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—C.L.Gulati, Secretary (Hq.)SNM



Happy New Year

We have received a spate of Greeting Cards for a Happy New Year 2019. We heartily reciprocate the good wishes to all and pray for a very Happy and Prosperous New Year with the blessings of Satguru Mata Sudiksha Ji Maharaj.

Let the New Year begin with our firm resolve to follow the golden tenets and teachings of Satguru Mata Ji with steadfast faith.

- ★ Behold the Formless God (Nirankar) throughout, in our day-to-day life.
- ★ Consider all the worldly assets—physical, mental and material as ultimately belonging to God, and utilize them as a trustee.
- ★ Cut across the barriers of religion, caste, colour and creed as also the status, and avoid criticizing others on these counts.

- ★ Do not hate or criticize others on account of their diet and dress.
- ★ Earn livelihood with honest means and hard work. Be self-dependent and ideal house holder.

If we follow the above tenets, then certainly we have a promising 'Happy New Year'. Well begun is half done. So let the New Year begin with our resolve to follow these golden tenets firmly for benefit of self and the society at large.

*Resolution of the year Is very clear,
Let's make everyone our Near and dear.
Guru's blessings provide a leap.
To retrieve all the lost sheep.*

*Heart by heart, hand in hand,
In harmony, let us stand.
Piece by piece, the picture completes
UNIVERSAL ONENESS
A NEW BEGINNING GREETINGS.
*May the new year dawn with buds of
love, peace and goodwill that blossom
into prosperity for all.**

—Nirankari Baba



SAMPURAN AVTAR BANI

Ik Tu Hi Nirankar - 148

MAN DI AG THANDI NAHIN HONI LAKHAN BHES VATAI JA;
 DARGAHIN NAHIN MANIA JANA KINNI CHAL CHALAI JA.
 ANT KAL IH KARAM HI TERE TAINOON HOR PHANSAVANGE;
 NARAK SWARAG DI QAIDAN ANDAR TAINOON LAI KE JAVANGE.
 TOON KARAMAN NOON BHOGAN KHATAR MUD MUD JOONAN PAVENGA;
 MAA DE GARBH 'CH PUTHA TANGIA BANDE TOO KURLAVENGA.
 HAMI TERI KISE NAHIN BHARNI RO RO NEER VAHAVENGA;
 GHODA KHOTA KUTTA BAN BAN VICH CHAURASI AVENGA.
 NAAM HARI DA JANAN JIHDE OHIO MUKTI PANDE NE;
 KAHE AVTAR GURU DE SIKH HI IHDI MEHMA GANDE NE.

Thou Formless One 148

The craving of mind shall not be satiated even though you change millions of guises;

None of the practices you adopt shall be entertained in the divine court.

These very practices will implicate you more at the time of death;

They will take you to the prisons of heaven and hell.

You shall undergo births and deaths to reap the fruit of your actions;

And hanging upside down in the mother's womb you shall cry helplessly, O' man.

None will come to your rescue and you shall continue to shed tears;

You shall become a horse, a donkey, a dog and face the cycle of 84 lakh births and deaths.

Only those are liberated who are blessed with Divine Name;

Avtar says, only the disciples of the True Master sing the glory of this God.



—Sandeep Chaudhary, Jhun Jhunu

The Loyal Companion

For thousands of years, dogs have held a special place in people's hearts. They are known as 'man's best friend'. This is because they are so brave, loving, and loyal. Dogs are used to living in groups called 'packs' and obeying the pack leader. Now humans are their pack leaders. Dogs depend on people for food - mostly meat - and perform services in return.

Since prehistoric times, dogs have worked for people. They have tracked game animals and retrieved them on land and water, guarded houses, and pulled sledges. They have delivered messages, herded sheep, and even rescued people trapped in snow. They sniff out illegal drugs and explosives, help police make arrests, and guide visually impaired people. Fast-running dogs are also used in races.

Dogs have many abilities and characteristics that make them useful. Sharp teeth are one of these. Most dogs can smell fainter odours and hear higher notes than any person. And although dogs don't see many colours, they are very good at noticing movement.

Dogs come in many shapes, sizes, and temperaments. A big Irish wolfhound stands about 80 centimetres high at the withers, or top of the shoulders. The chihuahua, however, stands about 13centimetres tall. Herding dogs such as collies tend to be

intelligent. Terriers, which were bred to catch rodents, were originally quite fierce. But many different breeds of dogs now make playful family pets.

Dogs have been domesticated for much of human history. When Pompeii - the ancient Italian city that was buried by a volcano in AD 79 - was excavated, a dog was found lying across a child. Apparently it was trying to protect the child



New Year

—VIMLESH AHUJA

Every year new year fills us with energy, excitement, hope, and new vision for this day and all give good wishes to each other. Everyone looks forward to this day and also wish each other health, success, prosperity, wisdom and blessings of God along with this we also make some resolutions for the coming year so that the new year can prove to be prosperous and filled with success for all of us.

This year too we extend compliments to our friends, colleagues and relatives. We vow to start this new year on a new note. Although we have been doing the same things every year. Dear friends before giving good wishes for this new year we have to introspect and analyse with the last ones. We greet for prosperity and feel happy for those who prosper. Some gained and got glory then what was the reaction in my heart .

Did I take it as a blessing of God or I tried to fulfill it with all my heart. So, the new year in itself is a inclusion of 365



days that means 24 hours and every hour has 60 minutes and then 60 seconds. We have to see if we spent every minute in a fruitful way for the prosperity, gain and well being of all. We are fortunate that we think of others when we think of the welfare of others we automatically gain as it is a famous, saying 'as you sow so shall you reap' Friends, from the core of our hearts we have to think of welfare and upliftment of humanity.

Let's pray to God that we should be filled with purity and positive thoughts for all. Lets wish for the well being of all.

We pray for the health prosperity and peace for all. Do your work dutifully and with positive thoughts then this world will become a large happy family.





HAPPY BIRTHDAY

NIRANKARI RAJMATA JI

1ST JANUARY

SERVING SADH SANGAT IS THE BEST ACTION

Mere talks do not make sky fall; only good deeds adorn a person. Serving Sadh Sangat is the best action, and the God-Knowledge the best religion. A gursikh's (Guru's disciple) duty is to serve. While doing so, it must be remembered that only the service rendered selflessly gets fructified. Physical sewa is rendered through body and service through mind is to think about the welfare of all. Monetary service means an 'egoless donation'. It should contain no expectation. In exchange of God-Knowledge, a disciple makes self-surrender and prays to Lord Almighty that let the body, mind and wealth be put to His service.

— Affectionate Nirankari Rajmata Ji



HAPPY BIRTHDAY
MATA SAVINDAR HARDEV JI

12TH JANUARY

Maintain Humility While Serving

A service rendered within the limits of discipline and decorum is considered to be the best service. Saints take service as their good fortune. Rendering service is just not possible without the spirit of surrender and sacrifice. At the same time, it must be borne in mind that we are extremely lucky to have earned a chance to serve in the holy feet of Satguru. We should always be watchful that we do not get distracted from service by any worldly attraction. Saints have been teaching us that we should not do mere talking about service but translate in action. They know it fully well that a service is considered as complete and it gets significance if it is rendered selflessly and without expectation. Saints render service with humility, considering everyone as their own. Let the spirit of subservience prevail and all of us keep marching ahead while rendering service with humility.

— Mata Savinder Hardev Ji



KING'S TRUE RELIGION

Long time back, there was a great warrior and kind king by the name of Jimutwahan. He was the son of Shaaliwahan, who had introduced the old 'Shak samwat' calendar system.

Jimutwahan was kind and religious right from his childhood. Once, he went to one of his forests. While strolling, he heard a voice of someone sobbing. Approaching the place, he found that the mother of Shankhchoorna snake. On enquiring for the reason for her weeping, she said that her only son, Shankhchoorna, was about to become the food of eagle.

Hearing this, Jimutwahan said, "Mother, need not worry and weep." Now I am here with you as the king. King's true religion (duty) is to protect and help everyone. Today, I will go before the eagle in place of your son". Having said that, Jimutwahan went and lay in place of snake.

At the scheduled time, the eagle came and pecked at Jimutwahan. It realized that someone else was lying in place of the snake. It asked immediately, "Who are you? Why are you lying here? Where is my food?"





Jimutwahan said, “Hey King Eagle, I am Jimutwahan, the king. Today I am your food as I have replaced Shankhchoorna. Please accept me as your prey”. Hearing this, the eagle was deeply impressed. He thought that in spite of being a king, he had come to offer himself in order to save others’ lives. And looking at itself, the eagle felt ashamed as it had come just to take the life of others. Looking at king’s act, the eagle found itself to be far inferior than the king. The eagle was filled with remorse. It set the king free and offered grant of a boon.

Jimutwahan said, “O King Eagle, please grant life to all those snakes that you have eaten so far, and promise me not to touch them in future.”

The eagle happily granted the boon to the king, made all the dead snakes alive and promised not to kill any snake in future. Later, the mothers of all snakes thanked the king, and advised their snake children to protect king’s fields.

Even today, the snakes kill rats in the field in order to protect crops.

This way, the king Jimutwahan performed his religious (duty) and protected the race of snakes. Even today, he is gratefully remembered.



—Sunil Nagpal, Delhi

A Continent of Extremes

Antarctica is the coldest, windiest, and highest continent in the world. It lies at the bottom of the world, surrounding the South Pole. The name Antarctica means 'opposite to the Arctic', referring to the Arctic Circle on the other side of the world.

The coldest temperature recorded in Antarctica is also the world's lowest, at -89.2°C . A sheet of ice covers the entire continent. At its thickest point, the ice is almost 5 kilometres deep - and that's on top of the ground. The continent contains most of the world's ice and much of the world's freshwater. Toward the

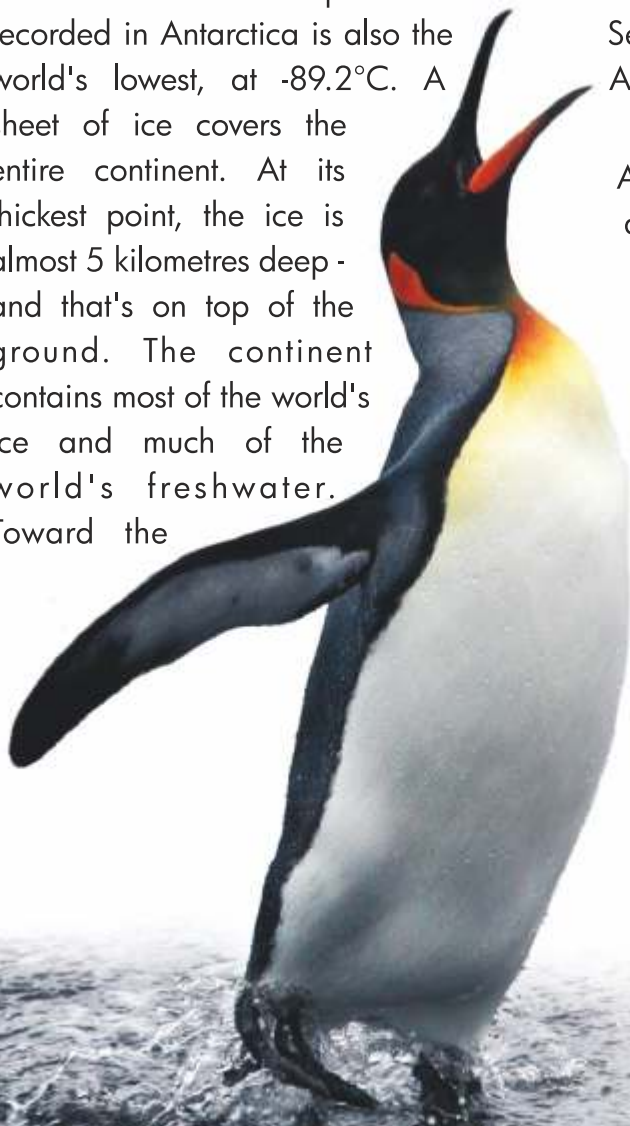
edges of the continent, the ice becomes glaciers, creeping rivers of ice.

Strange and wonderful Antarctica has only one day in the entire year. The Sun generally rises on 21 September and sets on 22 March. This one long day is the summer. From 22 March until 21 September, the South Pole is dark and Antarctica has its night, or winter.

People do not live permanently in Antarctica. Only scientists and some adventurous tourists visit. There are, however, 45 species of birds in Antarctica, including the emperor penguin and the Adélie Penguin, that live near the seacoast. Also, four species of seals breed only in Antarctica.

Whales live in the water around the frigid continent. The killer whale, the sperm whale, the rare bottle-nosed whale, the pygmy whale, and seven species of baleen whales can all be found off the coast.

Oddly, there are active volcanoes in Antarctica. That means you can find not just the world's coldest temperatures here but, deep down, some of the hottest too.





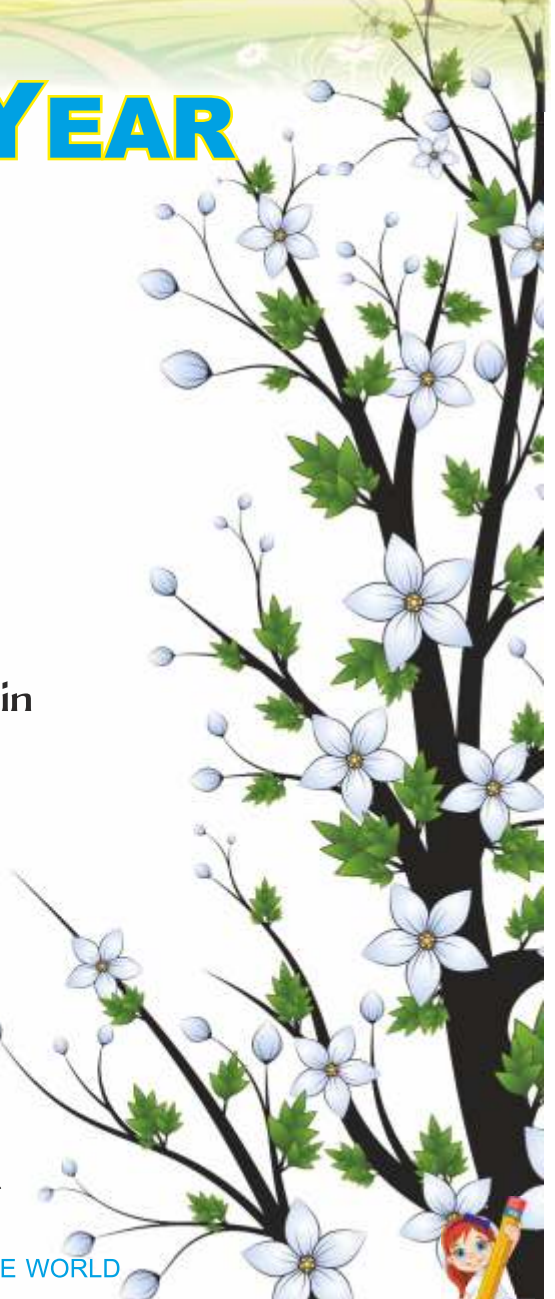
HAPPY NEW YEAR

If it didn't bring you joy
just leave it behind
Let's ring in the new year
with good things in mind

Let every bad memory
that brought hurt each and pain
And let's turn a new leaf
with the smell of new rain

Let's forget past mistakes
making amends for this year
Sending you these greetings
to bring you hope and cheer

GOOGLE WORLD



—Harjeet Nishad, Delhi

≡ *Water Grown Grasses* ≡

Do you chew grass? Actually, you probably do! The grains that most people eat daily are actually grasses - or at least grass seeds. These include wheat, maize, rye, and rice. More than half the people in the world eat rice almost every day. The grain is so important that millions of people in Asia would starve if they didn't have it. China and India are amongst the largest producers of rice. Rice is also the basic feature of most meals in the islands of the western Pacific and much of Latin America.

Most rice is grown in water. The land under the water has to be smooth and level, like a table top. The water on top must be the correct depth. If it's too deep, the rice will drown. If it's not deep enough, the rice won't grow.

In the countries of Asia, the muddy ground is ploughed by water buffalo pulling wooden ploughs. Then the tiny rice plants are planted in rows. If it doesn't rain enough, water is brought in from lakes and rivers to flood the fields. The rice plant grows under the water, with rice plants are carried for planting.

With it's green shoots sticking out. A water filled field planted with rice is called a rice paddy.

When the rice is ripe the water is drained of the fields. After the ground has dried the rice stalks are cut and tied into bundles .When the stalks have dried the brown hulls are removed from the rice seeds .Many farmers grow rice for their families to eat. Rice to be sold in shops goes to factory .There it is back in two boxes and then shipped to the shops.



SATGURU

—NIKITA SACHDEVA

I was vulnerable, I had it all,
The struggle seemed never-ending, I began to fall,
Life was a mess and my confidence being trolled,
You showered the Mercy 'cuz you knew it all.
You blessed me with the Divine Knowledge
of the Almighty Nirankar,
Every pain just disappeared and you've cured every scar.
You've made the storms of negativity
turns out to be a ray of hope,
No matter how hard it seemed,
You always gave a reason to cope.
Now I'm asking to Bless me with more sewa,
sangat, and Sumiran.
All I aspire to be the one who can turn
it to reality what You call ****HIS VISION****
In every Breath now I'll be Indebted to You.
You shall be there with Me guiding
through The Darkest Tunnel...!!





GRANDPA

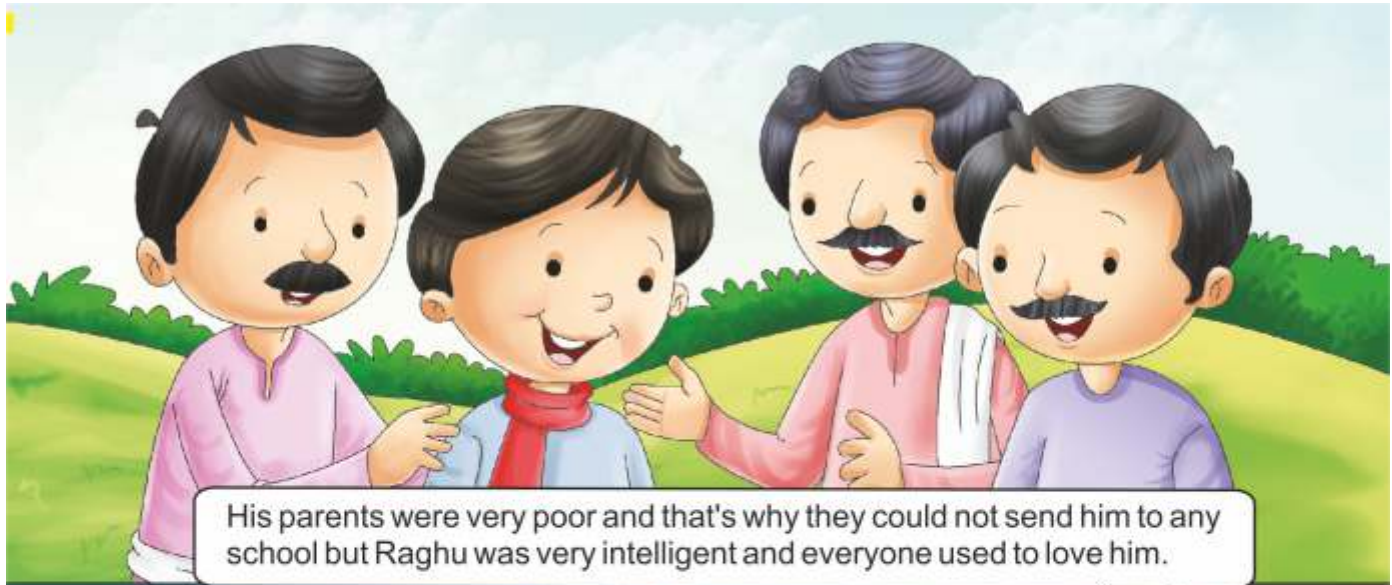
Story & Illustration
Ajay Kalra

Raghu used to graze sheep of the villagers.



Whatever the villagers gave him it would help him to sustain his livelihood.

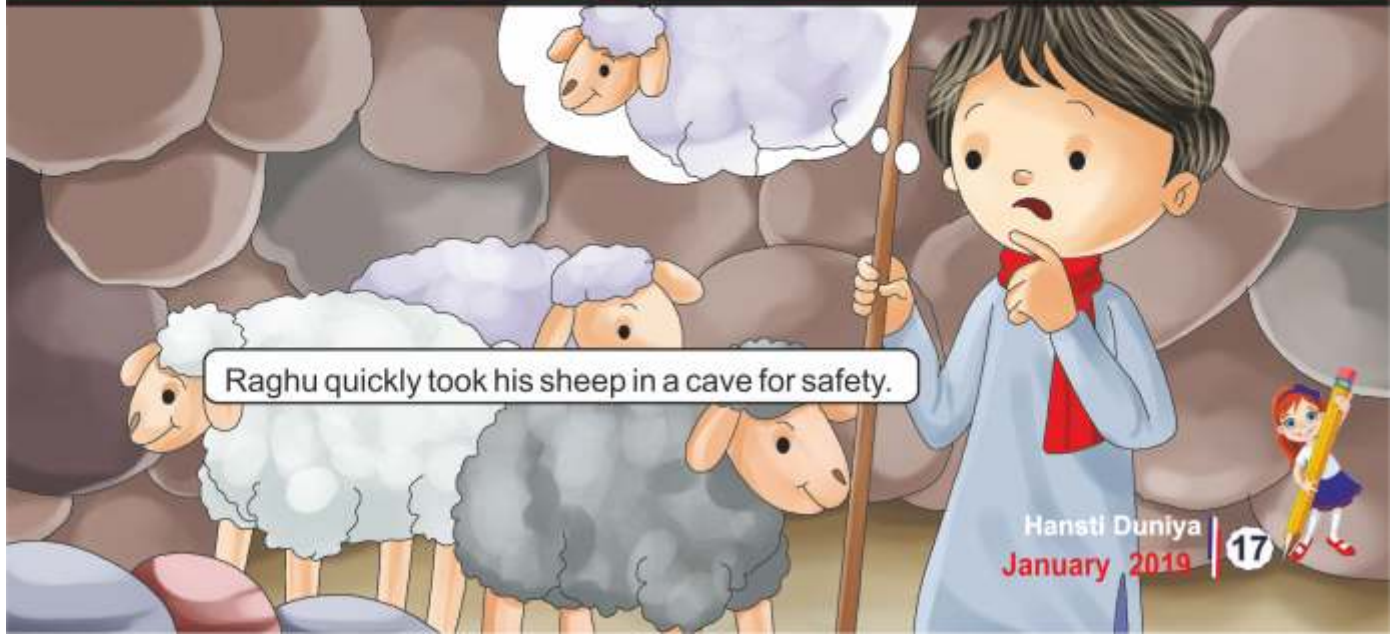




His parents were very poor and that's why they could not send him to any school but Raghu was very intelligent and everyone used to love him.

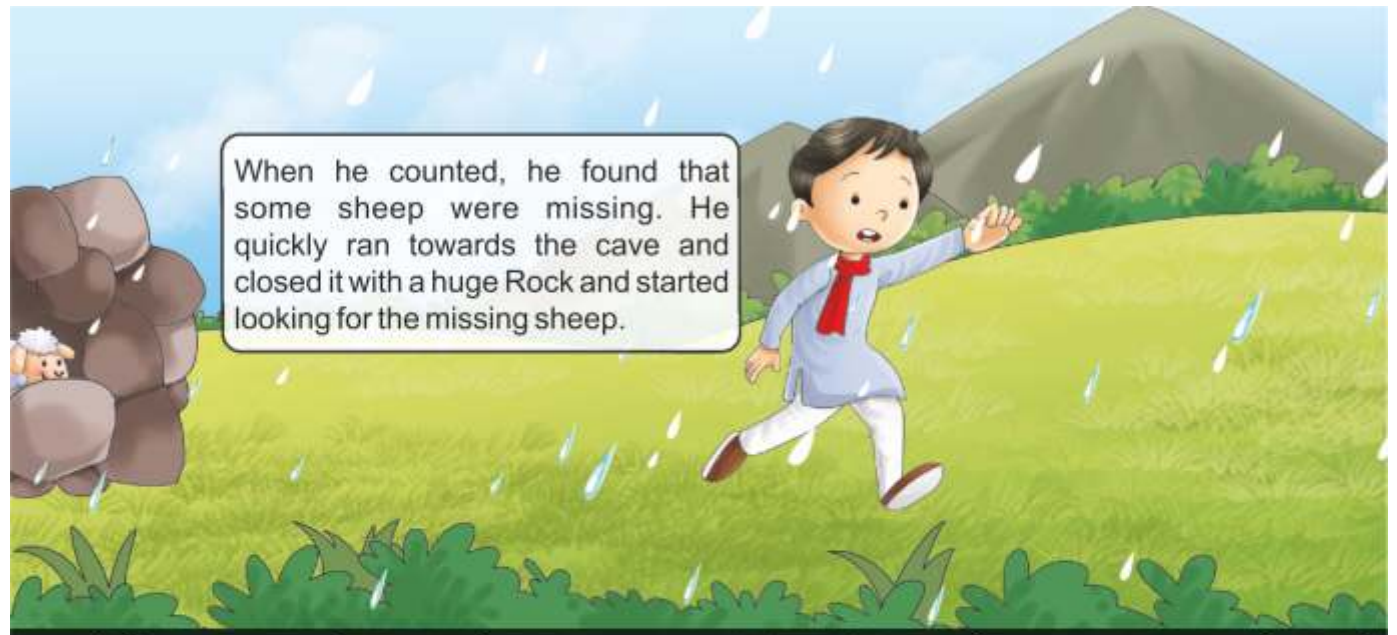


One day Raghu was grazing his sheep at the foot-hill. Suddenly a storm began to blow.

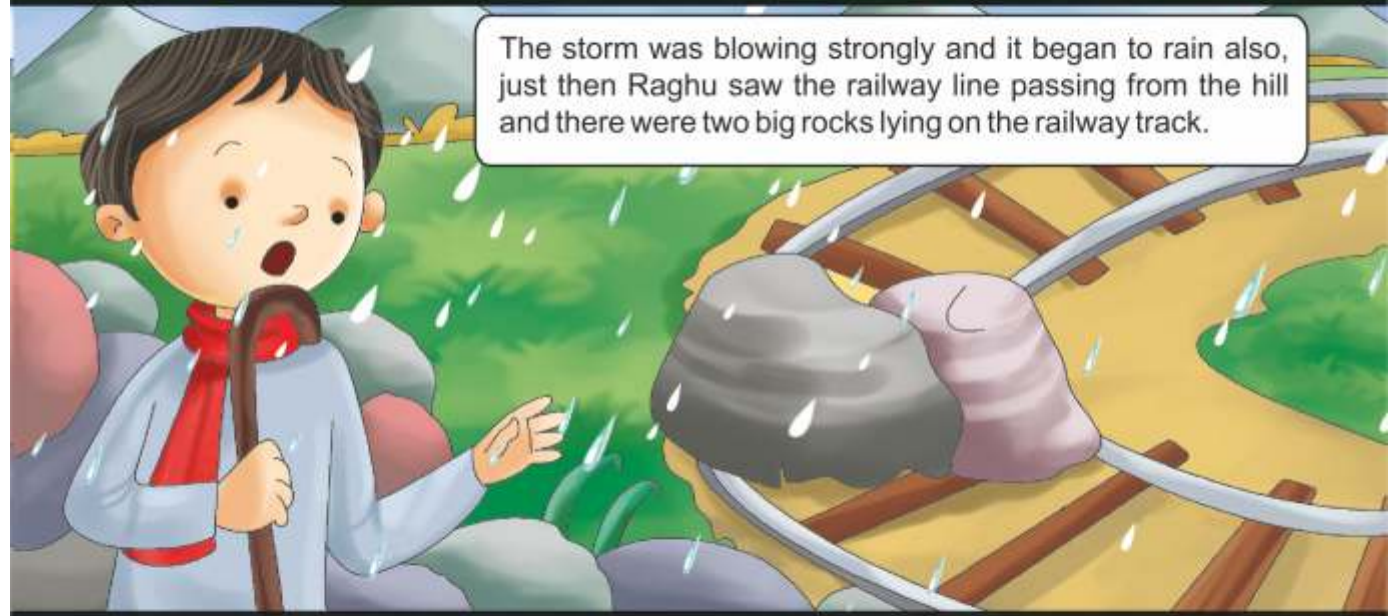


Raghu quickly took his sheep in a cave for safety.






When he counted, he found that some sheep were missing. He quickly ran towards the cave and closed it with a huge Rock and started looking for the missing sheep.



The storm was blowing strongly and it began to rain also, just then Raghu saw the railway line passing from the hill and there were two big rocks lying on the railway track.



Oh God! If the train hits the rocks it would lead to a big accident. Train may collide with it.





This would cause loss in property and lives. Raghu kept on running and from the other side the train was also coming at a great speed

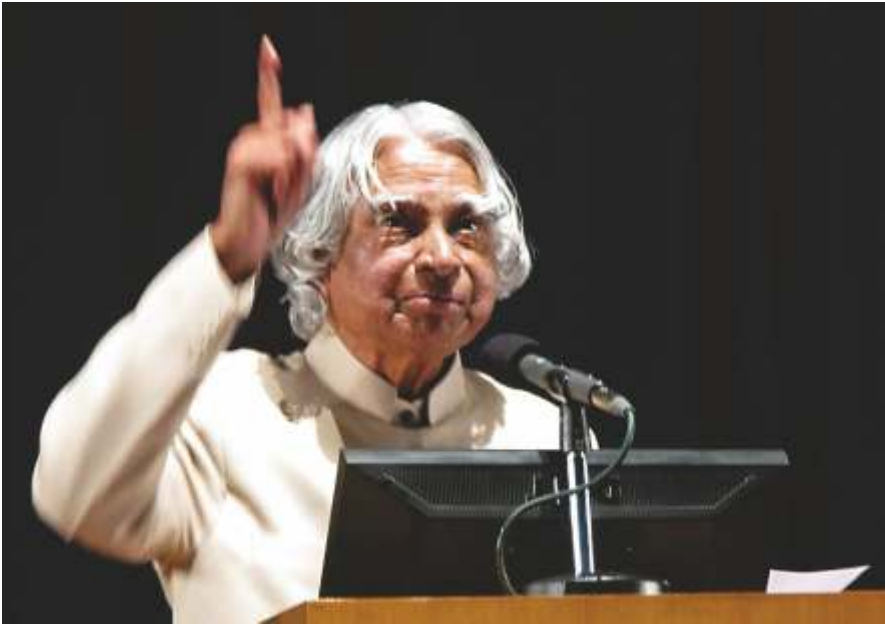


He was waving his red muffer and shouted to stop the train as there was danger ahead.

The driver saw the red muffer and stopped the train because red muffer meant a sign of danger.



The railways awarded Raghu for saving so many lives and for his bravery at the right time. When the villagers came to know of this incident they praised Raghu a lot.



Ex. President Dr. Abdul Kalam Says

When I was a kid, my Mom cooked food for us. One night she had made dinner after a long hard day's work, Mom placed a plate of 'subzi' and extremely burnt roti In front of my Dad.

I was waiting to see if anyone noticed the burnt roti. But Dad just ate his roti and asked me how my day was at school. I don't remember what I told him that night, but I do remember that I heard Mom apologizing to Dad for the burnt roti.

And I'll never forget what he said: "Honey, I love burnt roti." Later that night, I went to kiss Daddy good night & I asked him if he really liked his roti

burnt. He wrapped me in his arms & said: "Your momma put in a long hard day at work today and she was really tired, and besides... A burnt roti never hurts anyone but HARSH WORDS DO!"

"You know son - life is full of imperfect things... & imperfect people..."

I'M NOT THE BEST & I HAVE LEARNT TO ACCEPT THAT LIFE IS

NOT PERFECT AND NOR ARE PEOPLE NEAR & DEAR TO YOU.

What I've learnt over the years is: To Accept Each Other's Faults & Choose to Celebrate relationships.

Life Is Too Short To Wake Up With Regrets..

To reflect upon

Should we feel and realize the love? How should we appreciate efforts of dear one's even when the result is not perfect? What hurts a dear one despite one's best efforts? How does love foster on caring and appreciation?

—Nirmal, Delhi ●



H.D. Answers

—Ankita, Chandigarh

Q. What should be the daily life after Self-realisation?

Ans. Constant remembrance of God (Simran), company of Holy saints (Satsang), and selfless service to humanity (Sewa).

—Rahul Sharma (Jalandhar)

Q. Why God gives us problems?

Ans. God gives us problems not to trouble but to humble us.

—Raunak Rai, Mumbai

Q. What is sin?

Ans. To live in ignorance is a sin and to let the people remain in ignorance is a greater sin.

Vishal, Pune (MAH.)

Q. How can the suffering mankind be redeemed?


Ans. The only way by which mankind can be redeemed is peaceful Co-existence through spiritual awakening.

-Naveen Kumar, Lakhimpur (UP)

Q. Why, how and what for should we do 'Dhan Nirankar'?

Ans. Enlightened persons do Dhan Nirankar not to the body but to the God dwelling in all. It should be done with complete humility by bowing at the feet of co-devotees. It is manifestation of the God-knowledge.





—Pawan, Begampur

Looking to Nature for Remedies

Two visitors watched a jaguar fall off its tree limb and lie quietly on the ground. Their guide in this South American forest had brought the cat down with a blowgun, dart tipped with curare. Made from certain trees in the jungle, curare paralyzes the muscles in the body.

When scientists heard about this remarkable poison, they experimented with it. Although large doses of curare are deadly, they found that tiny doses can help people relax during surgery.

Many years ago, a doctor might have treated stomach-ache with a medicine containing a pinch of gold dust, a spoonful of ash from a dried lizard, 20 powdered beetles, some burned cat's hair, and two mashed onions!

Not all the old recipes for medicine were as bad as this one. Usually medicines were made from tree bark and leaves, berries and seeds, roots, and flowers. The value of some 'folk

remedies' has not been proved scientifically, but many modern drugs have been developed from plants, animals, and minerals.

The photograph, for example, shows a common flower called 'foxglove'. Its leaves are used to make 'digitalis', which helps people with heart disease. Pods of the opium poppy are used to make painkillers.

Not so long ago, a very important medicine was discovered in mouldy bread. This medicine, penicillin, and others like it are called 'antibiotics'. They help fight many diseases by killing bacteria.

Today, most medicines are synthesized. This means that they are made from combinations of chemicals rather than from plants or animals. This method is much more economical and allows scientists to create much larger supplies of important medicines.



Life is a Big Examination



Courtesy : Gurdev Singh

Life is a big examination.
God is a great examiner.
We all are students in his class.
Our life is an answer book to
Write down our answers
The time allowed is three hours
We assemble there to sit
The first hour of examination
It is spent in childhood.
The second hour of examination
It is spent enjoying the youth
And the final hours of examination
My dear, is the old age
The final call given by God
signifies the end of the examination
Our answer books are snatched away
And life comes to an end
So do better in this examination.



Mahadev Govind Ranade

Mahadev Govind Ranade was born into a Chitpavan Brahmin family in Niphad on 18 January 1842, a taluka town in Nashik District Pune. Upon the death of his first wife, his reform-minded friends expected him to marry (and thereby rescue) a widow. However, he adhered to his family's wishes and married a child bride from the Kurlekar family, Ramabai Ranade, whom he subsequently provided with an education.

Later on, she continued social and educational reform work. He had no children.

He studied in a Marathi school in Kolhapur and later shifted to an English-medium school. At age 14, he went to study at Elphinstone College, Bombay. He belonged to the first batch of students at the University of Bombay. He secured a BA degree in 1862 and four years later, secured his LLB.

Statue of Justice Ranade in Bangalore

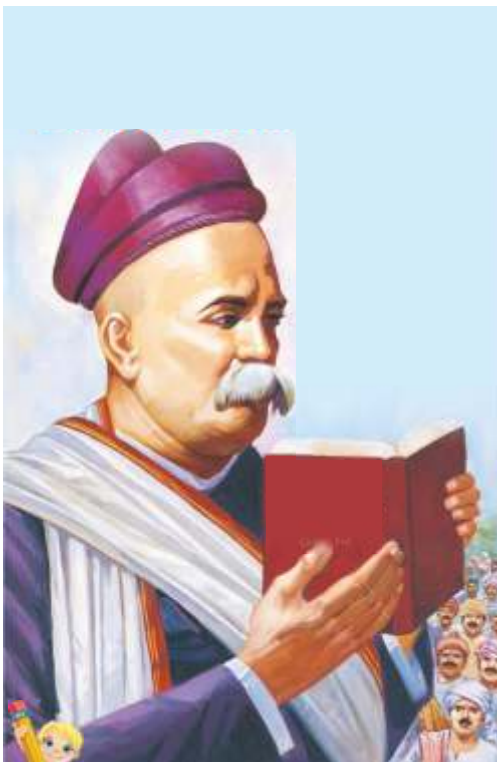
Ranade was a visionary who summarised the mission of the Indian social reform movement as to "Humanize, Equalize and Spiritualize".

He campaigned against the 'purdah' system (keeping women behind the veil). He was a founder of the Social Conference movement, which he supported till his death, directing his social reform efforts against child marriage, the shaving of widows' heads,

the heavy cost of marriages and other social functions, and the caste restrictions on traveling abroad, and he strenuously advocated widow remarriage and female education. He was one of the founders of the Widow Marriage Association in 1861. Though Ranade criticised superstitions and blind faith, he was conservative in his own life. He chose to take prayaschitta (religious penance) in the Panch-houd Mission Case rather than insisting on his opinions.

In 1885 Ranade, Vaman Abaji Modak, and historian Dr. R. G. Bhandarkar established the Maharashtra Girls Education Society and Huzurpaga, the oldest girls' high school in Maharashtra

Compiled by. Anjali Rai



Poem: Shailender Kumar

HAPPY NEW YEAR



Gone is the year old
New year has come
With hearts full
Of new ambitions
And a magical spell
Of renewed hopes
To fulfil our dreams.

With the dawn of
New days's light
Wake up O'man
And introspect thyself
Renew thy ideal
Abandon the old ones.

Set before you,
A new target
Be hopeful
Forget despairs past.

You will have,
A spring day
All round the year
Be happy and gay.



THE BOON

Raju's mother was a religious lady. Her lips always moved in silent prayer. She had unwavering faith in God. She wanted that her son Raju, should also have faith in God. Therefore, everyday she used to persuade Raju to go to temple and offer prayer to the deity. But Raju never listened to his mother and consequently his mother's persuasion could never materialize.

She always feared that God's wrath might not befall Raju . She was so badly haunted by this fear that if Raju was ever ill, she would think that it was due to God's wrath. Raju used to laugh away at the superstitions of his mother's. Raju would say to convince his mother, "Mom, my illness is not owing to God's wrath. It is because of bad cold. Please, don't believe in superstitions. I am undergoing medical treatment. In a few days, I will get well. Please don't attribute my illness to God's anger." But his mother was not a woman to be convinced by his words.

One day Raju's mother heard that a great saint had come to the town to bless the masses. She was delighted to hear this news. She exhorted her son to get ready for a visit to the saint. Raju had no faith in saints and sages. So he refused saying that he would not go to any saint or sage. But his mother did not accept his refusal and she insisted on his going to the saint. At last, Raju had to yield.

Raju's mother took him to the saint. The saint was sitting under a banyan tree. He was a tall youngman stoutly built having black flowing beard. He was in stark orange clothes. Raju's mother prostrated before the saint but Raju kept standing. He remained unmoved by the personality of the saint because Raju found no aura of piety and spirituality about him. To Raju, this saint appeared to be an escapist from the social duties and responsibilities.

The saint asked Raju's mother, "Say, what do you want? What is your problem?" Raju's mother said silently and politely, "His holiness, bless my son with the faith in God. He is an atheist." The saint thundered, "What! an atheist!



Oh I see. He has been a sinner in his previous birth. So, he is an atheist. These days this is the reason why people are reeling under countless sufferings, fatal diseases poverty and starvation."



Raju was laughing in his sleeves. On hearing these words, Raju's mother again requested the saint to bless her son with some boon.

The saint turned towards Raju and said, "Yes, my child, ask me for any boon you want."

Raju said, "Really..."

The saint said, "Don't hesitate. Ask for any boon you want."

Raju said, "Yes, I want a boon. But will you really grant it? The saint said, "Yes, I will. And my boon never goes unrewarded."

Raju, said, "Then it's very nice to ask you for a boon."

Raju, after a pause, said, "I want you to give up these orange clothes. Face the hard realities of life. Don't seek escape from the social duties and responsibilities under the garb of a saint. A real saint is he who toils for the betterment of the starving, suffering and weeping masses, This is what our society wants. Our society wants us to be active saints, not parasites.

The saint felt greatly ashamed of himself on hearing Raju's hard hitting words.

The saint stood up, took off his orange clothes vowed to serve the poor.



Story : Sanjay Tandon, Chandigarh

THE CROWN

Mandira was a pretty little girl with lovely doe like eyes and hair that framed her hair exquisitely with a thousand ringlets. Mandira belonged to a poor family where it was barely possible to get two square meals a day. Mandira played with her rag dolls and old tins, empty cans, old lipstick cases, tattered ribbons and broken bangles. She loved to imagine herself to be a Princess dressed in royal finery and precious jewels. One day her mother, who worked for a rich family, brought home a packet of hand-me-down clothes. There was a beautiful pink satin gown trimmed with silver beads, pearls and ribbons. There was a lovely crown to match. Mandira was ecstatic. She wore the gown and placed the crown on her dancing curls. Her eyes shone like diamonds.

Just then there was a knock at the door. An old woman, known to have magical powers stood in the doorway.

She smiled kindly at Mandira as Madira led her in. The old lady said, "Mandira you look like a princess." The little girl blushed and said, "I wish I could have a real crown: one made of gold and real diamonds. " My dearest child, I have changed your crown to one of Gold and diamonds. You may wear it whenever you like and wherever you go. But there is a condition attached to it." Mandira asked, "What is that?"

The lady said, "Whenever you remove the crown, do so with eyes closed and place it in its box. If you ever set your eyes on the crown, it shall turn back to its old state again. You must never see the crown." Mandira agreed happily and the old woman went away.

The little girl wore her gold crown everywhere. She practiced walking nicely; as stately as princess. She even worked harder at her school work. She gave up her childish pranks and soon she started shaping up as graceful and lovely young girl. She loved wearing her crown and did everything to be like a princess, so that the beautiful crown suited her personality. Years passed.



Mandira was now a pretty young lady. Poise and grace was a part of her personality. She carried herself as gracefully as a swan. One day the son of the rich landlord spotted her as she fed the pigeons near the temple. He fell in love with her at first sight.

He proposed to her and soon they were to be married. On the eve of the wedding he sent her a gift, wrapped in gold paper. She un-wrapped it and found herself staring at her own reflection in a beautiful gold edged mirror.

She caught sight of the crown on her head but what was that? The gold crown had turned into a worn out plastic one, in fact it was exactly like the one the old woman had touched and turned into a golden one. Oh Lord! What have I done. I was not supposed to see the crown ever?

As the old woman had promised, the gold crown is no more a gold crown because I saw it. Madira shed tears of misery.

Then it dawned on her; there had never been a gold crown. It had always been a plastic one. The old woman had given her a fantasy and shown her a



dream. She had taught her to think like a princess. It was all in the mind. It was all matter of attitude. Sure, you become what you think you are, in your mind's eye.

Baba says, "You can either make a picture into God or make God into a picture." Yad Bhavam, Tadh Bhavathi. (As you think, so you become.)

Moral—

"You are bound to experience the reflection, reaction and resound of your feelings, be they good or bad."



Three Sisters

Once there were three little sisters dressed in green, who lived together in a beautiful palace which was owned by a Great King. Such a beautiful palace as it was! The ceilings were made of turquoise and opal, and soft, velvety green carpets covered the floors.

Many other children lived with these little sisters, and they had such a kind nurse called Dame Nature, who taught them how to do their work well; for everybody had some work to do for the Great King.

Surely no one could be unhappy in such a wonderful home, and yet, I, am sorry to say, one of the little sisters was always discontented.

She knew, for Dame Nature had told her, that some day the Great King would come to see who had done loving work for him, and would give the good lilies beautiful white robes and golden crowns, but she was not willing to wait until the King was ready and saw fit to do it.

When the Sunbeam children came to play, she would hang down her head and sulk, and after a while they would leave her alone, and play with her sisters.

When Professor Rain's school was out, and the jolly little raindrops coaxed her to play with them, she would say crossly, "You are too rough, let me alone!" and they would go and play with the happy little sisters as the sunbeams had done; for everybody loved the two good little lily sisters, who were sorry to see how naughty the other lily was.

But they tried to do their best to help her, and kept on growing.

One day the Great King, who had seen how well they tried to do, thought they deserved their robes and crowns, so he sent the sunbeams dancing away to awaken the inhabitants of the palace for the crowning.

Away they went, peeping through the curtains, and flying into the windows of the palace and waking all the little children with kisses.





Then they took off the old green dresses of the sisters, and put pure white robes on them and gave them crowns of pure gold. The other little sister wished then that she had tried to do right, and drooped until she faded away.

Madam Wind and the Bird family gave a grand concert in Maple Tree Park. Everything was full of gladness, and the lily sisters held a reception all day, and many people came to congratulate them upon being crowned. Among their visitors was wee Ruth, who kissed them and took them to a little sick friend. He smiled as she pressed them into his hand, saying: "Take them, please, for Easter," and in her sweet child language she told the story of Easter, and of the wonderful work the Great King's Son did for the people of the beautiful palace.

Moral : Always stay together.



The Old Fisherman

My house is directly across the street from the clinic entrance of the John Hopkins Hospital in Melbourne. I live downstairs and rent the upstairs rooms to out-patients at the clinic. One summer evening as I was fixing dinner, there was a knock at the door. I opened to see a truly awful looking man. He was hardly taller than an eight-year-old child, as I stared at the stooped, shrivelled body.

But the most appalling thing was his face! Lopsided from swelling, red and raw. Yet his voice was pleasant as he said, 'Good evening. I've come to see if you've a room for just one night. I came for a treatment this morning from the eastern shore, and there's no bus till morning.

He told me he'd been hunting for a room since noon but with no success, no one seemed to have a room. 'I guess it's my face. I know it looks terrible, but my

doctor says with a few more treatments...'

For a moment I hesitated, but his next words convinced me: 'I could sleep in this rocking chair on the porch. My bus leaves early in the morning.' I told him I'll find him a bed, but to rest on the porch. I went inside and finished getting dinner. When all was ready, I asked the old man if he would join me. 'No thank you, I have plenty,' as he held up a brown paper bag. "When I had finished the dishes, I went out on the porch to talk with him for a few minutes. It didn't take long to see that this old man had an oversized heart crowded into that tiny body. He told me he fished for a living to support his daughter, her five children and her husband, who was hopelessly crippled from a back injury. "He didn't tell it by way of complaint; in fact, every other sentence was prefaced with thanks to God for a blessing." He was grateful that no pain accompanied his disease, which was apparently a form of skin cancer. He thanked God for giving him the strength to keep going.

At bedtime, I put a camp cot in the spare room for him. When I got up in the



morning, the bed linens were neatly folded and the little man was out on the porch. "He refused breakfast, but just before he left for his bus, haltingly, as if asking a great favor, he said, 'Could I please come back and stay the next time I have a treatment? I won't put you out a bit.' I can sleep fine in a chair.' He paused for a moment and then added, 'You made me feel at home. Some people are bothered by my face, but you don't seemed to mind.' I told him he was welcome to come again.

And on his next trip he arrived a little after seven in the morning. As a gift, he brought a big fish and a bag of the largest oysters I had ever seen. He said he had cleaned them that morning before he left so that they'd be nice and fresh. I knew his bus left at 4 a.m. and wondered what time he had to get up in order to do this for me. "In the years he came to stay overnight with me, there was never a time he did not bring fish or oysters or vegetables from his garden."

Other times, I received packages in the mail, always by special delivery. Fish and oysters packed in a box of fresh young spinach or kale, every leaf carefully washed. Knowing that he must walk three miles to mail these and knowing how little money he had, made the gifts doubly precious. "When I received these little



remembrances, I often thought of a comment my next door neighbour made after he left that first morning."

'Did you keep that awful looking man last night? I turned him away. You can lose roomers by putting up such people'.

"Maybe I did lose roomers once or twice, but oh! If only they could have known him, perhaps their illness would have been easier to bear. I know I always will be grateful to have known him; from him I learned what it was to accept the bad without complaint and the good with gratitude to God".





Kitty

Story & Illustration :
—Ajay Kalra

Dear Kitty food is kept on the table please eat it.



No Mom I want to have
pizza and burger.



Mom, I love to eat this food daily.




See my dear what is the result of eating food which is not cooked at home, now you are sick.


Yes, mom.




Now you are ill, you will have to eat us.



We are all your friends don't worry we want you to get well soon.




But mom says that I will have to eat bitter medicines for some days now.




If you listen to us you will recover very soon.

But how!

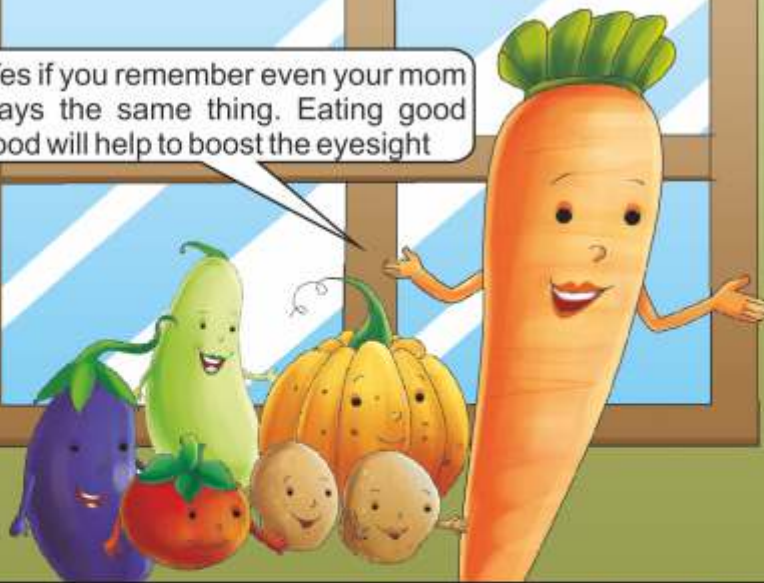


See, I am bottle gourd, I am filled with vitamins and I am very easy to eat and digest also.

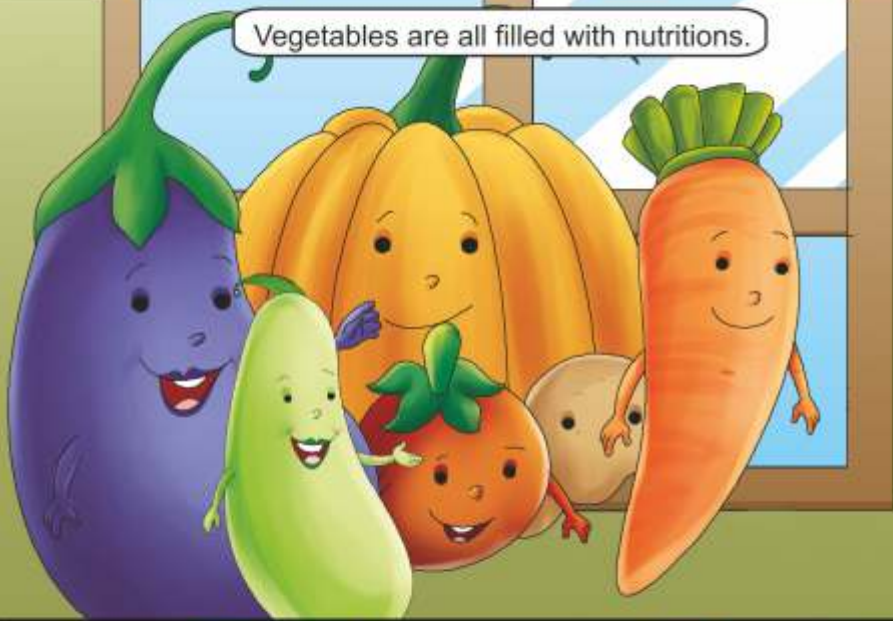


Bottle Gourd. Yes, My mom also says the same for you.

Yes if you remember even your mom says the same thing. Eating good food will help to boost the eyesight



Vegetables are all filled with nutrients.



Mom from today I will eat all the vegetables and will never complain about the food that you give.



NOBLE THOUGHTS

- ★ One, who attends the congregation regularly, does not fall a prey to doubts and delusions. —Nirankari Baba
- ★ Envy and wrath shorten the life. —Bible
- ★ This is the very perfection of a man, to find out his own imperfection. —Augustine
- ★ Every noble work is at first impossible. —Carlyle
- ★ It is not the place that maketh the person, but the person that maketh the place honourable . —Cicero
- ★ Politeness smoothes wrinkles. —Joubert
- ★ Three things produce wisdom-Truth, consideration and suffering. —Welsh proverb
- ★ The great obstacle to progress is prejudice. —Bovee
- ★ Pride is increased by ignorance; those assume the most who know the least. —Gaya
- ★ The first step to knowledge is to know that we are ignorant.—Cecil
- ★ What really matters is one's faith. One, who regards the True Master as the real giver, is never in want. —Nirankari Baba
- ★ It is easy to learn something about everything, but difficult to learn everything about anything. —Emmons
- ★ Man spends his life in reasoning on the past, complaining of the present, and trembling for the future. —Rivarol



—Namrata, Delhi

Riddles



1. What is it that touches one and binds two?
2. What can you break without touching it?
3. What travels around the world but stays in one spot?
4. What has only two words but thousands of letters?
5. What can you serve but never eat?
6. A boat with three men capsized, but only two got their hair wet, why?
7. What is it that breaks, once you say its name?
8. What type of fruit has black babies in a red house, a red house in a white house and a white house in a greenhouse?
9. What has a neck but no head, but wears a cap?
10. What has a four legs but cannot walk?
11. What is black when it is clean but white when it is dirty?
12. What kind of dress can never be worn?
13. What goes up and down but never moves?
14. Find the number whose double is greater than its half by 60.

1. Wedding Ring 2. Promise 3. A stamp 4. Post office 5. A Tennis Ball 6. One was bald 7. Silence 8. Watermelon 9. A bottle 10. Table 11. Blackboard 12. Address 13. Stairs 14. 40

Answers



—Archana Garg, Delhi



Laughing Time



Doctor: Put your tongue out. Out!
Come on, all of it.

Child : I can't, doctor it's
fastened at the other end.

Court scene: Shunty and Bunty are
lawyers.

Shunty : You are a fool.

Bunty : You are a damn fool.

Judge : As the learned lawyers
have identified each
other, can we now
proceed with the case?



Teacher : Deepak, where is the Taj
Mahal?

Deepak : I do not know.

Teacher : Stand up on the bench.

Deepak : Will I be able to see it
from here?



Guest : Why are you staring at
me like that?

Child : Daddy told me you
were a self-made man.

Guest : Yes, I am.

Child : Well, why did you
make yourself like that .





Vijay : Yesterday, I came face to face with a lion.

Ratan : Oh really!

Vijay : It kept staring at me and I stared back at him.

Ratan : What happened then?

Vijay : Nothing, I moved ahead, I'd to see the other animals also, in the zoo.

Ajay : Hello, Tina

Tina : I don't say hello to fools.

Ajay : But, I do!

Teacher : If there are five flies on a table and you kill one, how many would remain?

Student: One, the dead one.



Baldman (to barber): Why did you charge me double?
You should charge me less as I don't have much hair.

Barber : I am not charging you for cutting your hair.
I am charging you for having to search for it.





★ Every little smile can touch somebody's heart. No one is born happy but all of us are born with the ability to create happiness.

—Sanjay, Varanasi

★ To those who see with loving eyes, life is beautiful. To those who speak with tender voices, life is peaceful. To those who help with gentle hands, life is full, and to those who care with a compassionate heart, life is good beyond all measure.

—Anmol, Chandigarh

★ Life is like a fingerprint that can't be duplicated. So make the best impression with it. Live it, Love it and don't miss a single moment in your life.

—Ramesh, Gaya, Bihar

★ Life only comes around once, so do whatever makes you happy, and be with whoever makes you smile. —Ravneet, Bhatinda

★ If nobody loves you, be sure it is your own fault.

—Sudeep, Kanpur

★ A weak mind is like a microscope, which magnifies trifling things, but cannot receive great ones.

— Vijay Singh, Mumbai

★ Man is only miserable so far as he thinks himself so— Roma, Delhi

★ The busy have no time for tears. — Ankita Rai, Delhi

★ Envy and wrath shorten the life.

★ Ability is poor man's wealth.

—Sanjay Ahuja, Chandigarh

★ Abuse me as often as you will; it is often a benefit than an injury.

— Balvinder Singh, Gaya

★ Learn God, and thou shalt know thyself.

—Kalapnath, Sultanpur



Result for the month of November 2018 Issue

First :

Ishana Sethi **Age 11**
6/281, Nirankari Colony
Delhi-110009



Second :

Yash Sachin Mahadik **Age 13**
Aashirwad, Old Morgaon Road,
Baramati 413102 (Pune)



Third:

Prakriti Maker **Age 8,**
12/8, Indra Vikas Colony,
Delhi 110009.



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Nitika Dev (Rajnagar Extn.)
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Tapsaya (Mukandpur)
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Ria Pia (Jaipur)
Montu (Ludhiana)
Des Raj (Lucknow)
Indu (Saharanpur)
Plety (USA)
Raj Singh (Chandigarh)
Parul Sharma (Singapore)
Chandani (Gaya)
Sagar (Gurgaon)
Pooja Singh (Alwar)
Varun (Ropar)
Arpita (Goa)
Arpita Saini (Delhi)

"Colour it" for January Issue

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

The result will appear in **March 2019** 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



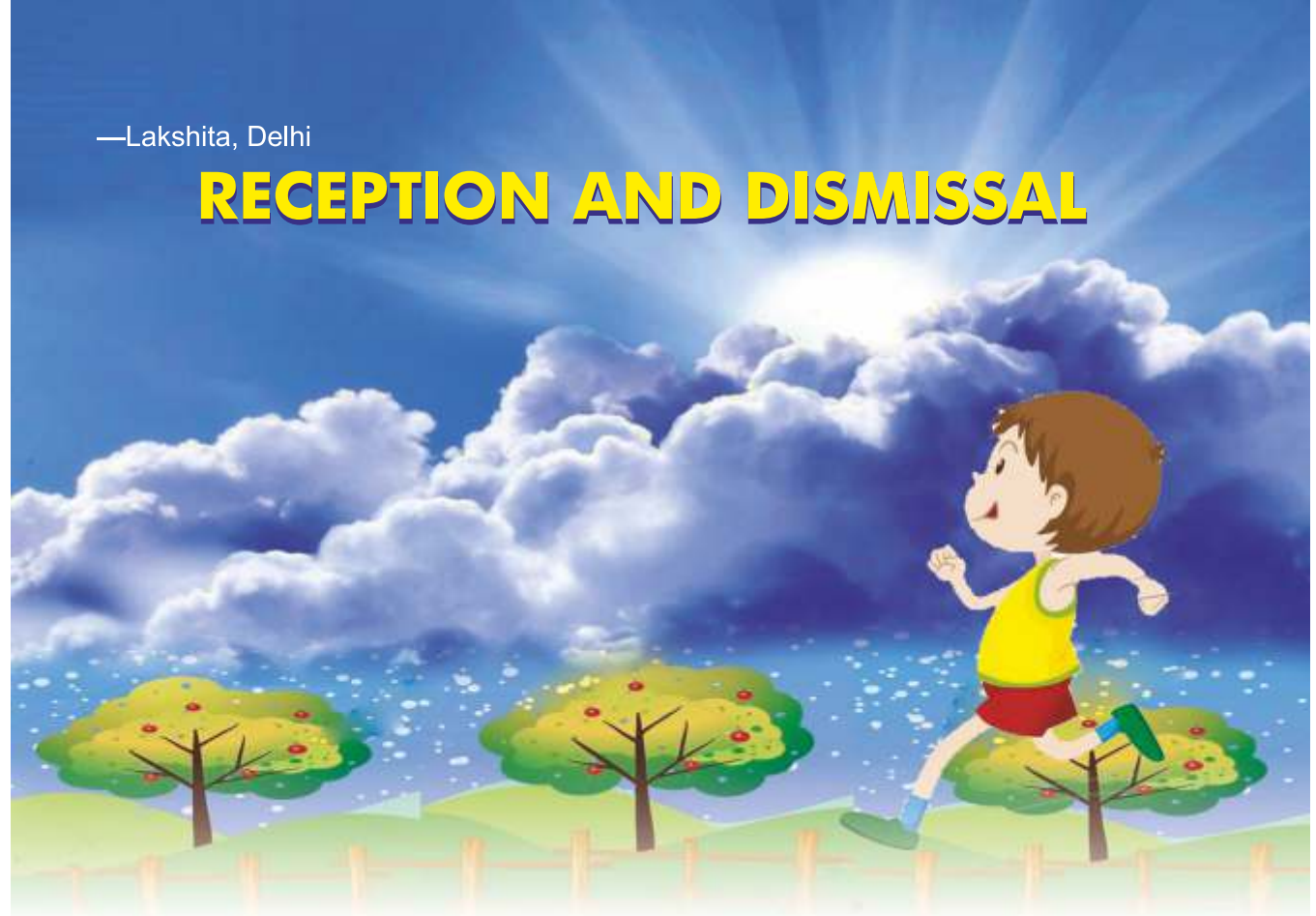
Name Age

Address
.....



—Lakshita, Delhi

RECEPTION AND DISMISSAL



No sooner *the* smoke rose towards the sky, than it detected a cloud descending towards the earth.

It queried the cloud, in astonishment—Whither dost: thou goeth, brother?

The cloud responded in its habitual solemn tone— Earth is my destination.

The smoke was confounded. It again asked—Does anybody find you worthy on earth to inhabit it? What led you think of going thither? It is hotter than the infernal fires. I could somehow manage to escape the ghoulish atmosphere of earth. You should learn something from my experience, friend.

The cloud was still more grave in its tone—Fiery heat! It is ubiquitous.

Each heart is consumed by some fire or the other, but shall we be delivered by cursing this fire? I carry to earth not my fire, but my moisture. If I could alleviate: some of the fire that sings the heart of the earth by my cool soothing humidity, I would be amply rewarded. The-smoke had only pity for the irrational sentiment of the. cloud, but it chose to pass on without a word.

The cloud had only regrets for the noncommittal attitude of the smoke. However it also parted to make for its destination without a word.



A Shepherd's Prayer

A young shepherd boy called Sabal grazed his flock of sheep atop the green mountains. Each day he would search for the patch where the grass was the greenest. Sabal would spend a lot of time grooming his sheep. He would comb their woolly hair and remove the lice from them. He would wash their feet and clean their faces of any dirt with a soft cloth. Sometimes he would rub oil over their horns to make them shine. Whenever he had money to spare he would buy anklets or little bells and tie them around the necks of sheep. Sabal loved to hear the tinkling sound when they walked. Sabal's sheep were a happy lot for he loved them dearly. The sheep were his friends as well family. He would hug them and talk to them and share all his fanciful thoughts with them.

One day while his sheep were grazing he sat under a tree and started day dreaming. He prayed to God saying, "Dear God, I wonder where you live and what you look like. How do you pass your time? What do you like to eat?" Dear God, If you come to meet me, I shall show you the greenest pastures. I shall feed you the freshest and the juiciest grass. I shall bathe you if your hair gets dirty. And, if you get lice in your hair, I shall pluck out the lice too. Oh! Please come to see me God. I shall get you the fresh water from the mountain spring to drink and shall fan you with these spruce leaves, if you lie down for a siesta (short nap or rest) in the afternoon .." The boy continued his innocent jabbering . (Talk quickly and in an excited way that is difficult to stand)

A priest happened to cross that way and stopped to listen to the boy. The priest asked "What are you doing, young fellow?" The boy smiled dreamily and said., "I am praying." The priest said, "Oh! "Oh! Really! Tell me what you said in your prayer." So the lad repeated his simple jabber to the priest. The priest frowned and said, " No! No! That is not the way to pray. God would have felt most insulted by your talks about eating grass and removing lice. Tch! Tch! Let me teach you how to pray. Sit down, cross legged and join your hands. That's right. Now repeat after me..." The priest went on to



teach some mantras and the bewildered boy tried his best to follow the difficult, high sounding words, that sounded more like tongue twisters to him than prayers.

Later the priest went away and the boy returned home with his flock of sheep. That night God came to the priest in his dream. "Oh priest! You are supposed to be teaching people, how to connect with God." "Yes, Lord!" Replied the priest importantly.

"The shepherd boy offered me a beautiful prayer, from his innocent little heart.

You started teaching him the correct oratory and grammar of prayer. You rather broke his connection with me. He was so immersed in my thoughts that he was not conscious of what he was saying. But at that time, he was one with me. I do not care for the words. I care only for the feelings and the emotions. The little boy knew more about prayer than you do!"

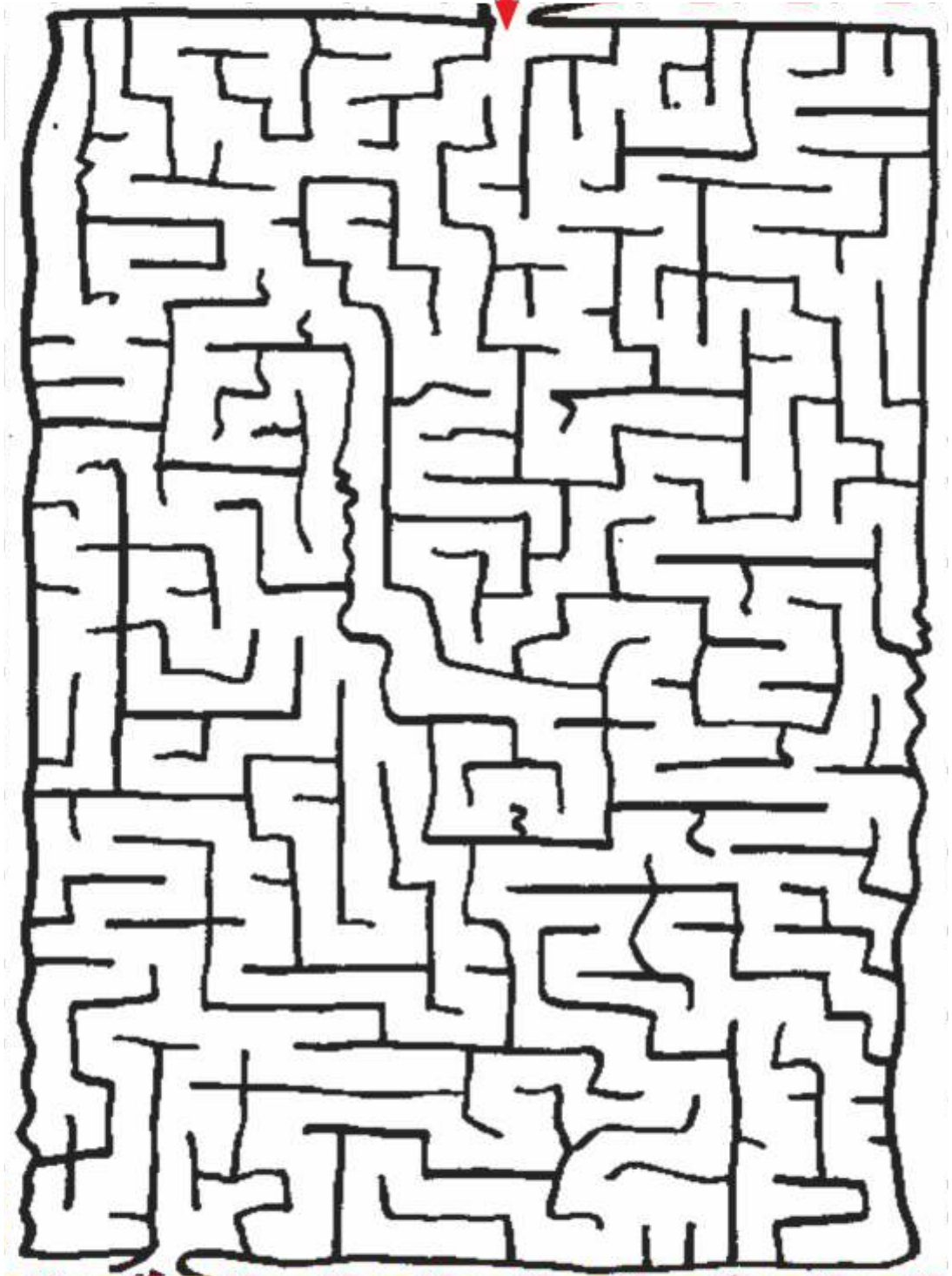


Moral : A child-like simplicity, purity and innocence is the road to divinity .



Maze

Let us try the right way



—Prateek, Delhi

POETIC JUSTICE

The thorn and the flower were born on the same branch,, at one time, but the two careered along since that moment differently.

The one progressed towards gradual desiccation and in due course attained a certain roughness of texture.

The other commenced to blossom and gradually attained delicacy.

I saw, one day, the thorn moaning with pain at the mutilation it had suffered under the shoe of a passer-by.

That very day I witnessed the flower smiling at the fulfilment of its mission in life when it shared the company of a divine idol.



Lala Lajpat Rai

Lala Lajpat Rai born, 28 January 1865 – 17 November 1928 was an Indian Punjabi author and politician who is chiefly remembered as a leader in the Indian fight for independence from the British Raj. He was popularly known as Punjab Kesari meaning The Lion of Punjab also known as "Sher-E- Punjab" in Punjabi. He sustained serious injuries by the police when leading a non-violent protest against the Simon Commission and died less than three weeks later.



—Sangita



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