

Hansti Duniya

₹15/-

★ Vol 33 ★ No. 11

★ November 2019





Hansti Duniya

● Vol.33 ● Issue No. 11 ● November 2019 ● Pages 52
 (A Monthly for Children's Mental Development)
 Published in English, Hindi, Punjabi and Marathi

Printer & Publisher **C. L. Gulati**
 on behalf of Sant Nirankari Mandal (Regd.)
 Delhi-110009, printed at M.P. Printers,
 B-220, Phase-II, Noida (U.P.) Pin - 201305
 and published at
 Sant Nirankari Satsang Bhawan,
 Sant Nirankari Colony, Delhi-110009.

Harjeet Nishad
 Chief Editor

Vimlesh Ahuja
 Editor (Honorary)

Rajat Kapoor
 Associate Editor (Honorary)

Email: editorial@nirankari.org

Ph.: 011-47660200

Fax: 011-27608215

Website: <http://www.nirankari.org>
kids.nirankari.org

SUBSCRIPTION

Country	1 year	3 yrs.	5 yrs.	11 yrs.
India/Nepal	₹ 150	₹ 400	₹ 700	₹ 1500
U.K.	£15	£40	£70	£150
Europe	€20	€ 55	€ 95	€ 200
U.S.A.	\$25	\$70	\$120	\$250
Canada/Australia	\$30	\$85	\$140	\$300

Other countries: Equivalent to U.S. Dollars as mentioned above



Regular Columns

4. Editorial
5. Sampuran Avtar Bani
20. H. D. Answers
30. Look at the Picture
32. Riddle
40. Laughing Time
42. Sms of the Month
44. Colour it
50. Maze

Photo Features

12. Grandpa
34. Kitty



Articles

9. Endangered ...
Mamta Dev
10. Reaching at Every ...
C.L. Gulati
16. Here are 7 benefits
Sandeep Rahi
24. Whats is the Earth...
S.C. Bhatia
26. Simran
Poonam Anandani
38. What is Moral...
Dev Raj Ravikar
45. Company
Kavita
48. Engulfed By Water
Shamma Verma

Poems & Etc

10. Do You Know
Sunil Nagpal
18. The Dark Needs To ...
Sakshi Batra
22. Increase Your Knowledge
Anjali
31. The Darkness
Shivansh Kumar
39. Butterfly
Bruce Larkin
46. Sport Time
Nitika
47. Pandit Jawaharlal
Gurdev
49. I remember those...
Sunnishtq Shauq

Stories

06. Ananse and the Wisdom
Dinesh Raj
07. The Rose Bud
Priya Tandon
19. The Importance of ...
Radhe Lal
21. Jackal Gets Away
Sonna S
23. Discomfort
Dr. Ashok K. Chitkara
28. The Gainful Agreement
Jagtar Chaman
33. Worth of Food
Jackie Dulhani

SAMAGAM CELEBRATION

Dear children, you have recently celebrated Dussehra and Diwali festivals marking victory of truth over evil. Now, there lies ahead a unique occasion for you to celebrate the global 72nd th Annual Nirankari Sant Samagam at Sant Nirankari Spiritual Complex Samalakha, G.T. Road District Panipat (Haryana) fixed for November 16 to 18. By the time this monthly reaches your hand, you must have prepared yourself for this Samagam. Do not miss it.

Welcome to the Samagam. Here you'll find lacs of people from all over the world. The moment you enter the Celebration Ground, there is Nirankari Exhibition giving ideology and history of the Sant Nirankari Mission. The devotees are accommodated in four vast grounds with all civic amenities. The arrangement of Langar and Canteens is also well made in every ground, Samagam venue presents a memorable scene.

Dear children, you must have been discussing with your friends, the role of Nirankari Mission in enlightening the world through spiritual awakening. This is the right time to bring such friends also with you. Patrika Vibhag will have a special enclosure in the Celebration Ground. The person taking Life Membership of Nirankari Magazines, including Hansti Duniya, will get a copy of "Youth Empowerment" — Samagam Souvenir-2019," as a gift.

There will be revealing lectures from a galaxy of saints across the country and overseas. The discourse by Her Holiness Satguru Mata Sudiksha Ji will be there on all the three days. The Guru Vandana function on 19th will be worth enjoying.

— C.L. Gulati

SAMPURAN AVTAR BANI

IK TU HI NIRANKAR-158

SACH EY IKO JE TOON JANE GUR DARSHAN DEEDAR EY SACH;
MEHMA GANI IK DATE DI ESE DI VEECHAR EY SACH;
SACHE RAB NE SACH BANAYAI SACH AP NIRANKAR EY SACH;
SATGUR POORA SACHA EY TE IS NAL KARNA PIAR EY SACH;
SACHI SATGUR DI EY SANGAT IH SACHA DARBAR EY SACH;
SACHA SABH DA SAIN SACHA SACHA IK KARTAR EY SACH.
GUR MANDAR EY SACHA SUCHA GUR PUJA SATKAR EY SACH;
SACH AKHAN JIS SACH PACHHATA US DA KAR VIHAR EY SACH;
IK SACHE NOON PAVE JIHDA US LAYEE KUJH VI KACH NAHIN;
KAHE AVTAR GURU DE BAJHON HASAL HONDA SACH NAHIN;

Thou Formless One 158

Truth is one, if you know, and true is the glimpse of the True Master;
True is to sing the glory of the Benevolent One and true is His contemplation.

Truth is the creation of the True One, and the Formless One - Nirankar Himself is the Truth;

True is the perfect True Master and true is to love him.

True is the company of the True Master and true is his congregation;

True is the Supreme Sovereign of all, and true is the One Creator.

True Master is the true temple of God, and true is the reverence and worship of the True Master;

Truly speaking, true is the dealing of the one, who has realised the Truth.

The one, who realises the True One nothing remains false for him;

Avtar says, Truth cannot be attained without the True Master.

Ananse and the Wisdom Pot

Ananse the spider was far and wide considered to be the wisest of all animals, and many animals came to him with their problems and questions.

After a while, Ananse grew tired of answering so many questions and decided he would have to do something to regain his peace and quiet. So he put all of his wisdom into a giant pot. He strapped the pot to his belly. He planned to carry the pot to a branch of a tall tree where all the animals could go to get their own answers to their questions.

But as he was climbing the tree, the pot kept getting in the way of his legs and slowed him down. Ntikume, one of Ananse's many sons, saw this. He suggested that Ananse strap the pot to his back instead, where it wouldn't be in his way.

When Ananse heard this he was furious. He couldn't tolerate the thought that his son should have a better idea than his own. So Ananse grabbed the pot and flung it to the ground, where it shattered into a thousand pieces.

Ever since then, wisdom has been scattered all over the world for many people to find.





Story : Priya Tandon, Chandigarh

The Rose Bud

A young boy wanted to learn music. He had a good voice and he wanted to train to become an Indian classical singer. He visited a renowned music teacher and expressed his desire to him. The teacher conducted a preliminary test on him to gauge his talent and decided to give him a try. The boy asked, "Guruji, how much time would I need to train under your guidance, how soon can I become a singer?"

The teacher said, "Well, that depends upon how much work you are able to put into it. But one thing you can be sure of, its not going to be a short time, because singing is about learning more and more each day, even as long as you live." The boy smiled inwardly and thought, "I'll soon learn everything there is to learn. I am determined." A few months later, the boy asked the same question, "Guruji, how much time...?"

The teacher said, " Do you see that rose bud on the bush outside. the number of days it takes to unfold its petals to become a full grown flower, that's the number of years you'll take to learn."

That evening, the boy went and squatted near the bush. Slowly and carefully he tried to open up the petals of the rose bud to make it look like a flower. However, hard he tried, some of the petals got torn and mutilated; others fell off. The inner most that were just beginning to form; got crushed into the stamen. The next morning the teacher saw the plight of the rose bud and understood what had happened. He called the boy and said, "Look son, this bud, it seems, was in a hurry to bloom from a bud into a flower overnight. It seems to have outdone its potential to grow. Just look at the state of its petals; it shall never become a perfect rose flower now. Hurry has now become a cause for worry. Had the bud grown naturally it would have been beautiful at each stage of its life. It would have spread fragrance all around and its beauty would have lent splendors to our garden. But, perhaps the bud was in too much of a hurry.."

By now, the boy was in tears. He wept, "Guruji, it's not the bud's fault. I tried to open it . I am the cause of its present state. I have made a mistake. I cannot give back its babyhood to the bud, but I promise to let you shape me as you wish. Please unfold me petal by petal at your own pace and will."

Moral: The system of education which teaches culture and helps the culture to permeate and purify the learning that is gathered is the best and most fruitful.

★ I wish we could put some of the Christmas spirit in jars and open a jar of it every month. —Harlan Milier

★ My Idea of Christmas, Whether old fashioned or modern. Is very simple: Loving Others. —Bob Hope





— Manta Dev , Vaishali

Endangered Ecosystems

Imagine a forest with a carpet of wet leaves littering the ground. If you look up, you see only a canopy of broad green leaves. There are wild flowers on the trees. You can hear water drops, insects, birds, and, perhaps, the distant screech of a monkey. The place you are picturing is a rainforest.

A rainforest is a kind of ecosystem - a community of all the living things in a region, their physical environment, and all their inter relationships.

Rainforests are dense, wet, and green because they get large amounts of rain. The Amazon Rainforest in South America is the world's largest rainforest. Other large rainforests lie in Central Africa and Southeast Asia. Northeastern Australia's 'dry rainforest' has a long dry season followed by a season of heavy rainfall.

In a rainforest nothing is wasted. Everything is recycled. When leaves fall, flowers wilt, or animals die on the forest floor, they decay. This releases nutrients into the soil that become food for the roots of trees and plants. Water evaporates in the forest and forms clouds above the trees. Later this water falls again as rain.

Rainforests are rich in plants and animals. Many have not even been discovered yet. Some rainforest plants have given us important medicines. These include aspirin, which is a pain reliever, and curare, used to help people relax during medical operations.

Unfortunately, the rainforests are being destroyed rapidly. The trees are felled for timber and to clear land for farming. Animals living in these forests are facing extinction. And once lost, these animals and forests cannot be replaced.

Do You Know

By: Sunil Nagpal, Delhi

- ★ The smallest continent in the world is Australia.
- ★ The Full form of C.I.D is Criminal Investigation Department.
- ★ The author of 'The Discovery of India' was Jawahar Lal Nehru.
- ★ The first Indian woman to climb Mount Everest was Bachendri Pal.
- ★ The capital city of Canada is Ottawa.
- ★ The working languages of the United Nations are English and French.
- ★ The Lactometer is used for testing the purity of milk.
- ★ The Full form of VAT is Value Added Tax.

History of November Month

- ★ 1921 Albert Einstein receives the Nobel Prize in Physics.
- ★ 1957 Dog launched into orbit as the first animal in space on board Sputnik 2.
- ★ 1988 Benazir Bhutto Elected Prime Minister of Pakistan.
- ★ 1989 Berlin Wall Comes Down Allowing East and West Berlin To Visit.

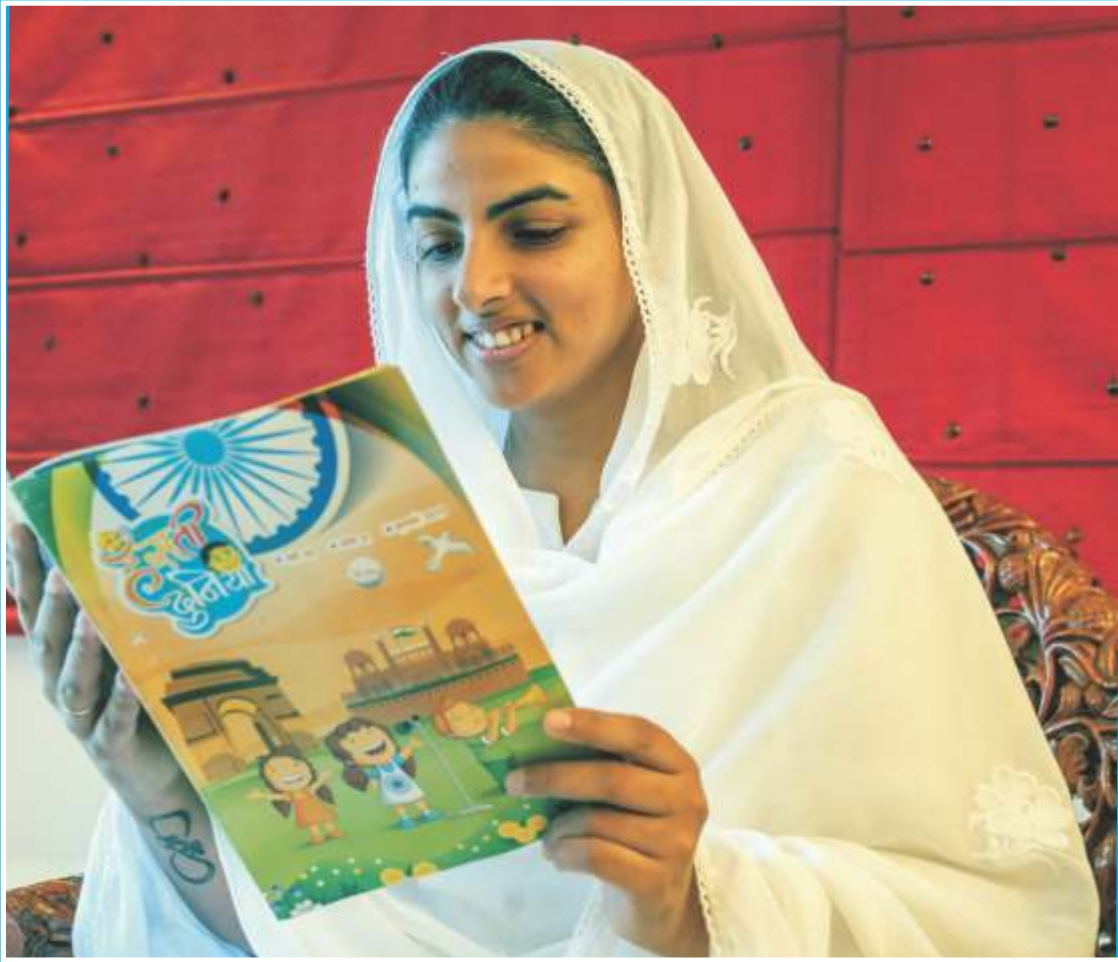


Hansti Duniya
November 2019

— C.L. Gulati,
Member Incharge & Secretary (Hqrs SNM.)

Reaching at Every Doorstep

Among the multi-reach methods to globalize message of the mission, the Nirankari Magazines undoubtedly play a very important and effective role. Her Holiness Satguru Mataji stresses that while the devotees should essentially subscribe to the Nirankari Magazines to understand the Mission in letter and spirit, they should also make all possible efforts for wide circulation of these magazines to reach at every doorstep. Over a period of time, the spiritual monthly Sant Nirankari in eleven languages, (English, Hindi, Punjabi, Marathi, Gujrati, Tamil, Telugu, Kannada, Oriya, Bangla and Nepali), monthly Hansti Duniya for children's mental development, in four languages (English, Hindi, Punjabi and Marathi) and fortnightly newspaper Ek-Nazar in three languages (Hindi, Punjabi and Marathi) have noticeable improvement both in content and colourful designing. These are becoming quite popular in the society at large.



The total circulation of the Nirankari Magazines is steadily increasing but it is still not matching with the growing number of our followers. You have always been cooperating and helping the Patrika Vibhag. But now, an added effort is called for in this direction. In the interest of spread of the Mission, a well planned spade work is required to be undertaken on top priority basis. For this purpose, the services of enthusiastic youth can be utilized.

In the fitness of things, every Branch may kindly conduct a local survey of the branch by preparing a list to find out the devotee families who have not yet subscribed to all the three magazines referred to above. Besides, they may also please be inspired to seek membership of these magazines for their near and dear ones. Every devotee ,may persuade at least one or more subscribers during the year!

Reading is an act of civilization; it's one of the greatest acts of civilization because it takes the free raw material of the mind and builds castles of possibilities. —Ben Okri



GRANDPA

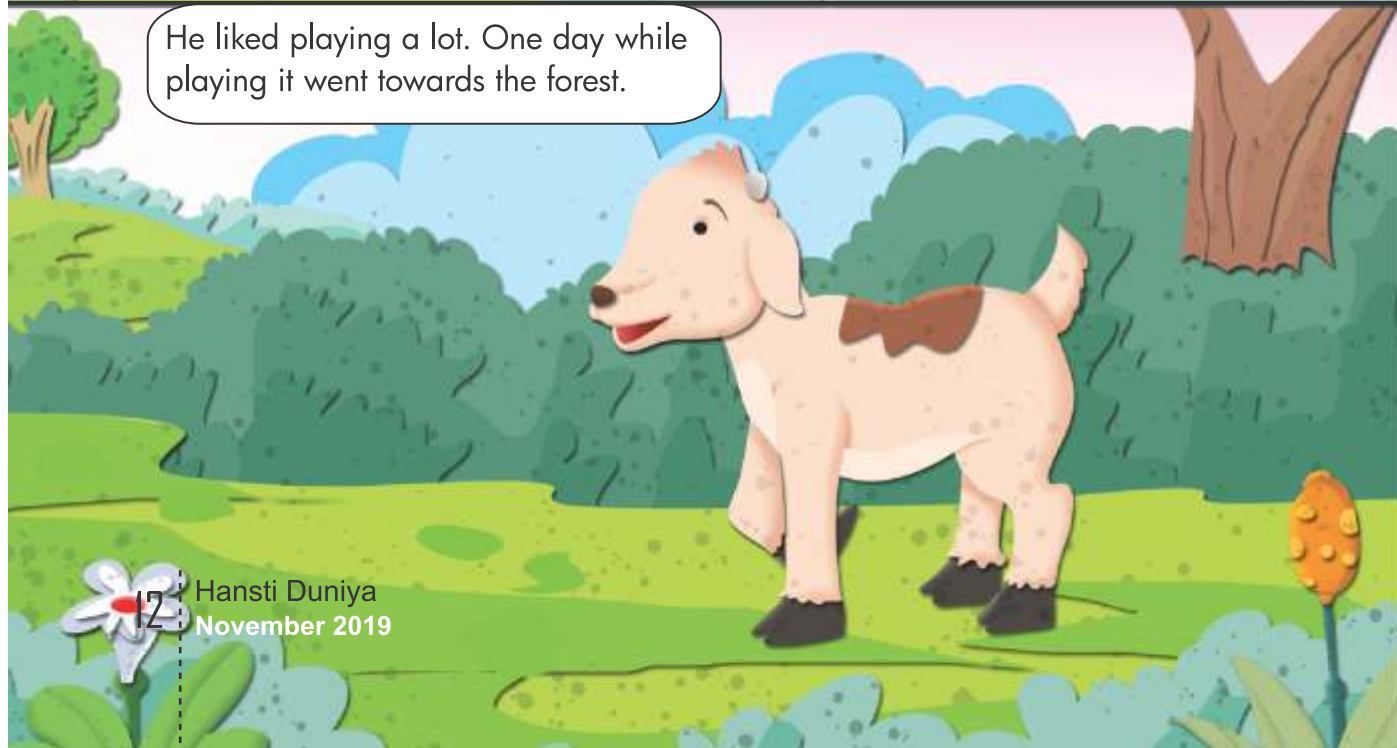
Story & Illustration

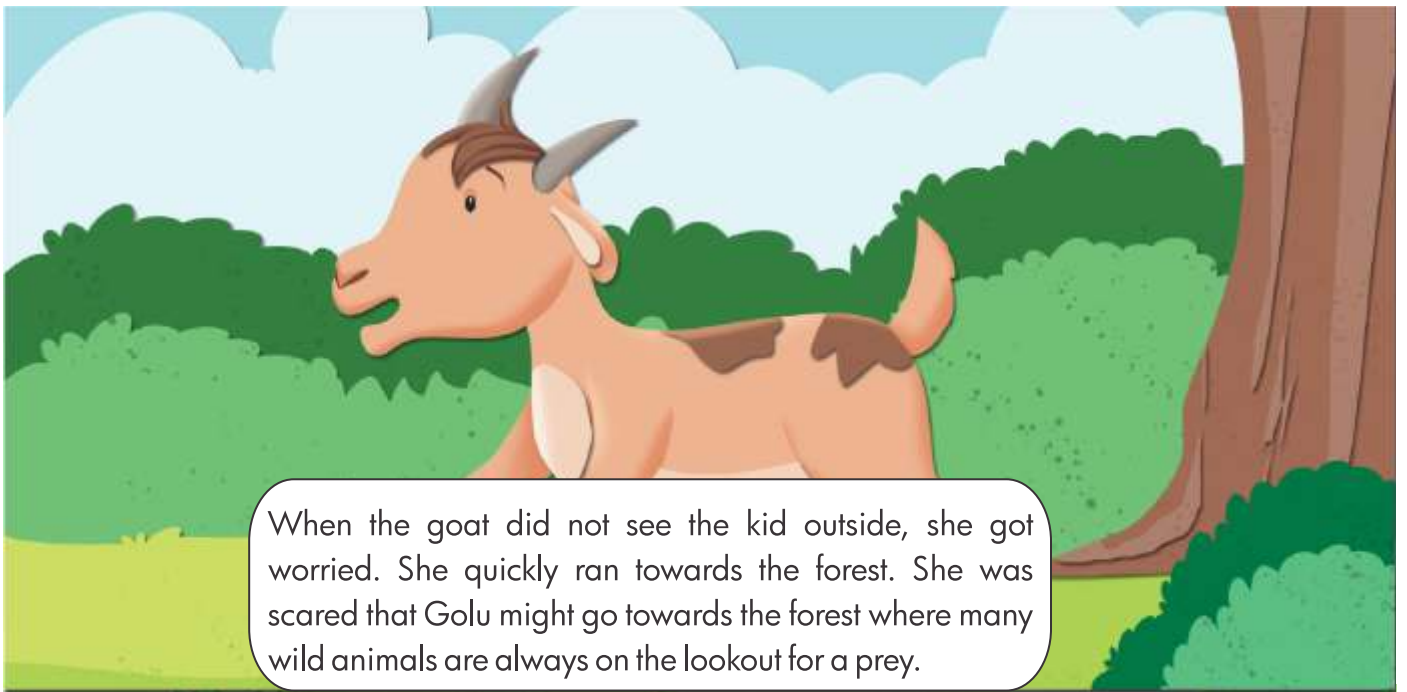
—Ajay Kalara

Once a goat lived with her kid in a forest. His name was Golu. He was very naughty.

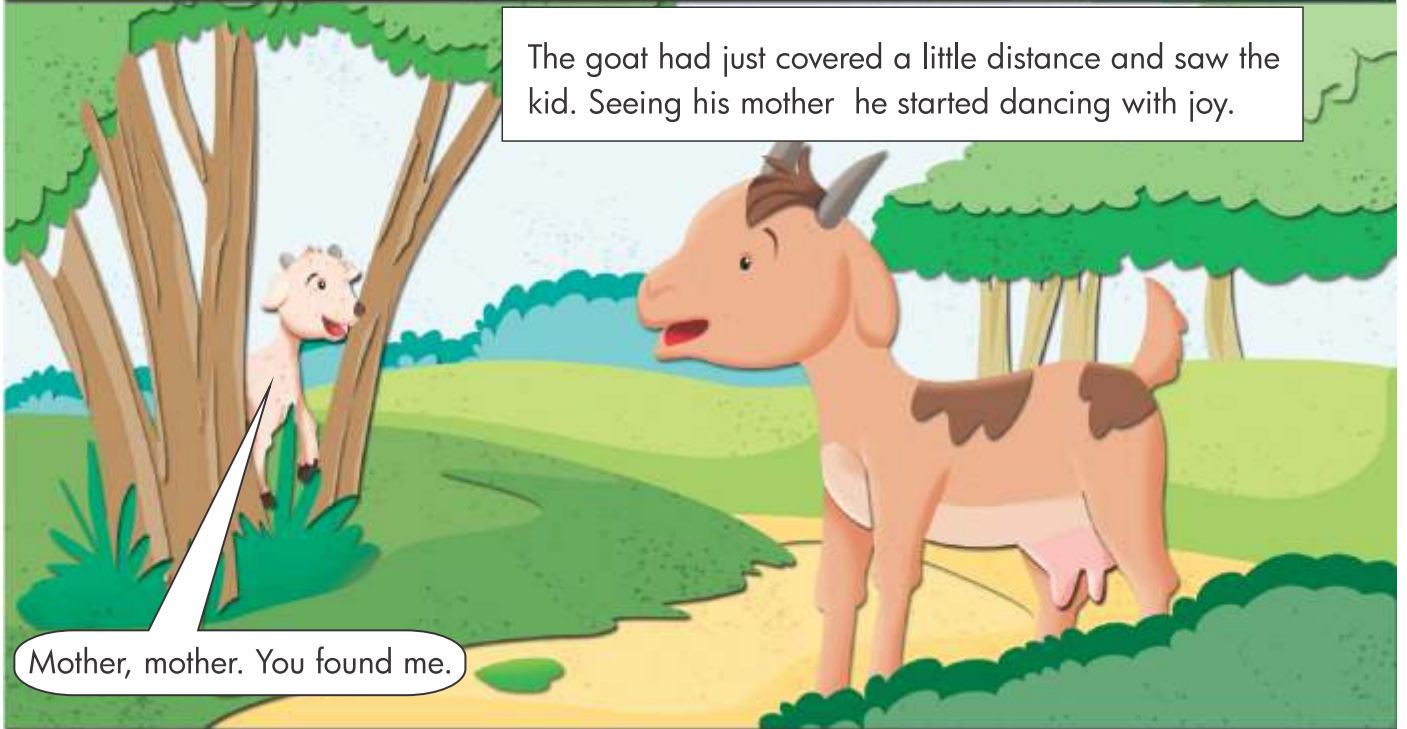


He liked playing a lot. One day while playing it went towards the forest.





When the goat did not see the kid outside, she got worried. She quickly ran towards the forest. She was scared that Golu might go towards the forest where many wild animals are always on the lookout for a prey.

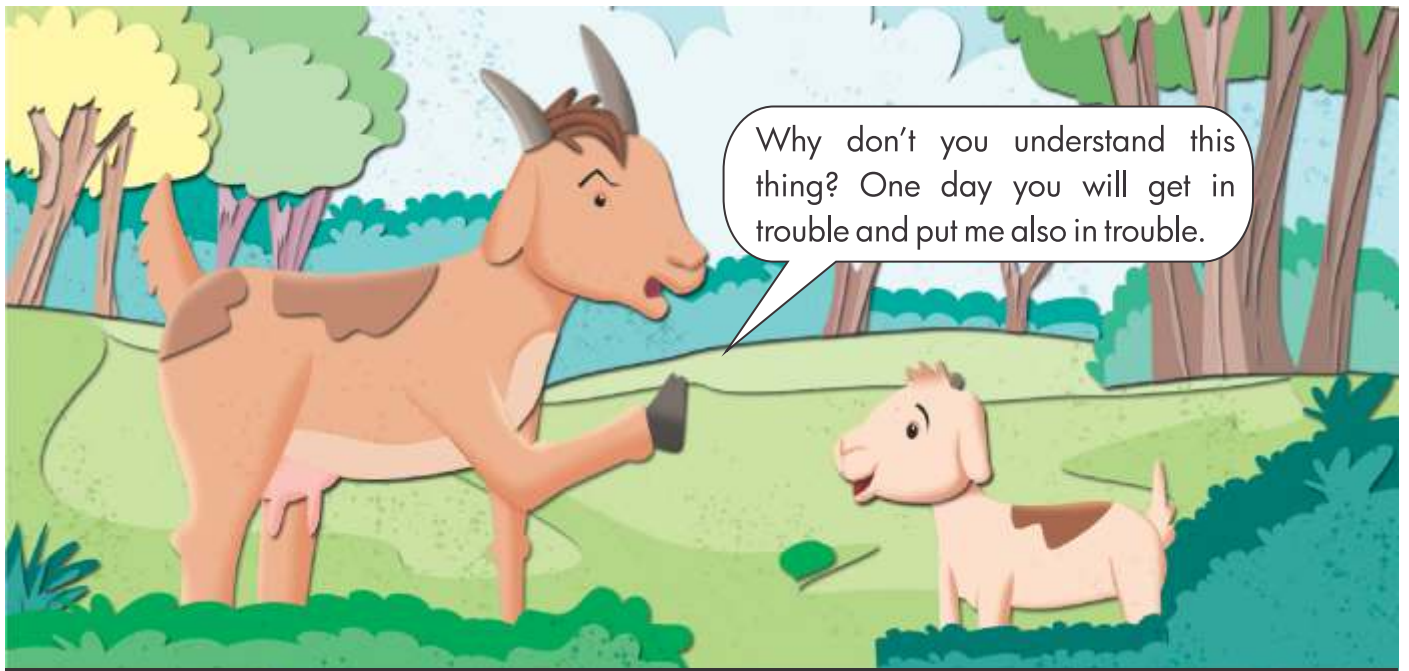


The goat had just covered a little distance and saw the kid. Seeing his mother he started dancing with joy.

Mother, mother. You found me.



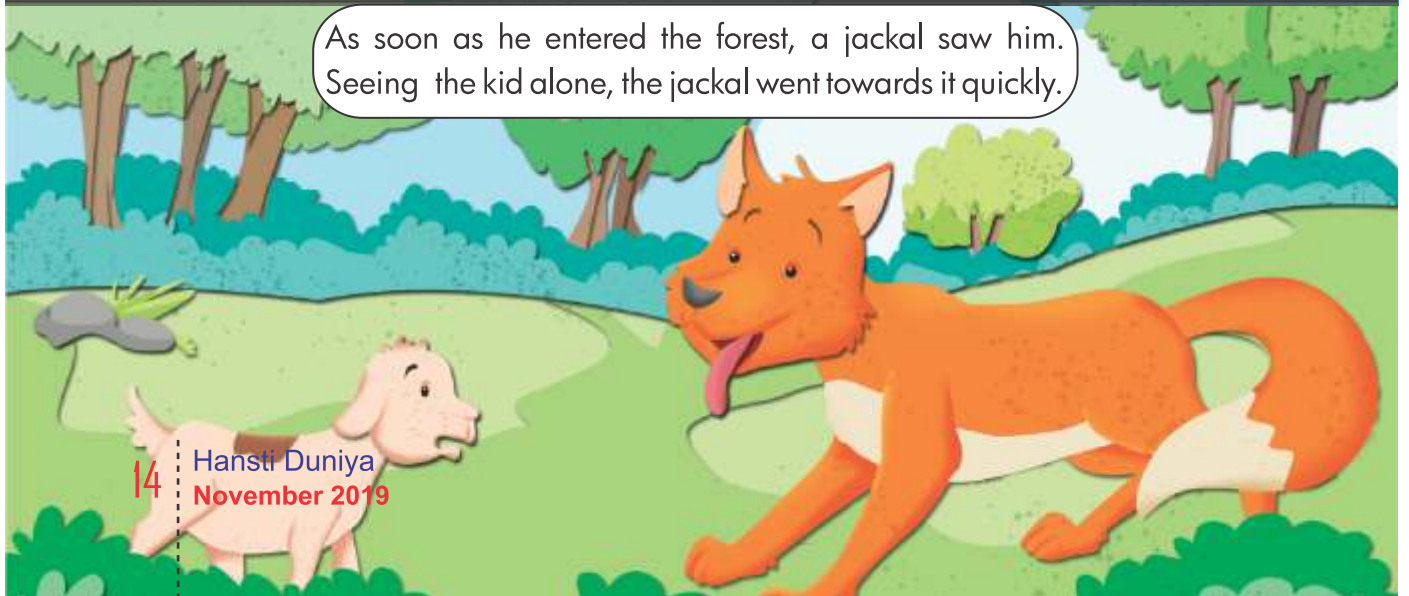
Golu! I have asked you so many times not to come this side.



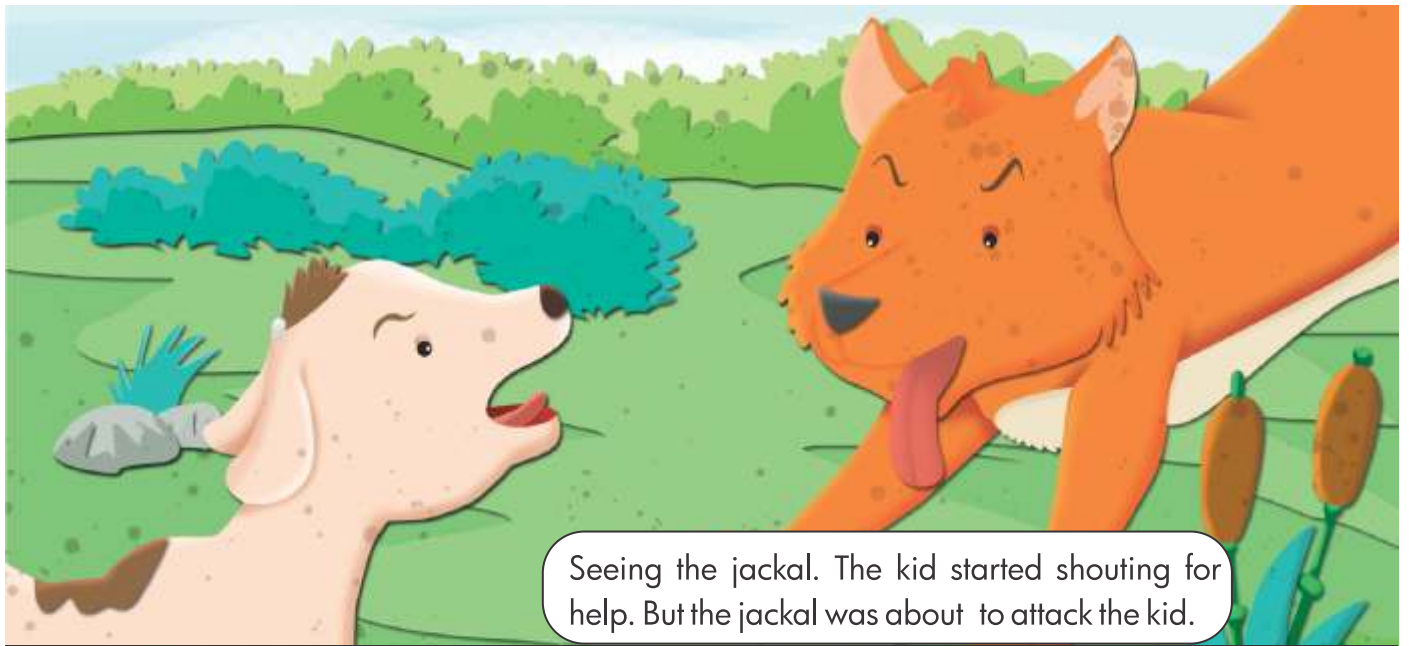
Why don't you understand this thing? One day you will get in trouble and put me also in trouble.



But Golu would not listen. The next day he again went towards the forest ignoring the mother's warning.



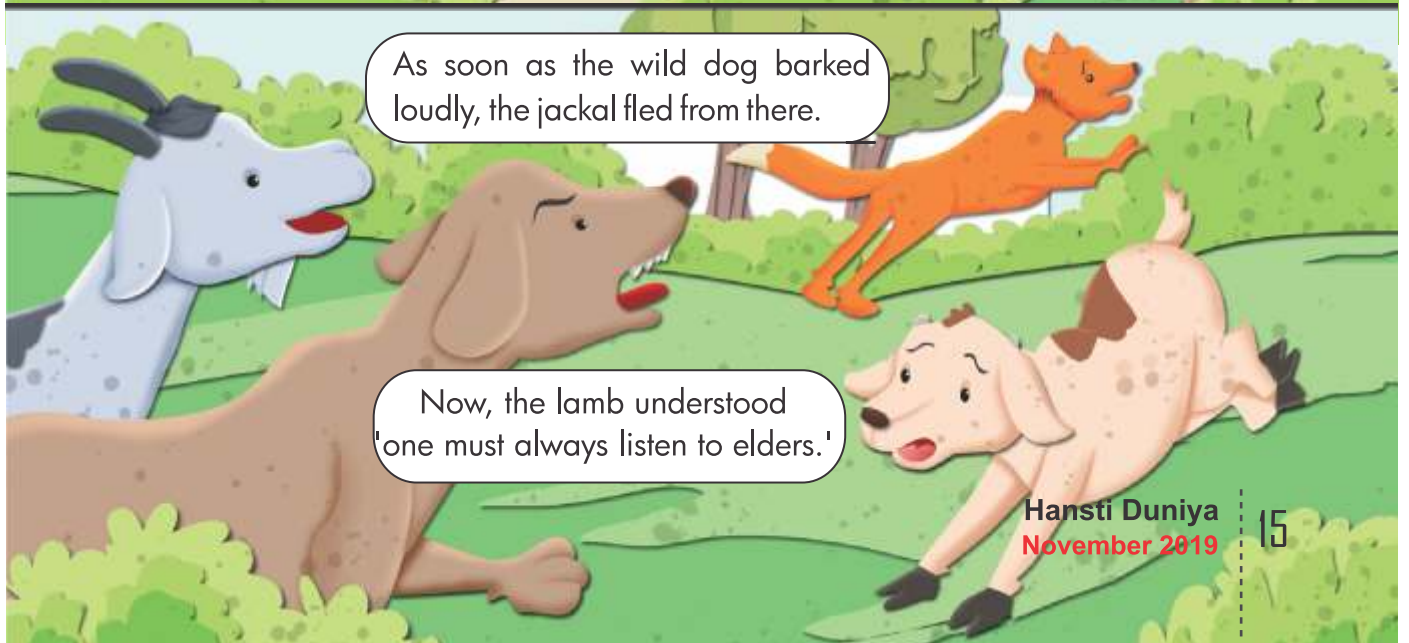
As soon as he entered the forest, a jackal saw him. Seeing the kid alone, the jackal went towards it quickly.



Seeing the jackal. The kid started shouting for help. But the jackal was about to attack the kid.



As he ran to attack, the goat reached there with her friends. One jackal was also her friend. He also reached there.



As soon as the wild dog barked loudly, the jackal fled from there.

Now, the lamb understood 'one must always listen to elders.'

Here are 7 Benefits of Garlic You May Not Have Known:

— Sandeep Rahi, Delhi

1. The Blood Purifier :

Tired of covering up those zits with concealer every morning? It's time to tackle the root cause of acne by purifying your blood from inside to get healthy skin on the outside. Take two cloves of raw garlic with some warm water everyday, early in the morning and consume a lot of water the entire day. If you're looking to shed some pounds, squeeze the juice of half a lemon in a glass of lukewarm water and have it with 2 cloves of garlic in the mornings. Garlic will help to cleanse your system and flush out toxins.

2. Cold and Flu

Garlic is going to provide you relief from that stubborn cold and flu (yes, they absolutely love you and never want to leave). Taking 2-3 cloves of raw or cooked garlic a day or sipping some garlic tea (with a touch of honey or ginger to lift up the taste) is not only going to relieve a stuffed nose and cure the cold but also build your immunity against these frequent visitors over time. According to Dr. Shikha Sharma, Delhi-based Health and Wellness Expert, and founder of Nutrihealth says, "One of the earliest uses of garlic was by meat-eaters because it was believed that meat could cause infection which garlic

could fight off from the body. More commonly used by labourers who are exposed to infections and disease-friendly environments till recently, its plethora of health benefits has made white-collar workers also take to it." She added, "Garlic can be added to hot stews, broths and soups to fight sinusitis, cold and flu. And garlic is best had in its raw state."

3. Prevention of Heart Disease

Consuming garlic on a daily basis (in food or raw) helps to lower cholesterol levels because of the anti-oxidant properties of Allicin. It is also immensely beneficial to regulate blood pressure and blood sugar levels. It is essential to remember that the sulphur-containing compound Allicin tends to lose its medicinal properties when garlic is cooked whole. It is imperative to consume garlic raw or semi-cooked to derive any of its benefits.

4. Anti-bacterial and Anti-parasitic

Garlic is one of the best kept medicinal treasures of the past era - it has been used as an antibiotic to treat bacterial, fungal and parasitic infections for the last 7,000 years. Studies suggest diluted garlic extract helps children with tapeworm infections. A



garlic-based mouthwash may not sound like fresh, minty breath but a very small quantity of its extracts is sufficient to ward off cavity-causing bacteria.

5. Cancer Prevention

Several studies have indicated an association between daily consumption of garlic and prevention of stomach and colorectal cancers. It is said to strengthen the immunity of the body against cancer.

6. For Skin and Hair

The invigorating properties of garlic protect the skin from the effect of free radicals and slow down the depletion of collagen which leads to loss of elasticity in aging skin. Applied topically, garlic does wonders to skin infected with fungal

infections and provides relief from skin ailments like eczema. It is also an effective remedy for fungal infections like athlete's foot and ringworms. All of us know about the wonders of onion for hair but its brother, garlic is no less of a hero for your thinning mane. Well, its surprise time. Rubbing crushed garlic extract on your scalp or massaging with garlic-infused oil is known to prevent and even reverse hair loss.

7. Splinters

Many of garlic's astounding uses were forgotten in the folds of time but users (and believers) still vouch for the lesser-known benefits. One of them is against stubborn splinters. Place a piece of cut garlic over the splinter cut and cover with a bandage- and voila! Bye-bye splinter.

— SAKSHI BATRA (SINGAPORE)

The Dark Needs to Go Away

The dark needs to go away
The clouds need to sway
The emptiness needs to fill itself
To the brim
until it creates a new way

The love needs to flow
Chasing the sadness and the sorrow
Happiness needs to knock
On the doors that house the bad thoughts
Creating a new tomorrow

The house needs smiles
Trashing the tears and the pain
Laughter needs to echo
In places that are full of complaints
Through the joy it gains

Life needs a new turn
Seeking the almighty
Creating new sparkles
And inspirations
Getting more lively!



Importance of Homeland

Jawali was a hermit. He was sent to heaven to reward his austerity. Gods landed on earth on a plane and escorted him there.

Jawali thought after taking a round of the entire heaven? "This is not the right place for me". He requested the gods "please send me back to the earth"

"Why, what's the problem here?" astounded gods asked him.

"Actually there is no provision of enlightenment here or of service." Hermit Jawali replied.

But there is no dearth of luxuries and pleasures here". gods tried luring him

with the pleasures of heaven.

"Yes, there is no dearth of pleasures in heaven "

"So what?"

"There is no way for an activity here. It's there on the earth since it is the field of action. A worker finds satisfaction in his work, there is no such provision here. Jawali added and requested again to be sent back to earth. Our work place is indeed far better than heaven . The gods perceived his conviction and sent him back to earth where he happily continued with his good work.

H.D. Answers

—Anu Chaudhary (Canada)

Q. What is the difference between power and faith?

A. Faith generates power.

—Dharam Veer (U.S.A.)

Q. What is true knowledge (Gyan)?

A. Knowledge is never true or false; it is the behaviour that testifies it so.

—Rahul Sharma (Jalandhar)

Q. What to do to attain true happiness?

A. Attain self-knowledge.

—Sunita Nirankari (Delhi)

Q. When does fate abandon man?

A. When he gives up hard work and struggle.

— Meena Kumari (Mumbai)

Q. Why does a person become angry on hearing of his shortcomings?

A. Because truth is bitter.

—Gurdeep (Delhi)

Q. How to impart knowledge to an egoist?

Ans. By being humble to him.

—Akhlesh Kumar (Sihor)

Q. How to adopt a noble and honest life?

Ans. By being noble and honest.

—Sandeep Rahi

Q. Why is selfless-service Stressed?

Ans. Selfless service is a key to unlock every pleasure of life.

— Sonna S, Ahmedabad



Jackal Gets Away

Jackal was known for his cleverness and often used his wits to trick other animals. He especially enjoyed playing tricks on the mighty Lion. But one day the Lion almost put an end to all of Jackal's pranks.

Jackal was walking along, feeling smug while thinking about how he had just tricked Hyena out of a meal. He was not paying attention to where he was going, and instead he was laughing about how clever he was.

Only when it was too late did the Jackal realize that he had walked right into Lion's territory. He was about to turn and run when he saw the Lion just a few steps away. Lion was staring at him, and not looking at all friendly. Jackal knew he was in serious trouble for he could never hope to outrun the Lion when he was this close.

But Jackal didn't panic. Instead he started wailing out loud and digging at the ground. 'Oh, Lion. What will we do? Those rocks over there are falling and they'll surely crush us both.'

Lion quickly looked at the rocks, and indeed they did seem to be tilting in a frightening way. He had never paid much attention to them before. He didn't realize that this was how they always looked.

'Quick, Lion,' cried Jackal, 'use your mighty strength to stop the rocks while I go find a log to prop them up.'

Lion threw his huge shoulder against the rocks and pushed with all his might.

We'll never know how long he stayed there before he realized that Jackal had tricked him once again. Perhaps he's still there.



—Anjali, Mukundpur (Delhi)

Increase Your Knowledge

Q. What are fungi?

A. They are a class of organism resembling plants, which lack the green coloring matter chlorophyll. Some of the plants, belonging to this category are moulds, rusts, mildews, mushrooms.

Q. What happens to iron when it rusts?

A. It reacts with the oxygen of the air to form iron oxide which is the rust.

Q. Why are mountains cooler than plains?

A. The mountains air is less dense, therefore, it absorbs much less heat from the rays of the sun. Hence the phenomenon.

Q. What is the difference between short wavelength and the long wavelength broadcasting?

A. Short waves of high frequency, and are generally shorter than 50 meters in length. The waves are those lesser frequency, and are generally longer than 50 meters.

Q. How would you distinguish between bleeding artery and bleeding from vein?

A. Bleeding from an artery is characterized by red blood flowing out intermittently, whereas the venous blood is purple, and its flow continuous.

— Dr. Ashok K Chitkara,
Chancellor Chitkara University



Discomfort

Many years ago, heavyweight champion 'Gentleman Jim' Corbett was doing his road work when he saw a fisherman pulling in one fish after another. But Corbett noticed that the fisherman threw the big ones back and kept the small ones. Curiosity got the better of Gentleman Jim, so he asked the fisherman why he kept the little ones and threw the big ones back. The fisherman responded, "Man, I really hate to do it, but I don't have any choice. All I've got is a small frying pan!"

Now before you laugh, let me remind you that he is really talking about you and me. Many times when we get a big idea we are inclined to say, "Oh, no, Lord, not such a big one! All I've got is a small frying pan!" We even elaborate by saying, "Besides, Lord, if it is such a good idea, someone else would already have thought about it. Just give me a little one, Lord. Don't take me out of my comfort zone; don't make me sweat and stretch and use my ability."

The message of the story is when you get a big idea, get busy on it. The same God who gave you the big idea in the first place will give you the little pieces to make that big dream a reality.

Little pots soon boil over !

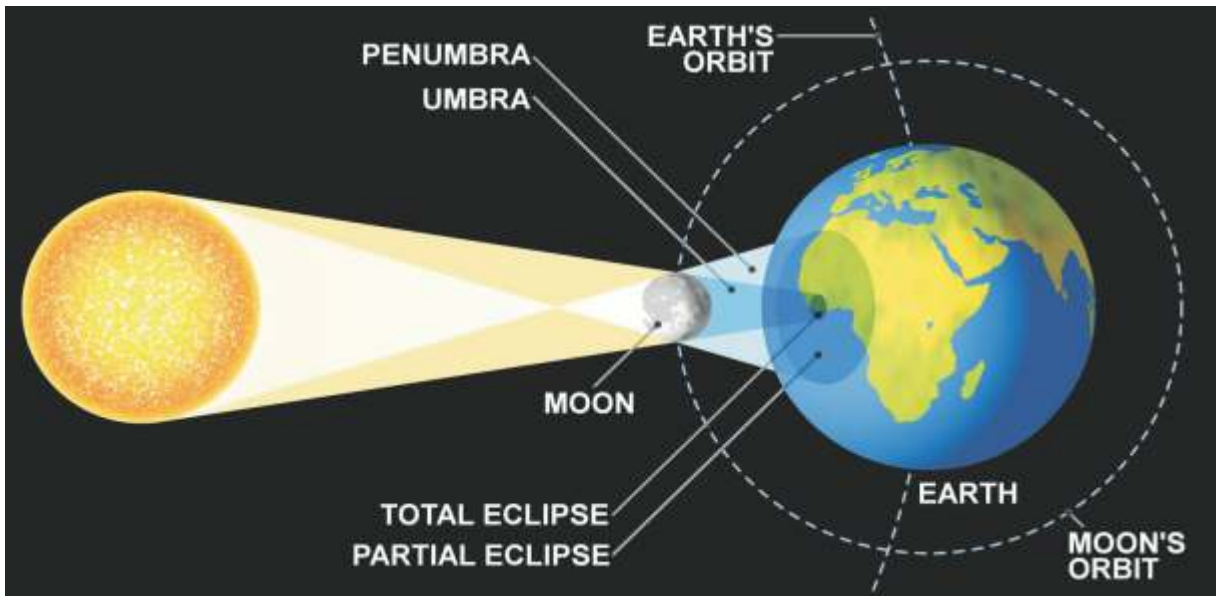
—S.C Bhatia, Mandi

What is the Earth's axis?

Take an orange and push a stick through its middle. The stick marks the axis of the orange. There is of course no stick through the Earth — its axis is an imaginary line between the poles. The Earth's axis is tilted about 23.5° from the vertical.

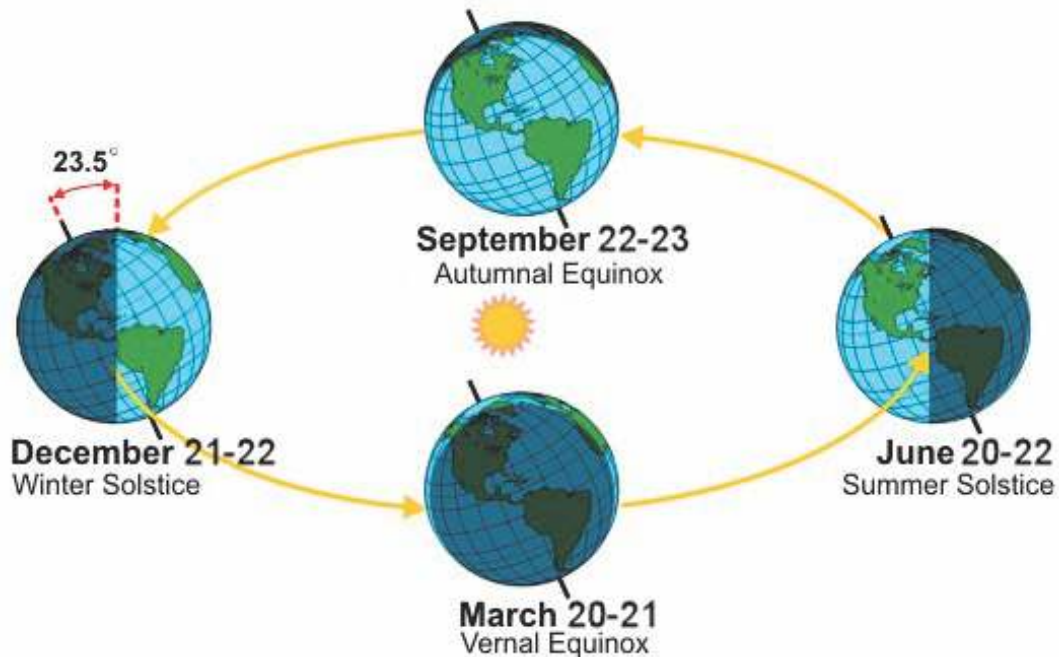
Why Do We Have Day & Night?

The Earth turns on its axis as it orbits the Sun, therefore part of the Earth is sunlit (day) while part is in shadow (night). Since the Earth spins all the time, day and night follow each other continually. Sunrise marks the start of day, and sunset the coming of night. In mid-summer in the Arctic (facing the Sun), it is always daylight and northern Europe and North America have long summer days. In the Antarctic, it is always night. In mid-winter it is the other way round. The Antarctic has permanent daylight, while the Arctic is in darkness, and northern Europe and North America have short winter days.



Why do we have seasons?

The seasons (spring, summer, autumn, winter) occur because the Earth is tilted on its axis. As the Earth moves around the Sun, the hemisphere that is tilted towards the Sun gets more of the Sun's rays and so is warmer and has summer. The people in that hemisphere see the Sun passing higher across the sky, and the days are longer. Meanwhile the part tilted away from the Sun has winter because it is less warm. There the days are shorter. At the Equator, the length of a day varies very little.



- ★ The Moon moves in orbit around the Earth (green arrow). The Earth travels in orbit around the Sun (blue arrow). All three are spinning like tops at the same time.
- ★ Since the Earth's axis is tilted, the hemispheres are at different angles to the Sun. In the hemisphere tilted towards the Sun, day length is longer. This is why days are longer in summer.

How is the Earth Like a magnet?

The Earth acts like a giant dynamo. Movements inside it create electrical currents that make a magnetic field with north and south poles, rather like a bar magnet. The Earth's magnetic field stretches far into space for about 60,000 kilometres. The Sun and the other planets also have magnetic fields.

Does a compass needle point to the North Pole?

No. The magnetized needle of a compass always turns to point in the direction of the Earth's north magnetic pole. The north magnetic pole is not the same as the geographic North Pole.

Changes in the Earth's magnetic field make the magnetic poles change positions, following circular paths with diameters of about 160 kilometres, but they never stray far from the geographical poles. The north

magnetic pole is in northern Canada. The south magnetic pole is in Antarctica. About 450 million years ago the south magnetic pole was in what is now the Sahara Desert. Every 200,000 to 300,000 years the magnetic poles reverse. North becomes south and south becomes north.

The Earth's magnetic field stretches far into space. Like all magnets, the Earth has north and south magnetic poles.

By:-Poonam Anandani, Dubai

Simran

It is quite rare to be born as a human being. One does not get this opportunity again and again. The most important objective of human life is to receive God-knowledge from the True Master. No one can ever get salvation without knowing God. But as Satgur Baba Hardev Singh says, mere God-knowledge is not enough. It should be supported by practical living. After God-realisation, man has to set his soul in tune with the Super Soul i.e. Nirankar. By doing so, he automatically surrenders to the will of God and makes himself an instrument of it. By keeping contact with God, man will reap right thought and action. These can be achieved with the aids of sangat (Congregation of illuminated souls), Seva (Selfless service). Simran means 'God remembrance.' A newly born baby remembers mother for milk, a brother remembers his sister, a farmer his land or crops, husband remembers his wife because they have love for them. Remembrance brings image of our beloved before our eyes. It creates attachment to the object of love. We are so attached to the creation that we do simran of creation and not the Creator. Since the creation is temporary, our love for it is also temporary. Our object of simran should be for a permanent friend i.e. Nirankar, through a perfect living master and to achieve the real goal of our life through simran.

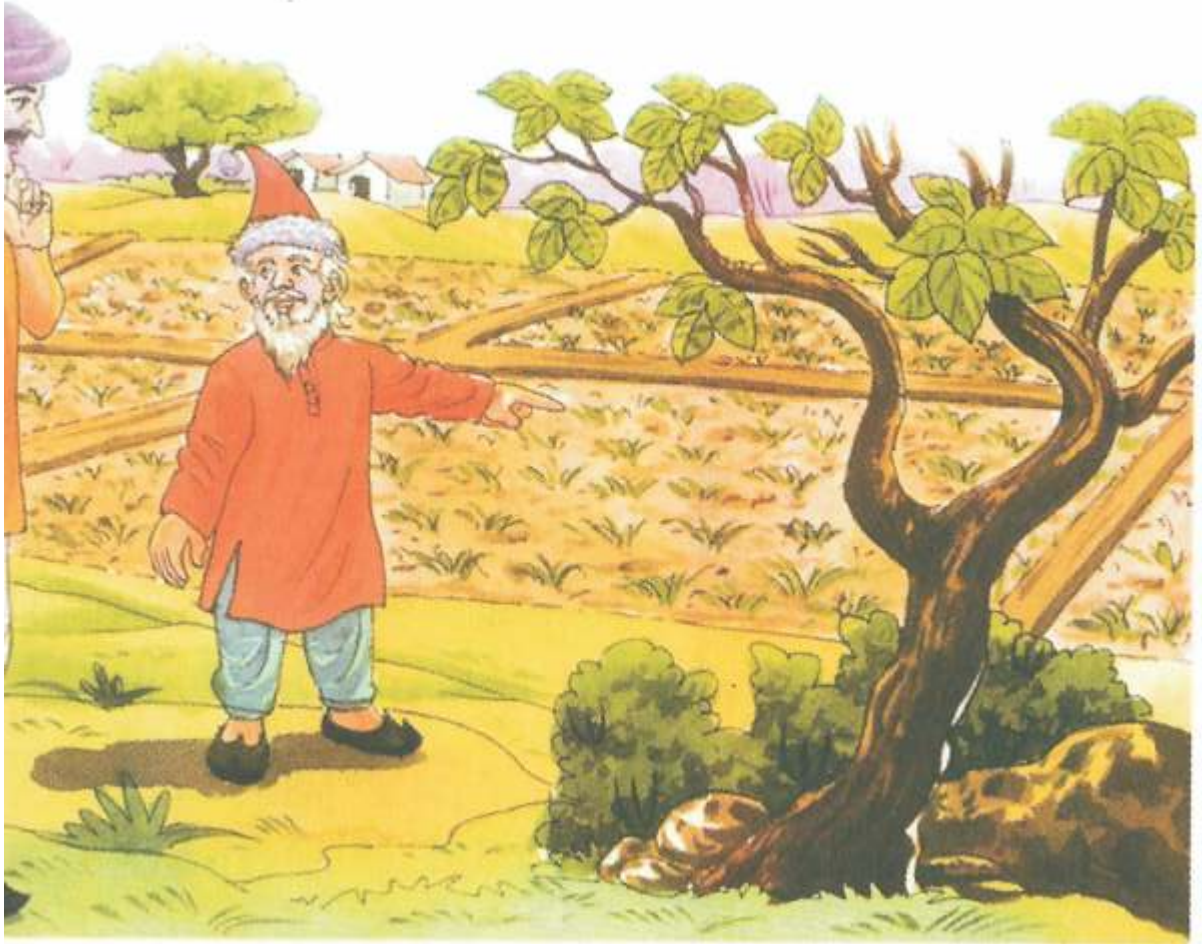
Babaji has given us 3 very simple lines of simran 'Tuhi Nirankar' (Thou Formless One), 'Main teri sharan han' (I'm in your protection), 'Mainu baksh lo' (Please forgive me). Simran is not merely a repetition of words. It should be done, realising His presence in every breath, thinking of his form every moment.

One should attend to one's simran in the same way as a water carrier girl keeps her attention in the pitcher on her head, while she walks on rough, uneven ground, conversing with her friends. One should attend to one's simran in the same way as a mother doing household work. She doesn't even for a single moment, take her attention off her child. Saints and sages have said, employ your

hands and feet in work and your mind in the remembrance of the Lord.

Everybody thinks of God in adversity, but if one were to think of Him with love at all times, then no pain would ever visit him. Simran gives pleasure, puts an end to sins, pain and doubts. It removes anger and ego. It bestows peace and bliss.

If a person were to carry on simran when in fortunate circumstances, his will power and mind would grow strong. Even if a calamity should befall him, he would remain indifferent to it. Such devotees gain glory in the court of the Lord and to attain salvation. It is said: Persons who remember God every moment remain detached even while living among people. They have angels around them. The grace of God protects them. They enjoy peace and bliss. God remembers them too.



— Jagtar Chaman, Anoopgarh

THE GAINFUL AGREEMENT

One day a farmer went to his farm and found a gnome sitting in one of his fields. It is a common belief that gnomes guard big treasures. So, the farmer thought that there must be a treasure buried there.

When the farmer asked the gnome about the treasure, he said, "Yes, there is a rich treasure here."

"Then it's all mine as it is in my field," said the farmer.

"You can have it only if you give me half of what this field produces over the next two years," said the gnome.

The farmer thought coolly and then agreed to share the produce in his own way.

He said, "You will get the upper part of each plant leaving its lower part for me."

The gnome at once agreed as he thought that the fruit is always on the upper part of each plant.

But the farmer was very wise and clever. He had agreed to share the crop after thinking of a plan which would surely not allow the gnome to have anything at all. He decided to sow potatoes in the field for the next two years.

When the crop was ready, the farmer called the gnome to have his share of the crop. The gnome was disappointed to see that plants had nothing in their upper parts.

The gnome felt so humiliated and defeated by the farmer's plan that he thought it wise to run away from there leaving the treasure unguarded.

The farmer felt overjoyed at the success of his tricky plan. He lost no time in digging out the entire treasure, and brought it home safely.

Moral: Intelligence is a useful gift of God



This story by **Shivansh kumar**
S/o Sh. Pawan Kumar, Village Makri-Jejwin, Bilaspur (HP)
has been Adjudged the best. Congrats to her.



The Darkness

Zali , Mali and Kali were three owls. Three of them used to live in a dark cave. They would spend the entire day in the darkness of the cave, since daylight made them feel at discomfort. The night gave them a sense of relief .Once Zali said to Mali "Hariya parrot told me that sunlight in the day is far better than darkness of the night. In the morning one can see beads of beautiful sunrise , colorful flowers around you." Kali the owl was hearing their conversation and interrupted them, "both of you don't listen to parrot Hariya . He always condemns the darkness. We must not listen to such people." So as a result of this, their entire life was spent in darkness since they did not pay heed to anyone.



By : Vidisha, Rohini

Riddle



Q.1: The more you take, the more you leave behind. What am I?

A.: Footsteps

Q.2: What belongs to you, but other people use it more than you?

A.: Your name.

Q.3: You live in a one storey house made entirely of redwood. What color would the stairs be?

A.: What stairs? You live in a one storey house.

Q.4: What can point in every direction but can't reach the destination by itself.

A.: Your finger.

Q.5: I am not alive, but I grow; I don't have lungs, but I need air; I don't have a mouth, but water kills me. What am I?

A.: Fire.

Q.6: What is more useful when it is broken?

A.: An egg.

Q.7: When will water stop running down hill?

A.: When it reaches the bottom.



—Jackie Dulhani

Worth of Food

King Vikramaditya was heading somewhere with his convoy. When the convoy was going through the grain market the king saw some grain was spilt over the ground. Seeing this he got down from the elephant and spoke in a satirical tone –wow. So many diamonds are split on the ground. Saying this he started collecting the grain spilt over there. His ministers followed suit. In a while their pockets filled up. Then addressing everyone he spoke –the main reason for the shortage of food in our state is the disrespect for food and its wastage. At least 8-10 people can be fed with the grains which we have collected and this was spilt over the ground.

It is said that during the rule of Vikramaditya, there was never the shortage of food in our country.

Come. Let's take a pledge that never shall we waste food grain and disrespect it so that our storehouses also remain full and we spend a more fulfilled life.





KITTY

Story & Illustration

—Ajay Kalara

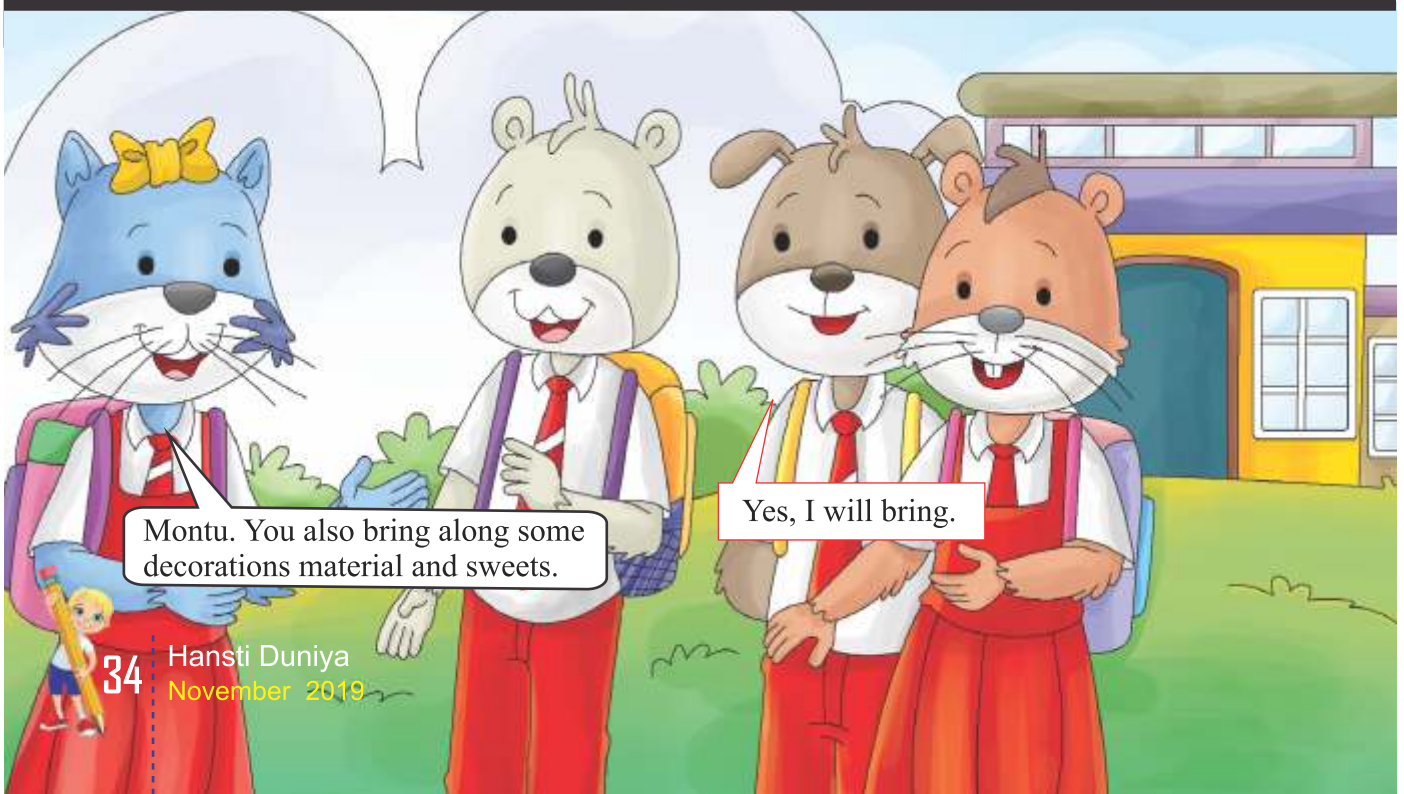
Madam, tomorrow its Diwali.
Can we decorate our class!

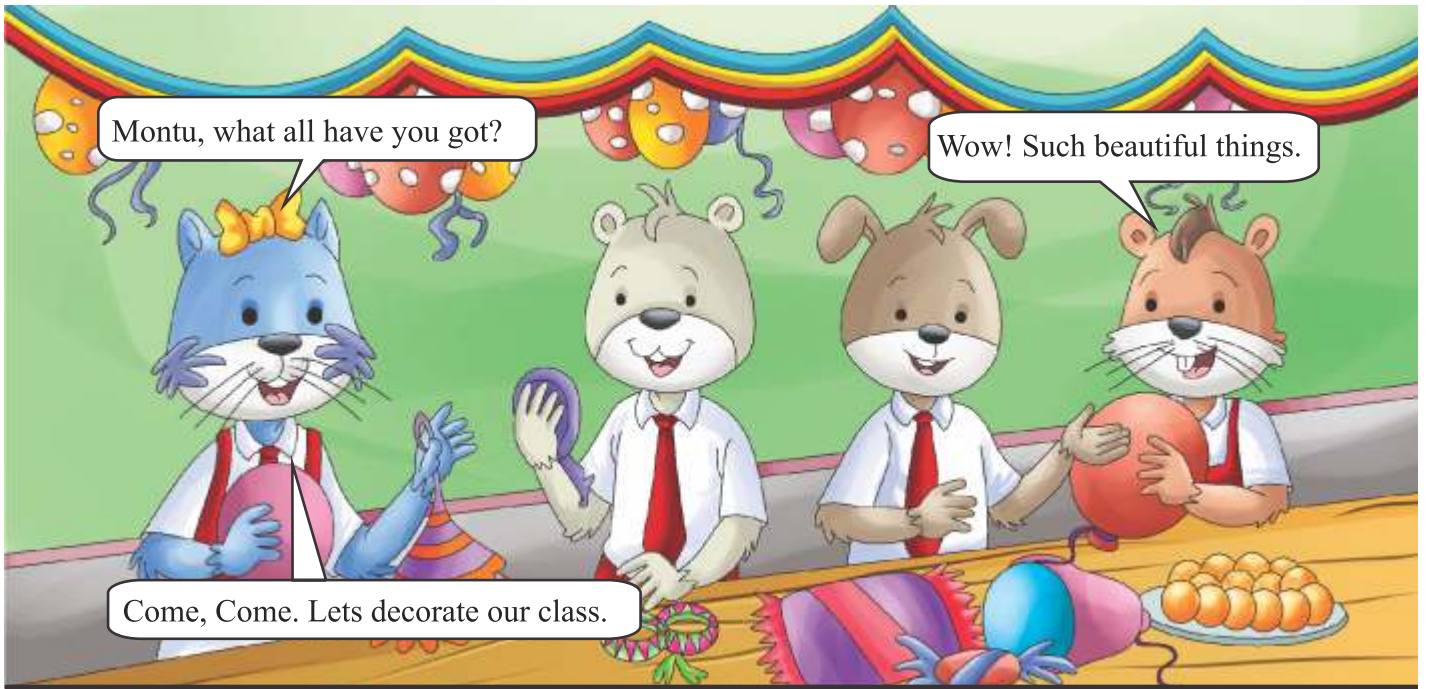
Yes, Yes. Go ahead.



Montu. You also bring along some
decorations material and sweets.

Yes, I will bring.





Montu, what all have you got?

Wow! Such beautiful things.

Come, Come. Lets decorate our class.



Montu, please give me also some sweets.

Ok, here you go.



We all will cerebrate Diwali together.

Yes, it will be great fun.



You all come to visit my house and we shall celebrate Diwali.

We will also burst the crackers.

No , this time round we shall not burst crackers.



Kitty, we all have arrived.



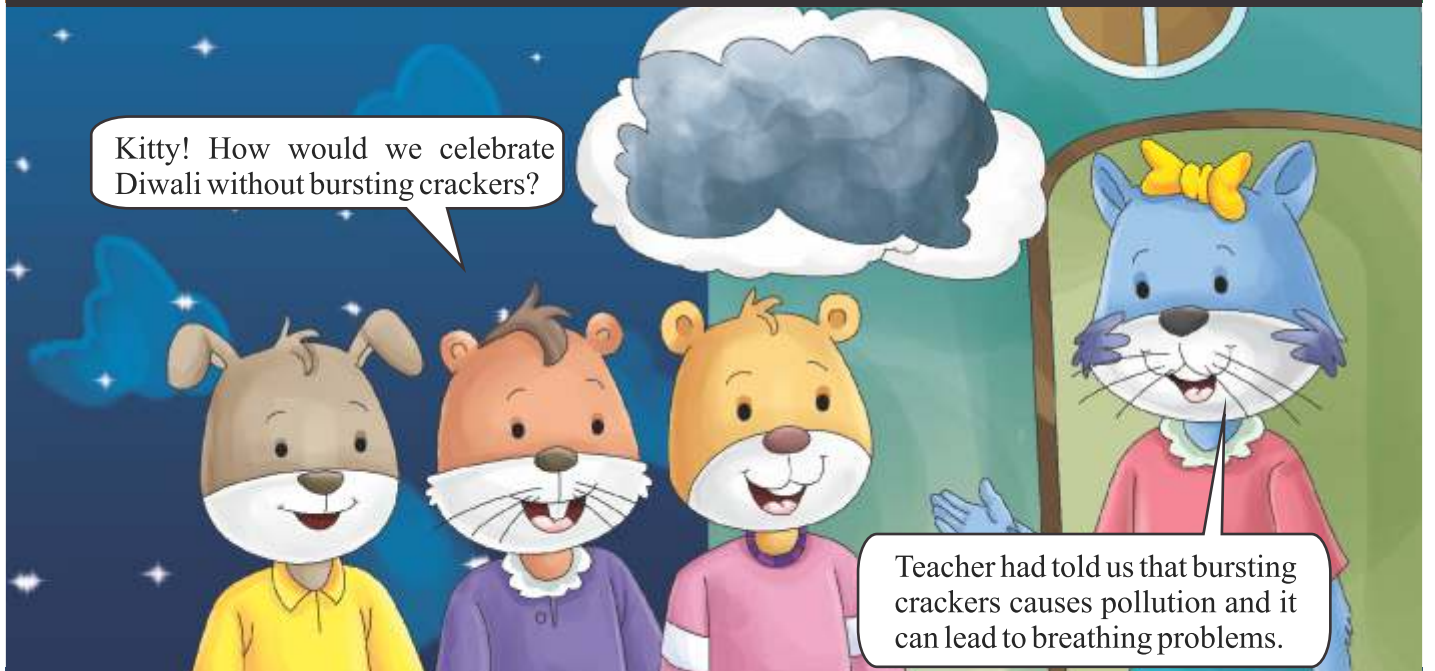
Kitty, come lets light up diwali lamps.

Come Chintu! Lets go outside quietly and burst the crackers.

O, but hope Kitty doesn't see us going out.

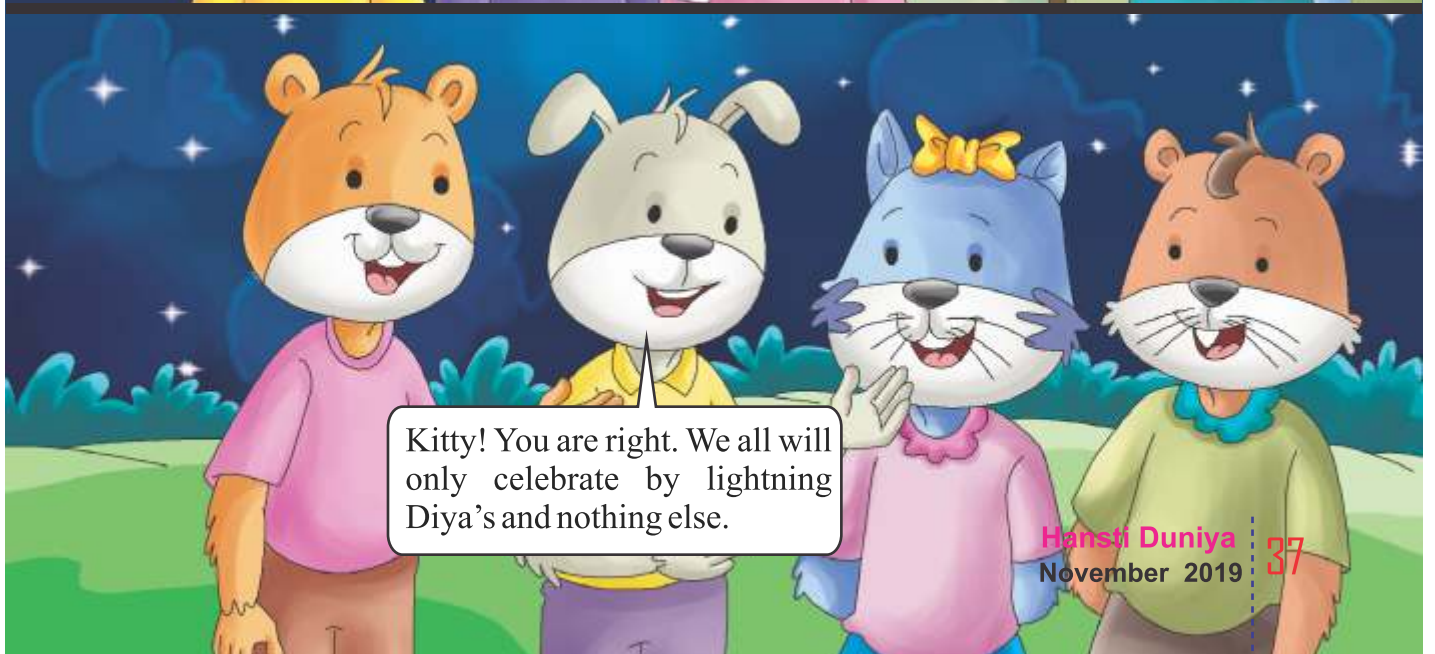


I told you all not to burst crackers.



Kitty! How would we celebrate Diwali without bursting crackers?

Teacher had told us that bursting crackers causes pollution and it can lead to breathing problems.



Kitty! You are right. We all will only celebrate by lighting Diya's and nothing else.

What is Moral Education?

—Dev Raj Ravikar, Landon



Moral education refers to—what we consider to be fair or unfair, good or bad, right or wrong. Moral behaviour of children is the result of, what they experience or learn practically from their mothers, teachers and others-adults. The research on child psychology explains only, how behaviour develops in a child, but fail to explain, how moral thinking develops in the conscience of children.

The research in moral behaviour is based upon the models and films of adults, which children watch to learn. They feel that this is not like real life, being artificial models and so affects very little on the minds and memory of children. Television can teach or encourage pro-social behaviour through models, but a child immitates in habits from the nature of his or her parents.

Moral Education is taught through stories and examples. A boy breaks one cup while stealing some jam from the kitchen, while another boy breaks lot of cups accidentally. If question is asked, who is the more naughty and more punishable and why? The children of eight to ten years old will say—who has broken more cups will be the naughtiest, because more mistakes and more loss is counted, but stealing jam, which is a sin, is ignored.

As we all know that cheating in the examination is wrong, but if somebody's answer sheet slipped on to the floor, near your seat, would you look at, for copying. Cheating in an examination is a behaviour, but why it is wrong, we refer to the moral standard and education. The external moral behaviour is thrust by pressures and punishments; but the internal moral behaviour is due to the inner voice of the conscience, which the psychologists could not explain fully. At school, the child is awarded star or double star, or very good, excellent remarks for helpful moral behaviour but at home, parents do not reward for his or her helpful behaviour.

Punishment is not very effective because it creates anger and frustration— which may lead to more immoral behaviours. In crowd behaviours, one loses self awareness, and sense of responsibility. If the mood of crowd, is happy, they begin to dance, if it is angry mood they will start throwing stones and if the crowd is in a mournful mood, they stand quietly.

Moral education is essential for each and every individual, along with other educations. *Good conduct, good habits and right thinkings are also inculcated by the spiritual movement of Nirankari Mission; by organising several educational institutions and open air spiritual awakening, through the ideology of common fatherhood of God.*

—Bruce Larkin

Butterfly Smiles

Butterflies Flutter.

Butterflies fly.

They put a sparkle

In your eye.

Watch a butterfly,
And in a short while

It will give you
A butterfly smile.



Compiled by : Sakshi Gulati, Chandigarh



Laughing Time



"Since he lost his money, half his friends don't know him any more."

"And the other half?"

"They don't know yet that he has lost any money."

A customer complained about the pastry.

"I have been making pastries before you were born," replied the annoyed baker.

"May be so," said the customer, "but why sell it now?"

Babu owned a factory. He issued orders that only married men would be employed.

Friend : Why this?

Babu : Because married men are more obedient.



Car Salesman : "We have a car, that can climb any hill."

Client : "That doesn't surprise me. The one I bought here last year was so ambitious that it tried to climb a tree."

Teacher : Who is a doctor?

Student : A doctor is a person who kills our ills with pills (tablets) and kills us with his bills.



A servant to his mistress: "Mem Saheb! I am leaving your job as I have a better offer from a mental asylum."

"But you have no experience of working in a mental asylum."

"So what? I've served in your house!"



Employer : Do you think you know enough to be useful in this office?

A jobless boy : Yes, I know enough, I left my last place because the boss said I know too much.



Silence in the court! Cried the judge. The next man who shouts will be sent out.

Hurrah! Cried the prisoner.

Client : To be very frank, you are too young to conduct my case.

Lawyer : But, Sir, you may rest assured, by the time the case makes some progress. I'll be quite old.

Editor : Isn't it the same manuscript I rejected last time?

Author: Yes.

Editor : Then why have you brought it again?

Author: Since then you have obtained three years experience.

Father : Son, you have scored very low marks in History. What is the reason?

Son : Absent, Daddy.

Father : What absent? I dropped you on my scooter that day.

Son : Not me, Daddy. The student sitting next to me was absent.

Shiva : Why did you print your wedding invitation so big?

Ram : In case there is shortage of plates, we can use the cards.

Teacher : What would happen if there was no Sun?

Student : Our electricity bill would go up.



- ★ When you hate another , you are hating the Lord, When you hate the Lord, you are hating yourself."
— Gurpreet, Manali
- ★ All experience of pleasures and pain have their origin in the thoughts of man.
— Aman, Pandoh
- ★ "No body in this world can help you in the ways God rushes to your help. Hence surrender yourself to Him and pray for His help. — Kanchan, Leda (H.P.)
- ★ The welfare of a nation depends on the teaching that mothers impart to their children.
— Anmol, Delhi

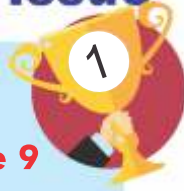
- ★ Give up desires and see for yourself how much love and bliss you get. — Ravneet, Delhi
- ★ When you see yourself in others it is impossible to hurt anyone else.
— Avneesh Gulati, Chandigarh
- ★ As close as you are to God, so close is God to you.
— Ankita, Delhi
- ★ Your thoughts play a vital role in shaping your life.
— Kuldeep, Vaishali
- ★ People will always notice the change in your attitude towards them, but fail to notice it is their behaviour that made you change.
— Himanshu Bhasin, Patiala
- ★ It does not matter whether you need them or not just treat people right.
— Raj Arora, Delhi
- ★ Truth is not something outside to be discovered. It is something inside to be realized.—Preeti Mehra, Delhi
- ★ Challenges make you more responsible, always remember that life without struggle is a life without success. Don't give up and learn not to quit
— Relita, Dhi

Result for the month of September 2019 Issue

First :

Dhanyap Salian Age 9

Red Coral(305) Appt Kalsanka,
Ambagilu Road,Gundibail,
Next to Yamaha Motors,UDUPI-576102



Second :

Swara.Satish.Naik Age 9

Kalyani Niwas, Opp.Laxmi Temple,
(Extension Area)
At & Post Gokak, Distt. : Belgaum



Third:

Yash Nirankari, Age 10

Plot No 24,Ashok Nagar,
Devpur A Bundi (Rajasthan.)



Consolation Enteries

Ishanna (Santnagar, Delhi)

Avyan Dev (Pandoh)

Ankrita (Amarawati)

Anjali (Mukandpur)

Nitika (Indra Vikas Colony)

Praveen (Karol Bagh)

Ananya (Rajpur extn)

Ria (Lajpat nagar)

Anandita Khurana (Jalandhar)

Neha Yadav (Hardev Nagar)

Komal (Anand Prabhat)

Raju (Jammu), Jasnoor (Ropar)

Sagar (Jaipur), Karan (Alwar)

Smanyu Chawla (Dheerpur)

Atti Kumar (Hyderabad)

Simishahi (Rohtak)

Sonna (Ahemdabad)

Mohit (Gurgaon)

Mehak (Katrain)

Yash (Aut HP)

Vandana (Mandi)

Raj Kumar (Lohian)

Ashwina (Nirankari colony)

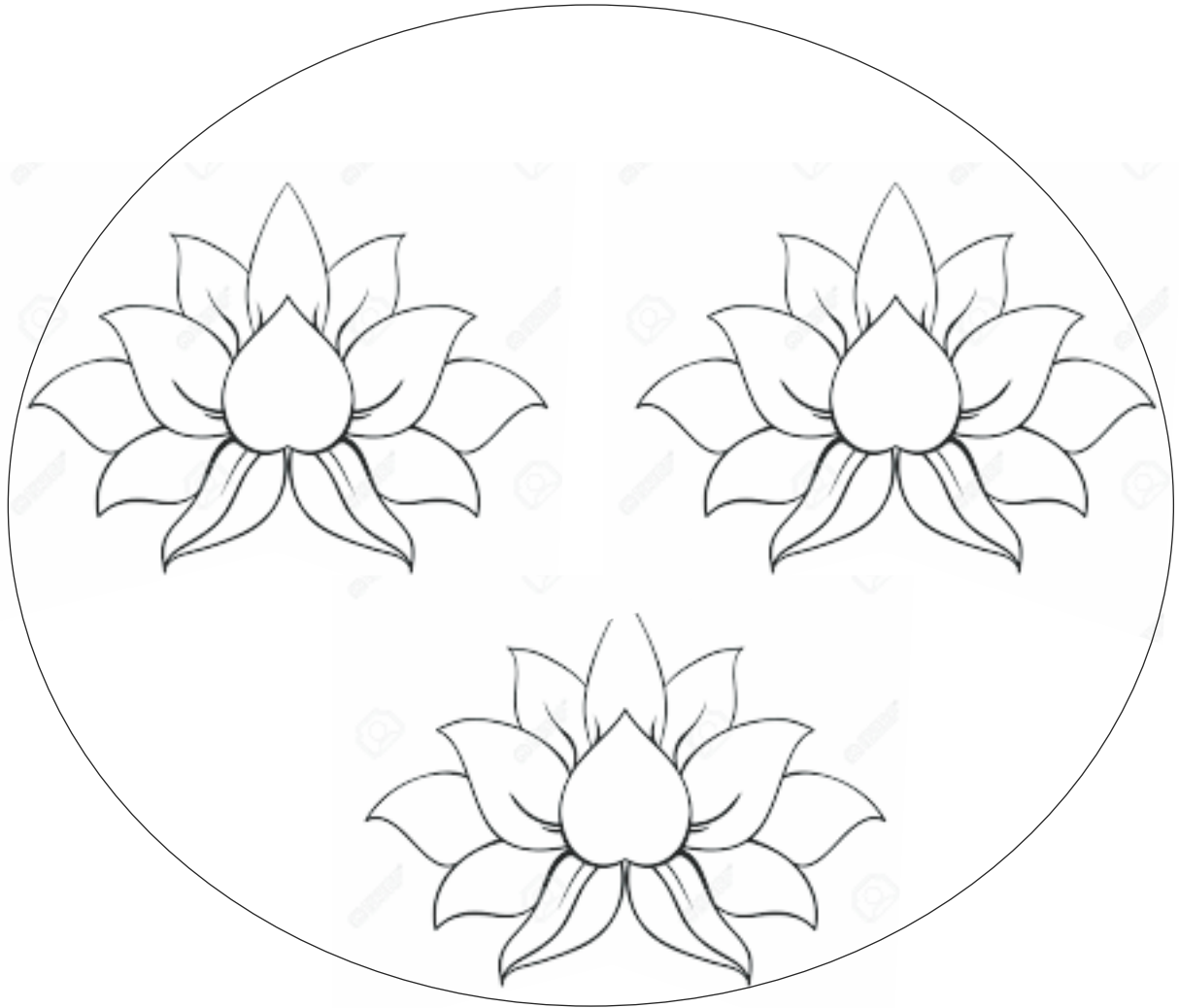
Angel (Nagpur)

"Colour it" for November Issue

On page 44, a beautiful picture is given; colour it and send it to us latest by December 20, 2019. Office address: HANSTI DUNIYA, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in January 2020 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
.....



Company

Article —Kumari Kavita

Company is of two types, good and bad. Good company is the company of the devotees of the True Master and bad is that of the people not following him. Both the companies have their own impact, good or bad.

When we are in the company of the devotees of the True Master, we are in good company because they strengthen our faith in True Master and Nirankar (God Formless) and we engage ourselves in God-remembrance (Simran), selfless service (Seva) and congregation (Sangat), which are essential for the development of spiritual life.

On the other hand, if we keep company of the worldly people, we suffer. No person in this world can live without food and water. Similarly no one can become a devotee or saint without Seva, Simran and Sangat and faith in God Formless. Without faith, no one can imbibe God-knowledge. Without faith in the True Master we can never become truly happy.

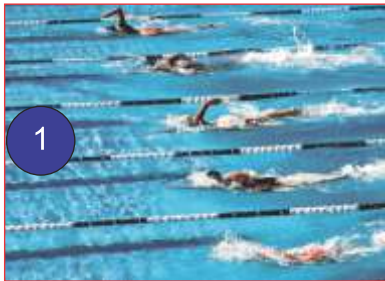
True Master and God Formless are not two entities. True Master is Formless in human form. The worldly people can never recognize the True Master : they take him to be an ordinary person. Unless we realise the importance of the True Master, we cannot have faith in him and attain his blessings and benedictions to be truly happy and blissful.

Let us pray that we may enjoy the company of the devotees with firm faith in the True Master to strengthen our own faith in him.

Sport Time

—Nitika

Name the following sports. Choose the correct sport from the Help Box.



Help Box

Water Polo, Skating, Football, Cricket, Boxing, Badminton, Polo, Golf, Horse Riding, Swimming, Hockey, Table Tennis
(Answer on other page)

Pandit Jawaharlal Nehru

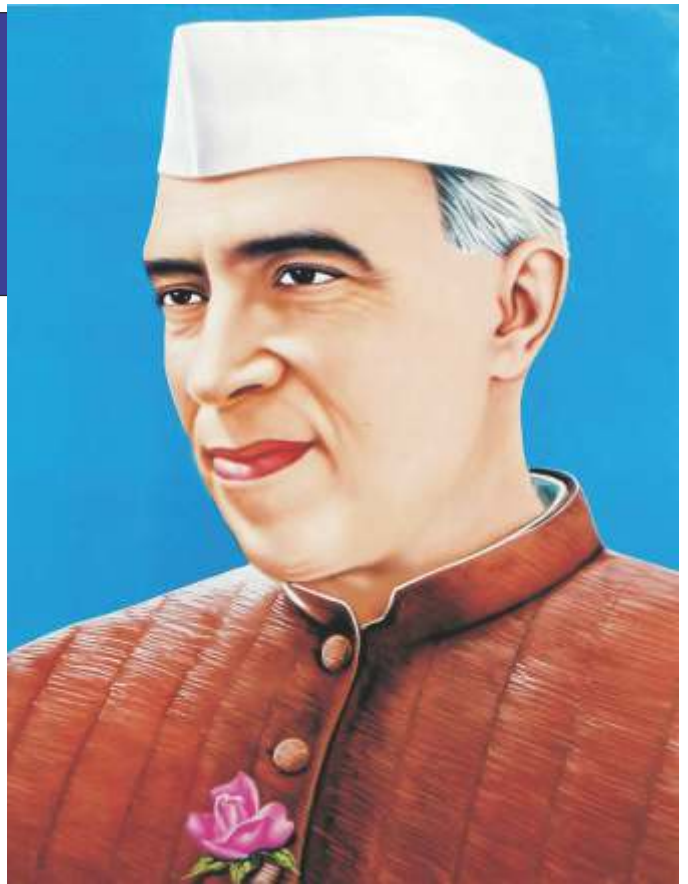
The future of the country depends upon the present children. If they do not develop in a proper way, the country's future will be ruined.

After independence, in 1959, the first Children's Day was celebrated in India. But after the death of **Pandit Jawaharlal Nehru in 1964, Children's Day celebration date was changed from 20 November to 14 November (birthday of Jawaharlal Nehru)**. But

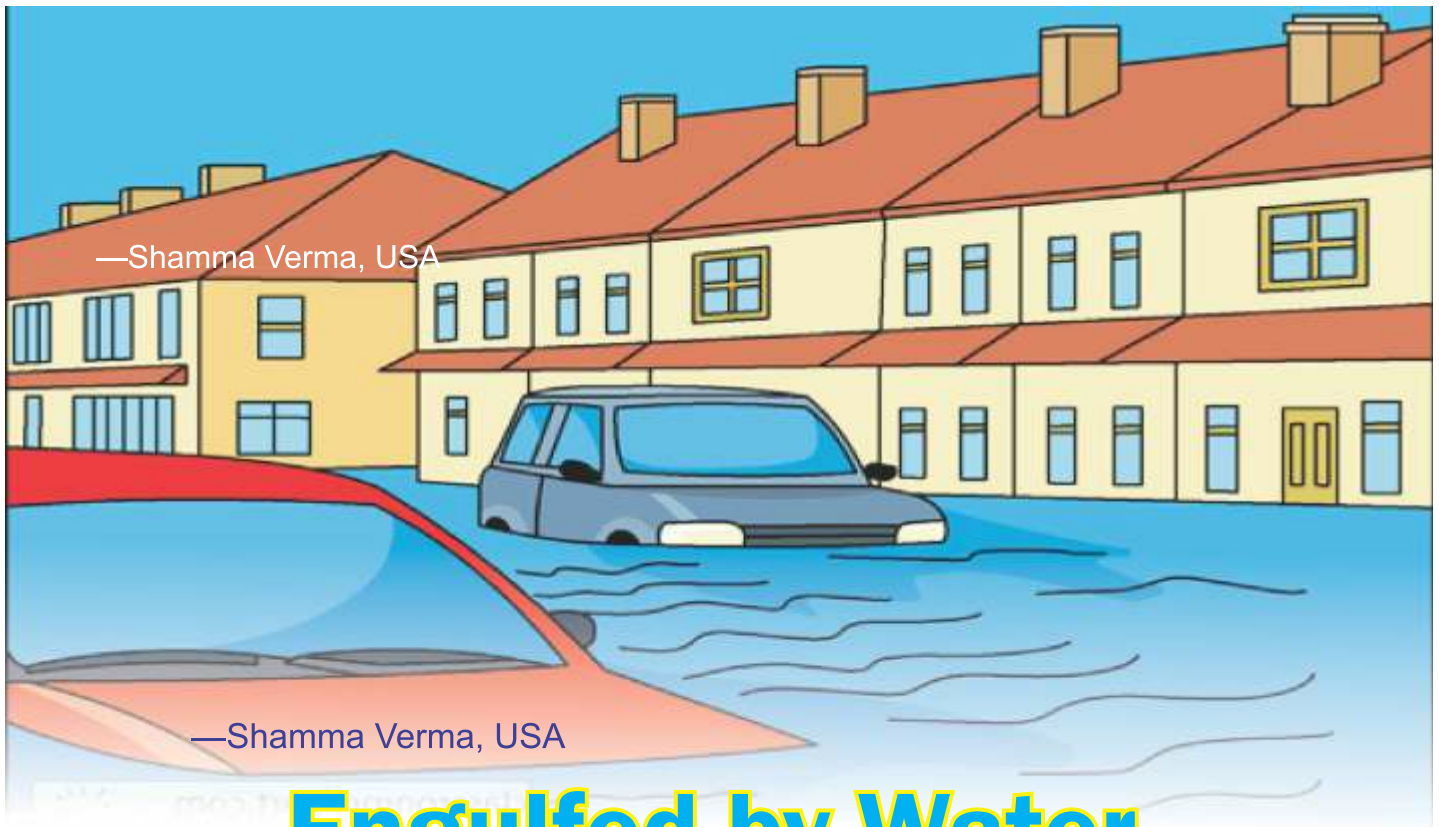
still many countries in the world celebrate Children's Day on 20, November.

Many Non-Governmental Organizations organize programs for the poor and deprived children. Children are distributed gifts and chocolates. Varieties of competitions are organized such as fancy dress, debates, speech related to the freedom fighters, country, storytelling and quizzes. Cultural and social programs like singing, dancing and entertaining with other musical instruments are part of it. Children can be entertained by distributing the clothes, toys, musical instruments, stationery, books, etc. Organizing some game activities including puzzle, treasure hunt, etc. are of great amusement. Underprivileged children are entertained by organizing musical programs by famous musician and speech on health, care and progress.

The neglecting people will get an opportunity to think of the future of their children. The whole society will think of its duty and responsibility towards the children. They will think of what has been done for the children in the year past and what should be done for them in the year coming.



Compiled By: Gurdev Singh, Pandoh (HP)



Engulfed by Water

Take a small bowl and place a sponge in it. Now slowly pour water into the bowl. The sponge soaks up the water. But once the sponge is full, the bowl begins to fill up with water. If you pour more water, the bowl will overflow.

This is what happens in a flood. The ground is like a giant sponge that soaks up rainwater until it is full. Some of the water dries and goes back into the air. The rest, called 'runoff', can't be soaked up and can cause floods.

There are different types of flood. Spring floods occur when heavy winter snows melt rapidly. Floods caused by heavy rains can occur at any time of the year. Rivers overflow their banks, and the ground can't soak up the extra water.

The rain and wind accompanying hurricanes (or typhoons, in the Pacific Ocean) can also cause floods. Huge ocean waves overwhelm coastal towns, and the heavy rains cause rivers and streams to flood nearby areas. Hurricane-created floods struck Central America in 1998, killing more than 20,000 people and leaving one and a half million homeless.

A flash flood, however, comes without warning. When a cloudburst occurs in a hilly region or in a dry riverbed, the runoff is fast. The ground doesn't have time to soak up the rainwater. Destructive flash floods happen when a great deal of water overflows all at once.

Volcanic eruptions and earthquakes at sea may cause huge waves called 'tsunamis', which may swamp coasts. The volcanic eruption of Krakatoa in 1883 formed waves that flooded whole districts in Indonesia.



I Remember Those Memories

—Sunishthh Shauq, Mumbai

I remember those memories,
All peaceful and bright,
The excitement in my emotions
Whenever you came in sight.

That royal and glorious shine,
That pure and pious face.
That used to brighten my mood up,
In the darkest of my days.

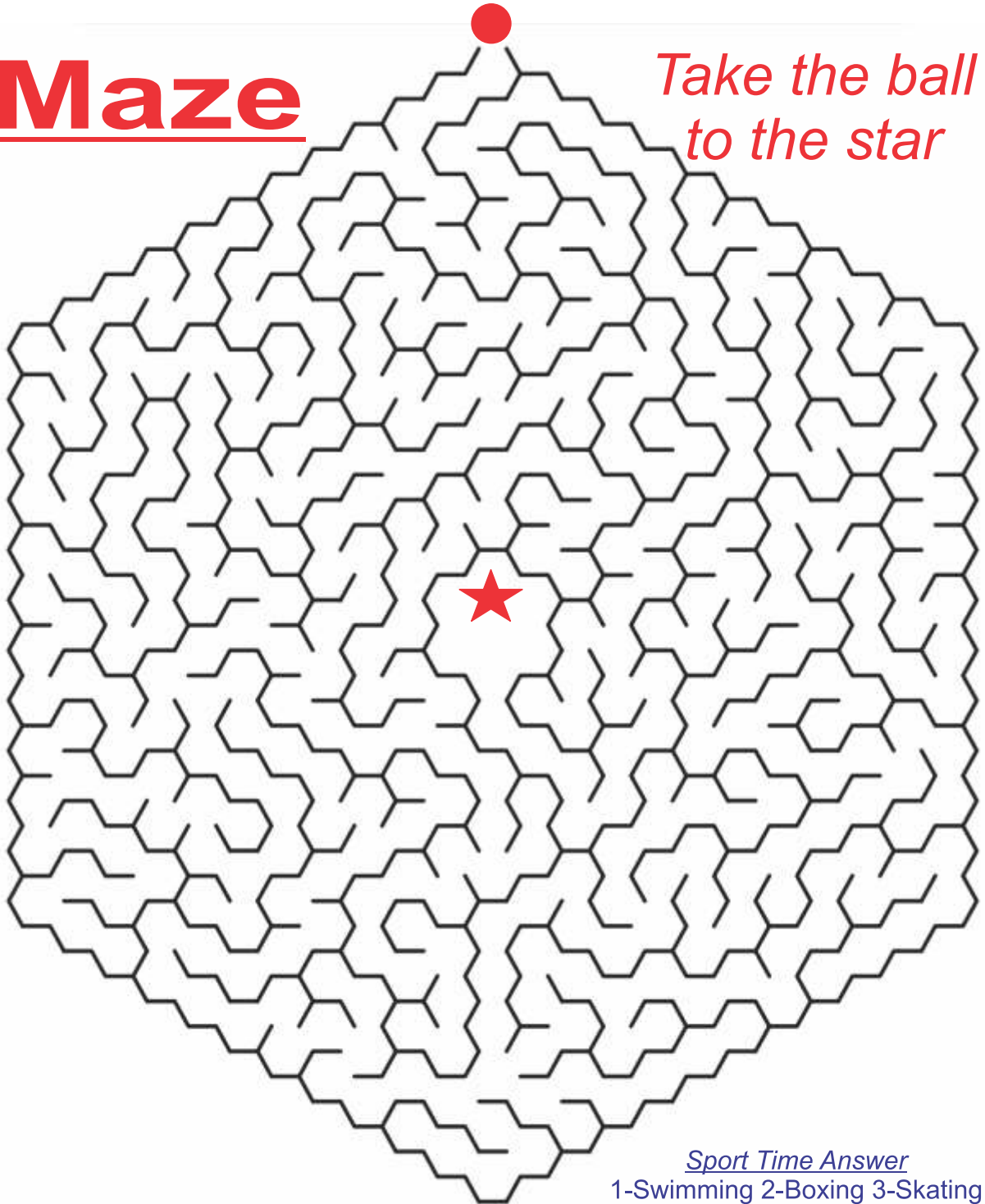
I remember those times,
When you used to bless my life,
With material and emotional joy,
Making me feel truly alive.

That slight mischief in your eyes.
That ever-forgiving personality
That used to embrace every fault in me,
The most comforting version of reality.

There's no positive end to this one.
All I'm doing here is writing in grief
For the master is still here to love us,
But it's the Mother I miss, that had to leave.

Maze

*Take the ball
to the star*



Sport Time Answer

- 1-Swimming 2-Boxing 3-Skating
- 4-Golf 5-Football 6- Hockey
- 7- Cricket 8- Water Polo
- 9- Horse Riding 10-Badminton
- 11- Polo 12- Table Tennis



radio.nirankari.org

24x7



kids.nirankari.org

Catch the latest episode
on 23rd of every month



www.nirankari.org

Catch the latest episode
on 10th of every month

Bhakti
Sangeet

radio.nirankari.org

Catch the latest episode
on 20th of every month



radio.nirankari.org

Catch the latest episode
on 1st & 16th of every month

Video & Audio Webcasts on www.nirankari.org - Every month



SANT NIRANKARI MISSION

Registered with the
Registrar of Newspaper
For India Under Number 47383/88

: Delhi Postal Regd. No.G-3/ DL(N)/186/2018-20
: Licence No. U (DN)-21/2018-20
: Licenced to post without Pre-payment



Read Nirankari Magazines and Motivate Others

Sant Nirankari
(Eleven Languages)

Ek Nazar
(Three Languages)

Hansti Duniya
(Four Languages)

Please contact for the membership of:

‘Sant Nirankari’, ‘Hansti Duniya’ (Hindi, Punjabi and English) and ‘Ek Nazar’ (Hindi/Punjabi) at
Patrika Vibhag, Nirankari Complex, Near Nirankari Sarovar, Nirankari Colony, Delhi-110009
011-47660200, E-mail: patrika@nirankari.org

Please Contact for the membership of:

Sant Nirankari, Hansti Duniya, Ek Nazar (Marathi) and Sant Nirankari (Nepali)

Sant Nirankari Satsang Bhawan

1st Floor, 50, Morbag Road, Naigaon, Dadar (E) MUMBAI - 400 014 (Mah.)

e-mail : chandunirankari@yahoo.com & marathi@nirankari.org

Please Contact for the membership of other languages’ magazines as below:

TAMIL

Sant Nirankari Satsang Bhawan,
#7, Govindan Street,
Ayavoo Naidu Colony, Aminji Karai,
CHENNAI-600 029 (T.N.)
Ph. 044-23740830

ORIYA

Sant Nirankari Satsang Bhawan,
Kazidiha, Post : Madhupatna,
CUTTACK-753 010 (Orissa)
Ph. 0671-2341250

TELUGU

Sant Nirankari Satsang Bhawan,
No. 6-2-970, Khairtabad,
HYDERABAD- Pin : 500 029 (TS)
Ph. 040-23317679

GUJRATI

Sant Nirankari Satsang Bhawan,
1st Floor, 50, Morbag Road,
Naigaon, Dadar (E)
MUMBAI - 400 014 (Mah.)
Ph. 22-24102047

KANNADA

Sant Nirankari Satsang Bhawan,
88, Rattanvillas Road, Southend Circle,
Basavangudi, BENGALURU-560 023 (Karnataka)
Ph. 080-26577212

BANGLA

Sant Nirankari Satsang Bhawan,
884, G.T. Road, Laxmipur-2
East Bardhaman—713101
Ph. 0342-2657219

Seek blessings of Satguru Mata Ji by participating in the propagation campaign of Sant Nirankari Magazines.

Posted at NDPSO, Prescribed dates 10th & 11th. Date of Publication: 7th & 8th. Same Month