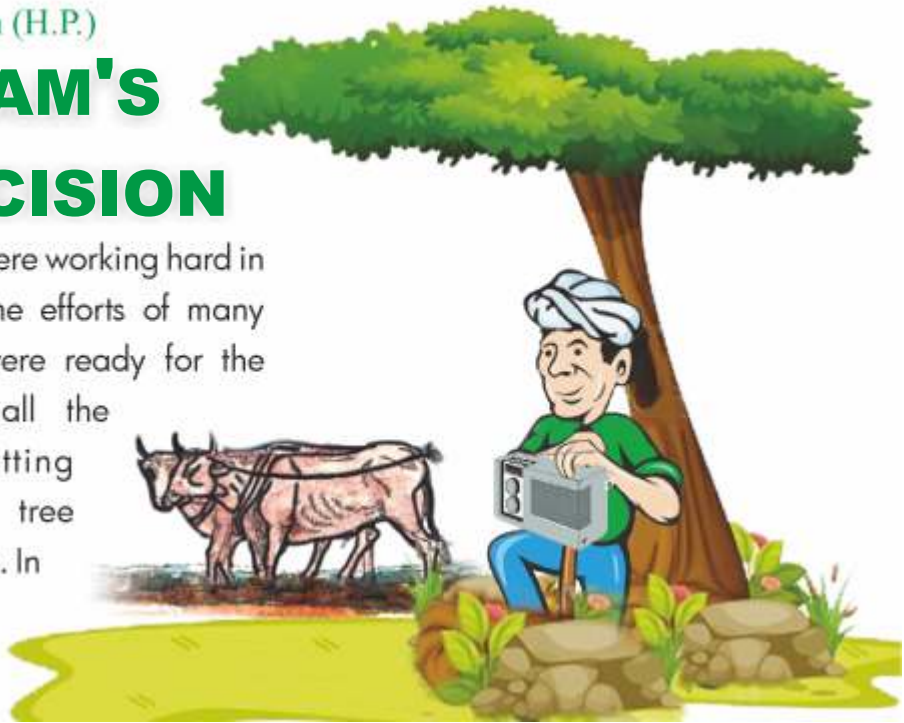
monsoon and everyone may have to face a deficiency of water. Now, the farmers were worried, because they had only handful of seeds and they could not afford to waste them. After listening to the news, the farmers decided that they would not sow the seed that season.

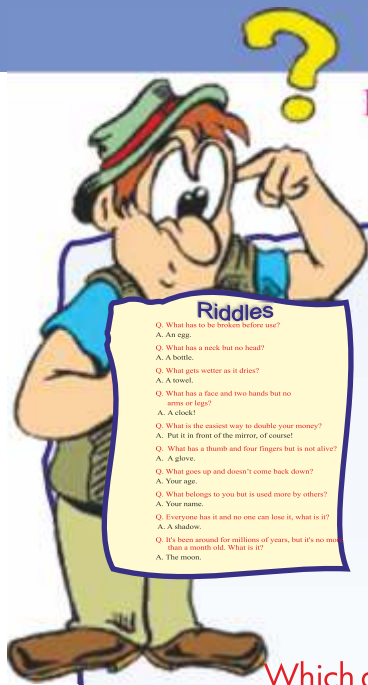
One farmer Dayaram was firm in his decision of sowing the seeds in his fields. Everyone was talking about his foolishness and the elders advised him not to waste his seeds because without water there would be no crop. Dayaram answered everyone very politely, 'My job is to sow the seed. I

should do it sincerely and leave the result on God. Subsequently, he kept on going to the fields regularly.

One day as the clouds were passing by his field they saw only one farmer working hard on his land. The clouds were talking to each other, "When it was predicted that there would be no rain then why is this person working so hard". Seeing this they concluded, When this person is not leaving his work, then why should we forget to perform our duty. After sometime it started raining.

MORAL :- You do your best — God does the Rest.





By: Archna Garg, Delhi

Riddles

Riddles

Q: What has to be broken before use?
A: An egg.
Q: What has a neck but no head?
A: A bottle.
Q: What gets wetter as it dries?
A: A towel.
Q: What has a face and two hands but no arms or legs?
A: A clock!
Q: What is the easiest way to double your money?
A: Put it in front of the mirror, of course!
Q: What has a thumb and four fingers but is not alive?
A: A glove.
Q: What goes up and doesn't come back down?
A: Your age.
Q: What belongs to you but is used more by others?
A: Your name.
Q: Everyone has it and no one can lose it, what is it?
A: A shadow.
Q: It's been around for millions of years, but it's no more than a month old. What is it?
A: The moon.

1 Q: I'm tall when I'm young and I'm short when I'm old. What am I?

2 Q: A girl is sitting in a house at night that has no lights on at all. There is no lamp, no candle, nothing. Yet she is reading. How?

3 Q: You walk into a room with a match, a kerosene lamp, a candle, and a fireplace.

Which do you light first?

4 Q: You draw a line. Without touching it, how do you make the line longer?

5 Q: Name four days of the week that start with the letter "t"?

6 Q: Two mothers and two daughters went out to eat, everyone ate one burger, yet only three burgers were eaten in all. How is this possible?

7 Q: You walk across a bridge and you see a boat full of people yet there isn't a single person on board. How is that possible?

8 Q: How far can a dog run into the woods?

1. A candle, 2. The woman is blind and is reading braille, 3. The match, 4. You draw a shorter line next to it, and it becomes the longer line, 5. Tuesday, Thursday, today, and tomorrow, 6. They were a grandmother, mother and daughter, 7. All the people on the boat are married. 8. The dog can run into the woods only to the half of the wood – than it would run out of the woods.

Riddles Answers



Inspirational Stories

Failure Is only temporary Change In Direction to set you only straight for Your success

"Friends, there are many such people who struggled.. Life is not about what you couldn't do so far, it's about what you can still do. Wait n don't **ever give up..** Miracles happen every day....



"I used to serve tea at a shop to support my football training"
- **Lionel Messi**



Stephen King's first novel, *Carrie*, was rejected 30 times before it was published.



"I used to sleep on the floor in friends rooms, returning Coke bottles for food, money, and getting weekly free meals at a local temple"
- **Steve Jobs**





Siya Chilana & Ashish

Physics Teacher : "Isaac Newton was sitting under a tree when an apple fell on his head and he discovered gravity. Isn't that wonderful?"

Student : "Yes sir, if he had been sitting in class looking at books like us, he wouldn't have discovered anything."

Mother: "Why did you get such a low marks in that test?"

Junior : "Because of absence."

Mother: "You mean you were absent on the day of the test?"

Junior : "No, but the kid who sits next to me was."

Teacher asked George: "How can you prove the earth is round?"

George replied: "I can't. Besides, I never said it was."

Teacher : "John, why are you doing your math multiplication on the floor?"

John : "You told me to do it without using tables."



A man talking to God:

The man : "God, how long is a million years?"

God : "To me, it's about a minute."

The man : "God, how much is a million dollars?"

God : "To me it's a penny."

The man : "God, may I have a penny?"

God : "Wait a minute."

A little girl came home from school and said to her mother, "Mommy, today in school I was punished for something that I didn't do."

The mother exclaimed, "But that's terrible! I'm going to have a talk with your teacher about this ... By the way, what was it that you didn't do?" The little girl replied, "My homework."

The students were lined up in the cafeteria for lunch. At the head of the table was a large pile of apples. The nun made a note, and pasted on the apple tray: "Take only ONE. God is watching."

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies without any note pasted on it. A child wrote a note, "Take as much as you want, God is watching the apples."

TIME



As sweet as honey
Time is priceless
Its wastage is senseless
Time is useful
So, be very careful
Every second is valuable
Its proper use is profitable
Time does not wait for anyone
So, be punctual every one

CROSSWORD SOLUTION

1 A	B	2 S	E	3 N	C	4 E
R		P		A		G
5 M	6 A	Y		7 G	8 P	O
	R		9 O		A	
10 P	R	A	D	E	S	H
	O		D		T	
11 O	W	12 L		13 F	A	14 T
D		I		E		A
15 E	V	E	R	E	S	T





★ Mistake is a single page in a part of life. But relation is a book of dictionary. So don't lose a full book for a single page.

—Kamla Devi, Sundernagar

★ A stone is broken by the last stroke of hammer, this does not mean that the first stroke is useless. Success is the result of continuous and persistent efforts.

—Ravneet, Delhi

★ We should not give up and we should not allow the problem to defeat us.

★ Always think...your destination is not far away. Only little hard work is needed.

—Praveen, Delhi

★ Listen to silence. It has so much to say.

★ Forgiving is not a gift to someone else, forgiving is your gift to yourself.

—Lakshita, Ludhiana

★ People are like mirrors. If you smile a smile will be reflected.

—Himanshu, Delhi

★ If you realized how powerful your thoughts are, you would never think a negative again.

★ What you think you create, what you feel you attract, what you imagine you become.

★ There is no need to have any guide, if you are simple simplicity is enough. If you are natural, then that naturalness is enough. If you are not natural then you will need the help of a master.

—Vijay, Sultanpur

★ Your kindness may be treated as weakness"still be kind.

—Dr. Shailesh Pandey, Lucknow.

★ If you are honest and frank, people may cheat you"still be honest."

— Ankur, Delhi



Result for the month of **March** Issue

First :

Uumanyu Chawla

Age : 6

Dheerpur Near Nirankari Colony,
Delhi-110 009



Second :

Kashvi Bajaj

Age : 9

5/118, Nirankari Colony,
Delhi-9



Third:

Nitika Dev

Age : 6

MHC, Manimajra (UT)



Consolation Enteries

Nitin Ahuja

(Pitampura, Delhi)

Vandita

(Nirankari Colony, Delhi)

Seyam

(Jalandhar, P.b.)

Rehmat

(Patiala)

Jasnoor Singh

Aut (HP)

Aashmia

(Khanna, Pb.)

Atrikita

(Hyderabad)

Chinki Uttamnagar

(Delhi)

Samparita

(Agra)

Komal Anand

(Parbat, Dehli)

Sonna Singh

Alwar (Raj.)

Ashwani

(Bikaner, Raj.)

"Colour it" for May Issue

On page 44, a beautiful picture is given; colour it and send it to us latest by **June 20, 2017**. Office address: **HANSTI DUNIYA**, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in **July 2017** 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.



Colour it



Name Age

Address

.....



—Dimple Randhawa, Delhi

Vesak

(Budh Purnima)

Buddha purnima is a Buddhist festival that marks Gautam Buddhas birth, enlightenment and death. It falls on the day of full moon in May and it is a gazetted Holiday in India.

Many Bhudhist visit temples on vesak to listen to monks give talks and recite ancient verses. A small statue of Buddha as a baby is placed in a basin filled with water and decorated with flowers. Visitors pour water over the statue , this symbolises a pure new beginning.

Buddha was an influential and spiritual teacher during and after his lifetime. Buddhist see him as the supreme Buddh. Even today his teachings are relevant. He Got enlightenment and showed the path of salvation. Most people consider Lumbini (Nepal) as his birth place. He was born as a prince who renounced worldly things to become a monk. He got Nirvan at Kushinagar, (Uttarpradesh)



The Moon Cannot Be Stolen

Ryokan, a Zen master, lived the simplest kind of life in a little hut at the foot of a mountain. One evening a thief visited the hut only to discover there was nothing in it to steal.

Ryokan returned and caught him. "You may have come a long way to visit me," he told the prowler, "and you

should not return empty handed. Please take my clothes as a gift."

The thief was bewildered. He took the clothes and slunk away.

Ryokan sat naked, watching the moon. "Poor fellow," he mused, "I wish I could give him this beautiful moon."





—Ayra Ajay

Why Should We Keep The Environment Clean

The environment is a place where humans as well as plants and animals live. Keeping it clean and neat is our responsibility. It is necessary to keep our environment clean because we get fresh air, reduce pollution etc. We should all try very hard to maintain and keep our environment clean because it will make the world a much better place.

There are many reasons we should keep our environment clean. One example is that a clean environment is essential for healthy living. The more we don't care for our environment, the more it will be contaminated with toxins and chemicals that will have a harmful impact on our health. Air pollution can cause many diseases and cancer because of the breathing in of

harmful chemicals. Also, heaps of garbage and wastes will give rise to insects and mosquitoes which will then result in diseases such as chicken pox, jaundice, malaria and many more. Unfortunately, many people have died due to these illnesses. "When the earth is sick and polluted, human health is impossible.... To heal ourselves we must heal our planet, and to heal our planet we must heal ourselves."

There is also a very big issue that if we keep making our environment dirtier and dirtier, eventually, there will be no space left because it will all be filled with trash. If you walk a mile on the highway, you will see approximately 1,457 pieces of trash. All of the trash that we throw out



these days can take a million years to decompose. Out of millions of planets, this one is our home, so we should be aware and try to and keep it clean. There are many ways to show that you care about our environment.

Whether we realize it or not, we can only live by consuming resources provided by this planet. Take energy for example, we can get the energy we need to support our lifestyle

only by consuming resources like oil and coal provided by the earth. This is not to mention basic needs like food and water. If we have received so much from this planet, can't we do something to give back to it? Treating the environment responsibly is a way to give back to the planet.

We take so many things from the world every single day. The plants, the animals, everything here is so crucial to our everyday life. So why don't take better care of the place where we live? If you think about, the earth is just on big home. You wouldn't leave trash all over your home or destroy it with pollution.

Even if it doesn't seem to make a difference, doing little things, such as recycling, can add up. Also, walking a few steps to throw garbage in a trash can instead of on the ground, could help an animal keep a clean home. When other people see trash on the ground, they tend

to think they can litter too, because someone else did it before.

It is also our responsibility to leave the earth how we received it. This planet was a gift to us from God, and we are not taking care of it. We should make sure that we keep nature in a good condition for the future generations.

As citizens of the world, each of us is responsible for the health of our planet. Our choices and our actions contribute to either the well-being or deterioration of the environment. This is the only planet we have. If we don't care about the environment, who

I am proud to say that I am part of a mission that is helping to keep this earth clean. The Sant Nirankari Mission has tied up with Indian Railway to keep the major city railway stations clean. They are also promoting cleanliness drives every month to beautify the sidewalks and streets. And, we are doing tree plantations at a very large scale.

This earth was created for all living beings, including humans. We should take care of our body in the same manner in which we take care of the environment. It is important because in this human body, our soul resides, which will one day become part of the super soul through self-realization. It is this realization which leads to God's realization. The Sant Nirankari Mission is playing a very important role helping us to accomplish this.



'Be Fruitful And Multiply'

—Prashant Solomon



X



According to the Bible the first command God gave humans was to 'be fruitful and multiply'. While this could be taken as a command to populate the planet, it has much deeper meaning that is as relevant today as it was then.

Jesus Christ taught lessons using stories or parables. One of these - the parable of the talents is about 'being fruitful and multiplying' but in a very different way. It is about an employer who is about to go away for some time. Before he does, he gives three servants -

let's call them A, B and C - some talents (coins). A gets five coins, B gets two coins and C gets one coin. When the employer returns some time later, he asks A, B and C to account for how well they managed the money they were left as stewards for.

A has made five coins grow to 10, B made two coins grow to 4, but C took one coin, buried it and returned it to his master.

The master is furious! He abuses C and takes away the money from him and gives it to A. He then admonishes



him by saying that he could have at least put the money in a bank and got interest.

Then Jesus goes on to say that those that have will get more and those that do not have will lose even what they do have.

This parable could be a lesson in the importance of investing and circulating money to make it grow as opposed to hoarding and hiding it and watching it decay in value. But the power of this parable goes way beyond money and materialist things. For this goes to the very first command God gave humanity- 'be fruitful and multiply'.

God has given each and every one of us certain gifts. We all have been given various 'talents' or 'seeds', which we are not supposed to just bury in the sand, but multiply them by making them grow. How we do this is to use these to help enrich our world.

Moreover, what is the biggest gift or virtue that God gives us? It is the capacity to love. Through love come the other virtues of peace, joy, happiness, bliss and contentment.

If we apply the parable of talents in our daily lives, then we need to use the gifts that God has given us - including the gift of love - and multiply them.

Love, an asset, has to grow in order for us to live bountiful lives. It can only grow by circulation and not by stagnation. Then the reward or 'fruit' will be to get more of what you have helped to grow.

We may think we are preserving something by hiding it away or being overprotective but we are doing the opposite. By hiding something away that can bring value to the world, we are inadvertently destroying it.

Ships may be safe in the harbour, but that is not what ships were built for.

We may feel we are safe by suppressing our own creative skills, procrastinating or by being indifferent to others, but that is not what we came to Earth for.

So don't waste time. Use your gifts, improve the world, spread love and compassion to all you encounter.

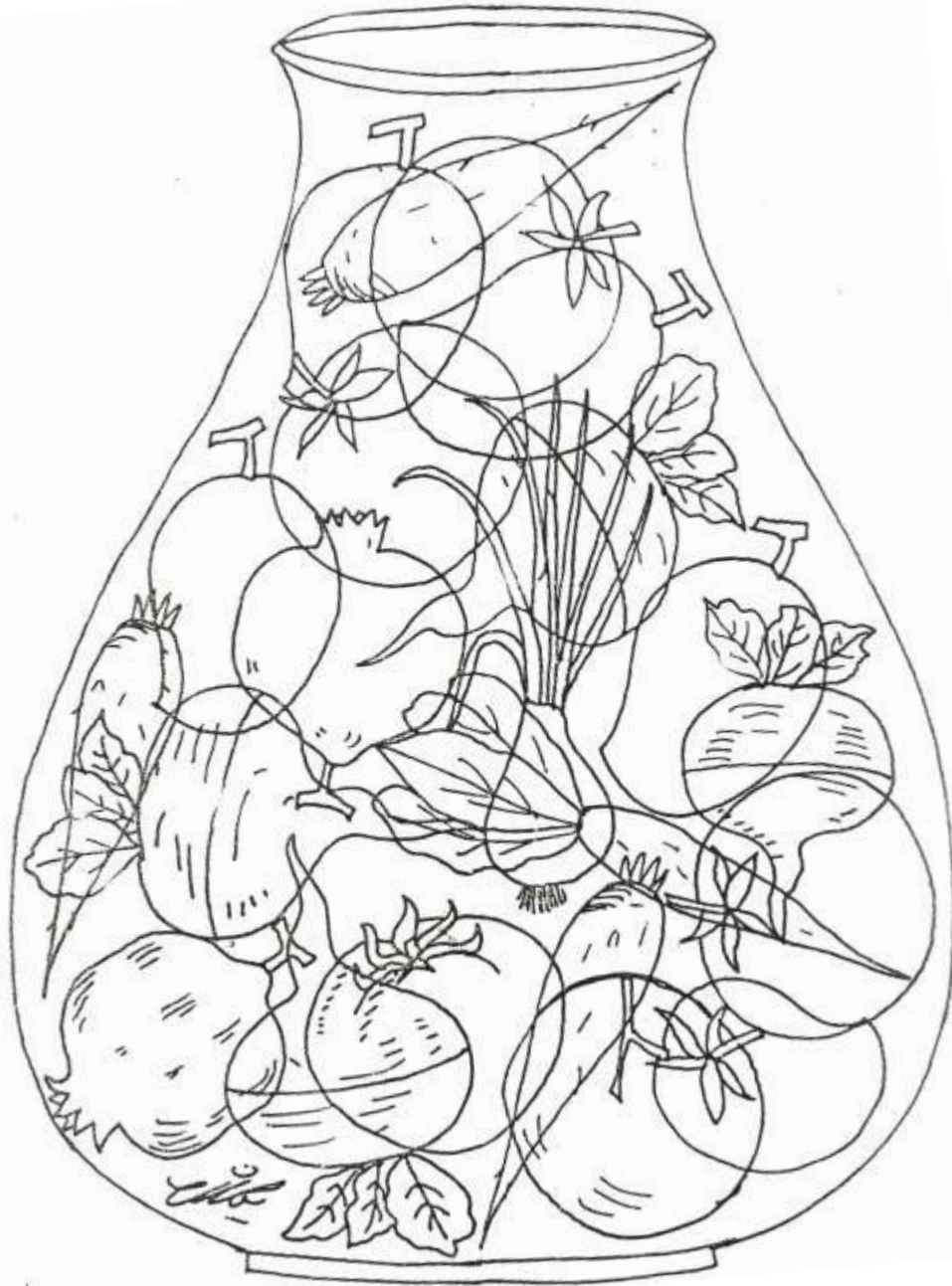
Courtesy - The Times of India



Let us try

□ Chand Mohammad Ghosi

Which fruit and Vegetables are there in the following jar ?



Answer : 4 Mango, 5 Tomato, 4 Turnip, 5 Onion, 1 Radish, 3 Carrot and 2 Pomegranate





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