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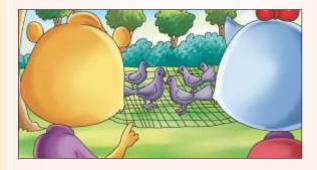




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As You Sow, So You Reap

Mr. Purshotam was running a dairy. At a short distance, Mr. Matlabi owned a bakery shop. Every morning Matlabi had been buying one pound of butter from Purshotam's Dairy for several months. Once, it just struck Maltabi that the butter given by Purshotam was underweight. He weighed the butter, and his doubt was confirmed. He made a complaint in the court of king, along with the pack of butter.

A show cause notice was sent to Purshotam for giving his explanation. Receiving the Notice, Purshotam got nervous. He was in a fix to know what to do.

Purshotam appeared in the court. He was asked to show cause why Matlabi had been given butter less than one pound. He was also asked to show the one pound weight he had been using. True to the fact, Purshotam informed the court that he was not having any weight of one pound. More revealing and less concealing, Purshotam informed the court that in fact, he had been buying one pound packet of bread from Matlabi's bakery daily early morning. At the time of giving butter to Maltabi, that used to be weighed against the bread received from his bakery. Purshotam produced the breadpack in the court. When weighed against butter, the scale was found to be in exact balance, but the blame was shifted from Purshotam against Matlabi and he was reprimanded.

The episode teaches us that what goes around does come around. As you sow so shall you reap, in whatever form. Lord Jesus Christ says, "Happy are those who long to be just and good, for they shall be completely satisfied... your father who knows all secrets will reward you." Her Holiness Satguru Mata Sudiksha Ji always cautions, "Do unto others as you wish to be done by."

— C.L. Gulati

SAMPURAN AVTAR BANI

IK TU HI NIRANKAR-161



KITHE LIKHIYAI CHHADD DE JAG NOON KITHE LIKHIYAI DHOONIAN TA; KITHE LIKHIYAI CHHADD GRAHSTI KITHE LIKHIYAI DUKH UTHA. KITHE LIKHIYAI CHHADD DE BACHE KITHE LIKHIYAI BHES VATA; KITHE LIKHIYAI BAN JA SADHU KITHE LIKHIYAI DHAKKE KHA. KITHE LIKHIYAI TIAG DE MAYA KITHE LIKHIYAI DHAN LUTA; KITHE LIKHIYAI JAAL JAFAR TOON KITHE LIKHIYAI GHOL GHUMA. IKO GALL KAHI VED QUARAN GURCHARANAN TE SEES JHUKA; KAHE AVTAR SUNO RE SANTO IK CHHIN ANDAR RAB NOON PA.

Thou Formless One 161

- Where is it written that you should renounce the world and sit by the side of fire?
- Where is it written that you should leave your family and undergo suffering?
- Where is it written that you should leave your children and change your countenance?
- Where is it written that you should become a recluse and wander aimlessly?
- Where is it written that you should renounce the material wealth and squander your money?
- Where is it written to perform rigorous rites and rituals and sacrifice your all?
- The Vedas and Quran, have ordained one thing that you should bow your head at the holy feet of the True Master.
- Avtar says, listen O' saints, you can realize God in a moment by doing so.

Vajrasana **And Its Benefits**

ccording to yogacharya Mr. Anoop, vajrasana stimulates the vajra nadi which facilitates good digestion. It helps relieve from sciatica, nerve issues and indigestion. "When you sit in vajrasana you obstruct blood flow to the lower part of your body - thighs and legs. This increases blood flow to your pelvic area and stomach due to which bowel movement and digestion becomes better. It aids liver functions as well." noted Mr. Anoop

How To Get Into The Pose

Probably one of the easiest pose ever, getting into Vajrasana is a cakewalk; however, sustaining it can be a challenge for beginners. All you have to do is to sit on your knees with a straight posture and upright spine. Make sure your feet rest flat on the ground with soles turned upward, supporting your glutes for the posture. Focus on your breathing and try to hold the pose for at least 30 seconds. Vajrasana is also known as the adamantine pose, the thunderbolt or the diamond pose. It works on thighs, legs, hip, knees, back and ankles.

"It is the only pose that can be done on a full stomach. In fact, it should be done right after having a meal. Avoid doing it in case on any leg or knee injury. It is also known to relieve from constipation and facilitate nutrient absorption in body. If you notice, the Japanese tea ceremony always happens sitting in vajrasana," shared a Delhi-based yoga aerobics expert, Vanita Randhwa.

Thunderbolt pose 625

Vajrasana or the thunderbolt pose is great stomach, liver and uterus exerciseVajrasana or the thunderbolt pose is great stomach, liver and uterus exercise. It also strengthens the lower back. "It is a pose that comes when you kneel and sit on your knees, bringing your hips on your heels. The asana give your quadriceps a nice stretch," Anju Kalhan, yoga expert, Vivafit fitness centre.

COMMENTS

The pose is ideal for practicing long meditation. Initially, one may find it difficult to withstand the pose due to the intense stretch it gives to your legs and thighs but with time you may even go on till 20 minutes at a stretch. "Always practice this posture under supervision in case of back pain and knee injury,"

—Nisha Swesh



Nutritional blindness occurs when supplies of vitamin A stored in the body run out, when replenishment is insufficient, or when intestinal absorption is hampered by infection or protien-energy malnutrition. Vitamin A is obtained from animal products like liver, milk, butter or eggs, containing a preformed vitamin A called retinol, or from dark green leafy vegetables or yellow vegetables and fruit containing a pro-vitamin A called carotene which can be metabolised by the body into vitamin A.

Vitamin A deficiency strikes most dramatically at the eyes, producing night blindness (vision is impaired at night), and dryness of the eyes leading eventually to ulceration of the cornea and necrosis of the eye. Even mild states of deficiency will make children more vulnerable to gastrointestinal and pulmonary infections, and may increase the mortality caused by these diseases.

Young children are the most vulnerable, since their vitamin A needs are relatively higher and they are more prone to febrile illness that rob the body of the vitamin A. The younger the child and the more severe the deficiency, the higher the risk that corneal destruction will be followed by death. Sixty to seventy per cent of all untreated victims die within weeks of going blind.

—Gurdev Singh, (Pandoh, HP)

Precious Words of Baba Hardev Singh Ji Maharaj

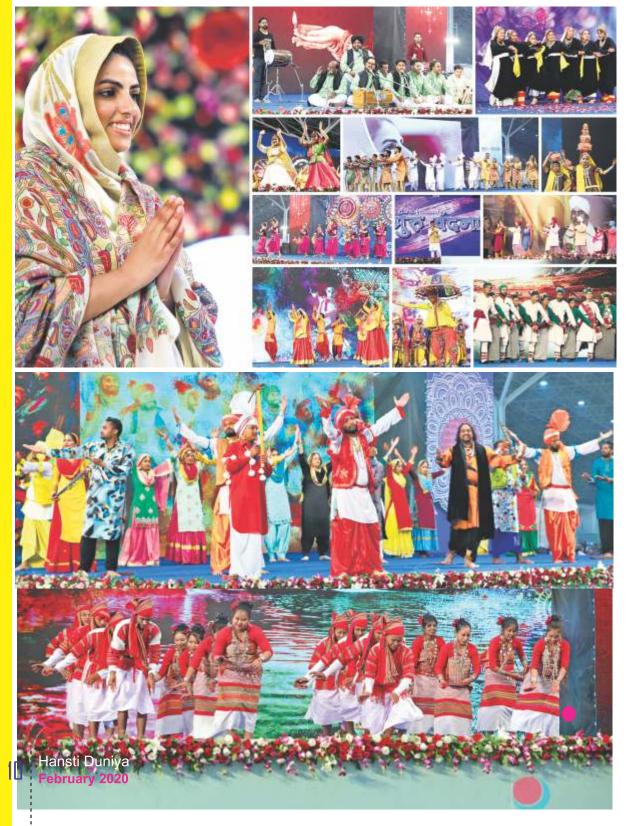
- ★ Knowledge is light and ignorance is darkness.
- Man is the supreme creation of God.He has to maintain his dignity.
- The wealth of character is bigger than the entire worldly wealth.
- Human energy should be utilized in human welfare and not wasted in destruction.
- ★ The elders show us the path; we have to tread on those ourselves.
- Wisdom lies in finishing our work on daily basis.
- Today's human is awake towards myth and not truth. Human awakening towards humanity is utmost necessary.
- ★ Before finding faults in others, we should introspect.
- A good mother is equivalent to hundred teachers, so she should be respected at all costs.

- ★ The greed destroys our wisdom, wisdom destroys modesty, modesty lost destroys religion and religion lost destroys the human completely.
- ★ As every golden thread is costly; so is every moment of time.
- ★ The wounds of sword can be healed, but the wounds made by words are hard to heal.
- ★ The wealth earned through honesty gives pleasure throughout whereas that earned through dishonesty is always painful and disturbing.
- Let all the human beings on this earth learn to live in harmony and oneness.
- ★ The goodness vanishes in selfishness as the river vanishes in the ocean.
- ★ Love and forgiveness is much stronger than hatred in the world.
- We can please God only when we accept the human beings also.
- ★ Ego is like a stone in the shoes which always discomforts.

- We remember the saints, worship them. We should not limit ourselves to remember them but follow their teachings also.
- ★ To torment others is an easy task like cutting a tree within few seconds, but to please a person is like keeping patience, self-restraint and being alert necessary to nurse a newly planted tree.
- ★ The winners are not those who have never faced defeat rather they are those who never commit mistake to leave the ground with the fear of being defeated.
- ★ The real basis of life full of ecstasy is the equilibrium and if this thing is kept in mind, your present and future will always remain brighter.
- ★ Infighting in a boat is more dangerous than the tempest outside
- If Knowledge and its execution combine, the earth will decidedly become heaven.
- Love people and use things instead of using people and loving things.
 - Translated by Vinod Vohra



Guru Vandna A Cultural and sSpiritual presentation in the presence of Mata Ji on the occasion of the 72nd International Samagam at Nirankari Spiritual Complex Samalkha.

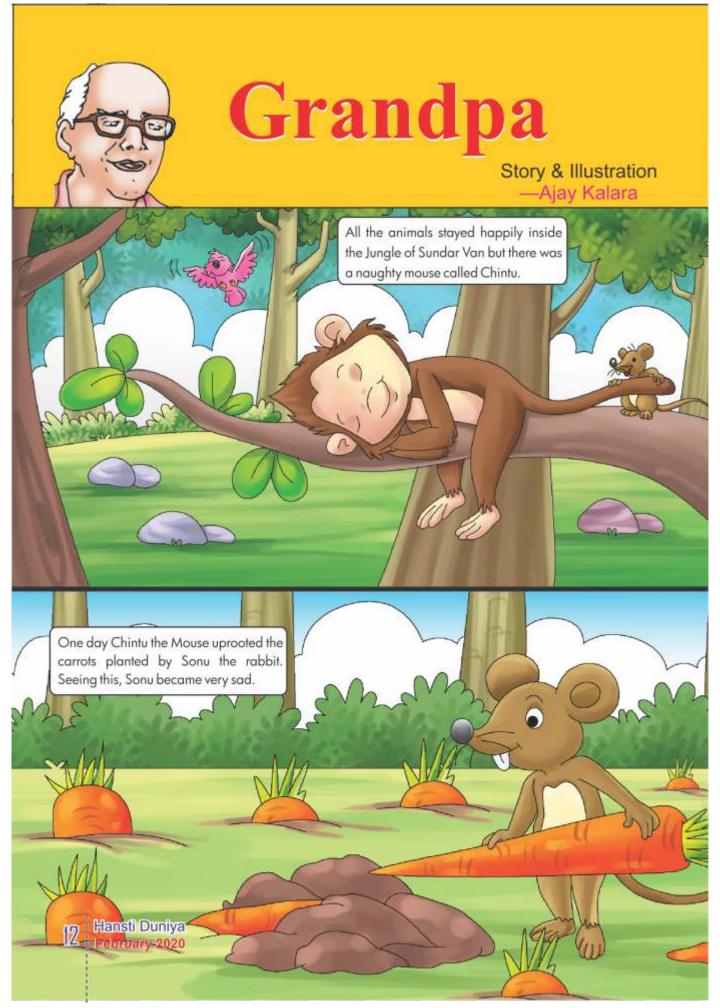




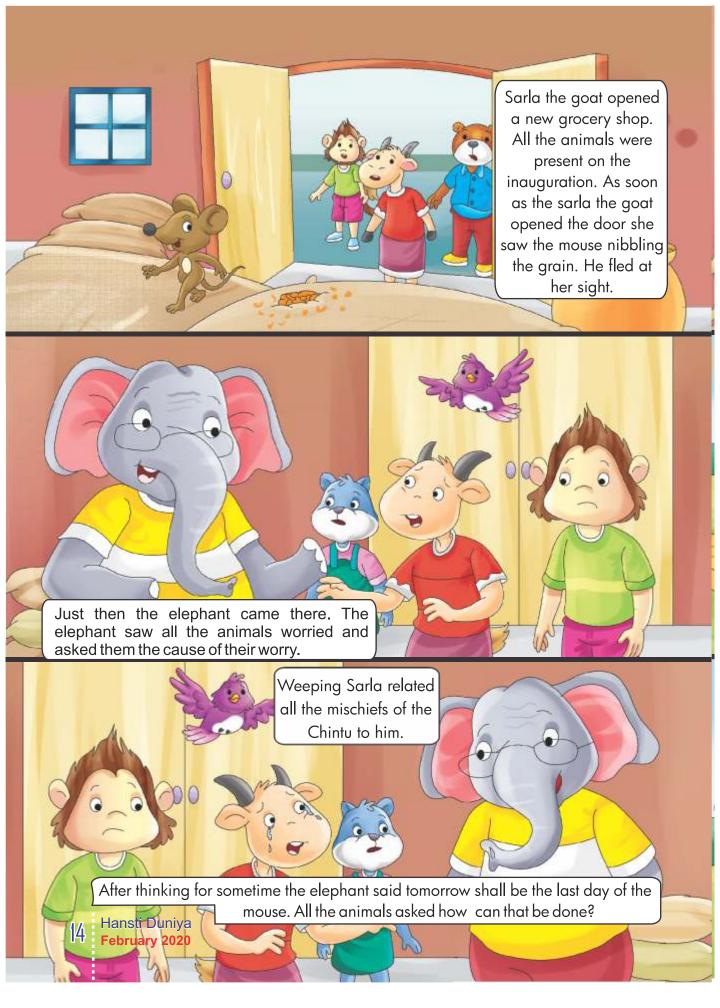


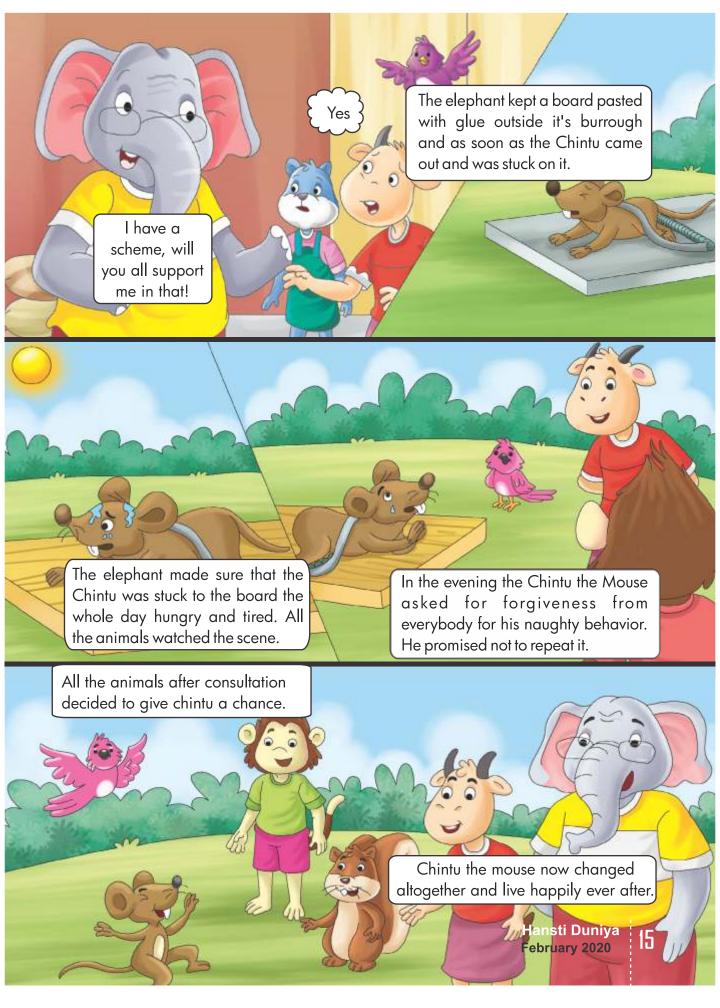












Galileo

Galileo was born in Pisa (then part of the Duchy of Florence), Italy, on 15 February 1564, a lutenist, composer, and music theorist.

Galileo is considered one of the greatest astronomers of all time. His discovery of Jupiter's major moons (lo, Europa, Ganymede and Callisto) revolutionized astronomy and helped speed the acceptance of the Copernican Model of the universe. However, Galileo is also known for the numerous scientific inventions he made during his lifetime.

These included his famous telescope, and also a series of devices that would have a profound impact on surveying, the use of artillery, the development of clocks, and meteorology. Here are some of his contributions to science-

Hydrostatic Balance: Inspired by the story of Archimedes' and his "Eureka" moment, Galileo began looking into how jewelers weighed precious metals in air, and



then by displacement, to determine their specific gravity. In 1586, at the age of 22, he theorized of a better method, which he described in a treatise entitled La Bilancetta (or "The Little Balance").

Galileo's Thermometer: In ca. 1593, Galileo constructed his own version of a thermoscope that relied on the expansion and contraction of air in a bulb to move water in an attached tube. Over time, he and his colleagues worked to develop a numerical scale that would measure the heat based on the expansion of the water inside the tube.

The Sector: The cannon, which was first introduced to Europe in 1325, had become a mainstay of war by Galileo time. Galileo devised and improved a geometric and military compass for use of gunners and surveyors which helped them to calculate and coordinate their fire.

Galileo's Telescope: While Galileo did not invent the telescope, he greatly improved upon them. Over the course of many months during 1609, he unveiled multiple telescope designs that would collectively come to be known as **Galilean Telescopes**. The first, which he constructed between June and July of 1609, was a three-powered spyglass, which he replaced by August with an eight-powered instrument that he presented to the Venetian Senate.

-Nitu Ramhari Jadhay

The Saint & The Fish

There was a big pond in a village. There were both large and small fish in the pond. They used to swim about in the

pond. One day, a fisherman spread his net to catch fish. After that, he sat on the bank. The fish also saw him. They became very frightened and started running away from him. One of the fishes was really very scared and felt totally helpless. In the meantime, one saint came near the pond. He saw this frightened fish. "I shall tell you how to save yourself from this menace." He told the fish. "You go and sit still near the feet of the fisherman. I assure you, you will be saved." He told the fish. The fish obeyed the saint and did likewise. The fisherman threw the net wide and away from himself. Many fish, who



were running away from him, got caught in the net. But the fish, which had obeyed the saint, was unharmed. In the evening, the fisherman gathered the net and went away home. The small fish felt happy on surviving and she swam back to pond. She had realized that she was saved, on account of obeying the wise saint.

Dear children, the moral of the story is that this world is like the pond. We all are living in this pond. Those, who take the guidance from a True Master and follow his advice, can only be safe.

★ Truth is God only.

★ Always keep company of the gentle persons.

* Anger converts a man to an animal.

★ The first sign of being religious is to live in harmony and act like humans.

Compiled By: Rita Arora

Precious Words

The Red Shawl

A poor man was a great lover of God. He spent a lot of time in contemplation on the name and form of God. One day a rich merchant happened to pass by his cottage. It was hot and the rich merchant was thirsty. The poor man sensed that the traveler was thirsty so he offered him some cool water. The two got talking and the rich merchant was impressed by the simple truths of life that this man seemed to be aware of. The merchant gave a beautiful red shawl to the poor man as a token of gratitude and appreciation. He also invited him to dine with him the following day saying, "Please wear this shawl when you come to my house."

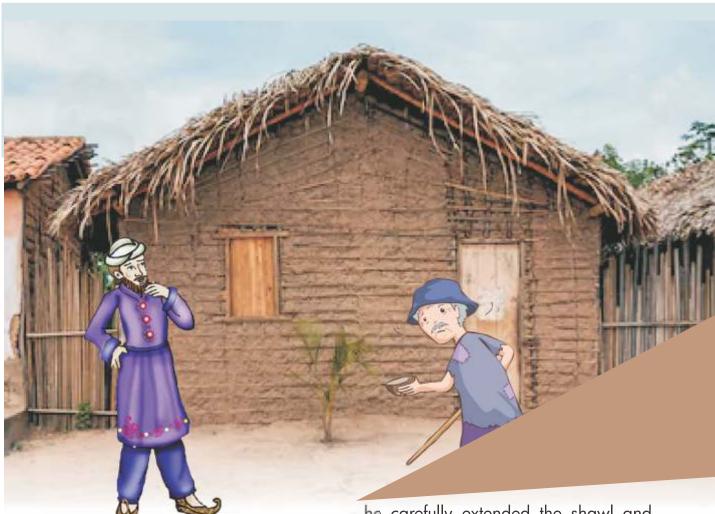
The poor man went to the merchant's mansion on the next day but he did not wear the shawl. The doormen did not allow the simpleton to go inside to attend the dinner party. The poor fellow stood by the gate for some time watching the guests go in. He saw the expensively dressed men and women. He heard the rustle of silk and saw the diamonds sparkling on their

person. He saw the gateman offer salutations to each guest as they arrived. Sometime later the man returned to his home.

The merchant meanwhile remembered the fellow and wondered why he had not come. So sharp was his desire to meet the man again that he asked one of his men to go and fetch him saying, "Tell him that I am eagerly waiting for him. Please remind him to wear the silken shawl that I gave him yesterday."

The poor man came after a while escorted by the merchants messenger, complete with red silken shawl and all! The merchant welcomed him warmly and exclaimed, "Oh! My friend I have been waiting for you. Did you forget to come?" The shawl clad man said, "I came earlier, but no one let me enter your mansion. Now that I have come, wearing this shawl, I have been not only allowed in, but positively welcomed."

The merchant smiled knowingly and said, "These are the ways of the world.



You see it is very important to be well dressed to participate in such a gathering. All the who's-who of the city are present here. It is but natural that everyone expects you to be well dressed."

Later in the evening, dinner was served at the magnificent dining table. It was laden with delicacies prepared painstakingly by the best Chefs in town. Wine and exotic fruits were being served freely. When the person serving came up to the shawl clad man,

he carefully extended the shawl and laid it on the table. He told the waiter to pour the vegetables on to the shawl. Everyone looked at the man and the exquisite shawl lying in front of him. The host rushed to the scene and said, "Why did you remove the shawl? Why are you asking for the food to be poured onto it? Everyone is laughing at you."

The man said, "It is this shawl that has been my passport to this august gathering. So surely it is the one that deserves all these delicacies, not me!"

Moral: "It is one's sacredness that makes one a good person."

H.D. Answers

- Akhlesh, Mumbai
- Q. How can one make one's life happy and peaceful?
- A. By being contented with what he has.
 - Ratnesh, Gorakhpur
- Q. What is the difference between power and faith?
- A. Faith generates power.

-Manish, Delhi

- Q. What to do in times of despair?
- A. One should have patience and put in more hard work.
 - —Sushma, Rohini (Delhi)
- Q. What to do to attain true happiness?
- A. Attain self-knowedge.

- Pawan, Patna

- Q. What is true knowledge (Gyan)?
- A. Knowledge is never true or false; it is, the behaviour that testifies it so.
 - -Rajesh, Dehradun
- Q. When does a man not feel elated by his success?
- A. When he fails to fulfil his high ambitions.

— Rishi, UK

- Q. Is there really any God worth His name on this earth?
- A. Existence of God is not a question but answer to all the questions born out of ignorance.

Complied by-Vikas Negi (Uttarakhand)

Thomas Edison

Famed American inventor Thomas Alva Edison, who had 1,093 patents in his name, was born in 1847 in February month.

Growing up in Ohio, Edison was mostly taught by his mother. When he turned 13, he acquired a jobs as



During a stint as a telegraph operator, Edison began spending his off-hours tinkering on his own creations. However, his first patented invention, an electronic vote recorder intended for use in legislative bodies, proved unwanted. But out of that commercial failure grew Edison's plan to, from then on, invent only things he thought the public would use.

It was a lesson he learned well. He helped to improve existing items, such as stock tickers, telegraphs, fire alarms, and telephones. Then Edison went to work coming up with or contributing to unique ideas, making a name for himself as an energetic and ruthless leader of industry. He built a laboratory in New Jersey that he described as an "invention factory." The "Wizard of Menlo Park," as he became known, contributed to society a motion picture camera; the phonograph; records; an electric storage battery for cars, trains, miners' lights, and buoys; cement kilns; and incandescent electric lighting for the home.

At the time of his death he was searching for an alternative to rubber for car tyres.

1. Speak only that which will bring you honour.



- 2. Neither money pays, nor name, nor learning, it is character that can cleave through adamantine walls of difficulties.
- 3. All human assets, material and intellectual, belongs to God, We must use them as mere trustees for the good of human brotherhood.
- 4. After we are born, it takes us up to two years to learn to speak! But it takes a lifetime to learn when and what not to speak.

 —Gurdev Singh, Pandoh
- 5. Anger and intolerance are the enemies of correct understanding.

Science Matter

What happens when we breathe?

When we breathe in, we draw air in through our nose or mouth. The air is mainly nitrogen (78 percent), with about 21 percent oxygen and 0.04 percent carbon dioxide. This mixture of gases travels down the windpipe, or trachea, into two large tubes called bronchi, one leading to each lung. From here the air travels into a system of smaller air passages called bronchioles and finally reaches millions of tiny air sacs, called alveoli, inside each lung.

When you breathe in, your lungs fill with air. Air passes down the windpipe, through two bronchial tubes into the lungs. The rib cage protects the lungs and heart.



When we breathe out, air takes the reverse route from the air sacs to our nose or mouth. But the content of the air is slightly different. The air we breathe out contains much less oxygen than before and more carbon dioxide and more water vapour. A large sheet of muscle called the diaphragm, situated just below the lungs, contracts and expands to pull air in or push air out of the lungs.

Inside the lungs, oxygen from the air is exchanged with waste carbon dioxide gas from the blood. The oxygen is carried to the body cells in the blood.

Why do we breathe fast when we exercise?

When we exercise, our muscles do more work and therefore need more energy. They get this energy from food, which is broken down during respiration. Respiration uses up oxygen and so we breathe faster to supply the extra oxygen our muscl need when we exercise.

Why do we pant after running fast?

When you pant after a sprint, you are paying the 'oxygen debt'. Exercise that helps your body take in more oxygen causes a build-up of lactic acid, a waste product. Once the exercise is over, the liver processes the lactic acid using oxygen to break it down. The oxygen debt is the amount of oxygen you must take in to process the lactic acid that has





Why do we yawn?

A yawn seems to be the body's way of getting more oxygen to the brain to make us feel more lively. When we yawn we take in air slowly and deeply and then breathe it out. We seem to yawn most when we are tired or bored, or sitting in a stuffy room. Yawning can be a sign that a person needs more air. A drink or washing the face in cold water can stop "us yawning.

Haste Invites Trouble

Once three friends saw a hotel. They decided to purchase it and start a new business. They were standing nearby and talking about purchasing it.

Meanwhile a man approached them and said, "I am the owner of this hotel. I have heard that you want to purchase it. How much money do you have?

"We have five lakh rupees," one of them replied.

"Alright. Give me the money and take this. These are the papers of the hotel. You are the owners of the hotel now."

The three friends happily gave the money and took the papers. They entered the hotel and had a lunch. The waiter asked them for the bill payment. But they said, "We are the new owners of this hotel."

The actual hotel owner came and examined their papers and told them that those were fake papers. The three friends had to wash the dirty vessels of the hotel to pay off their bill. So, they realised that haste invited trouble.



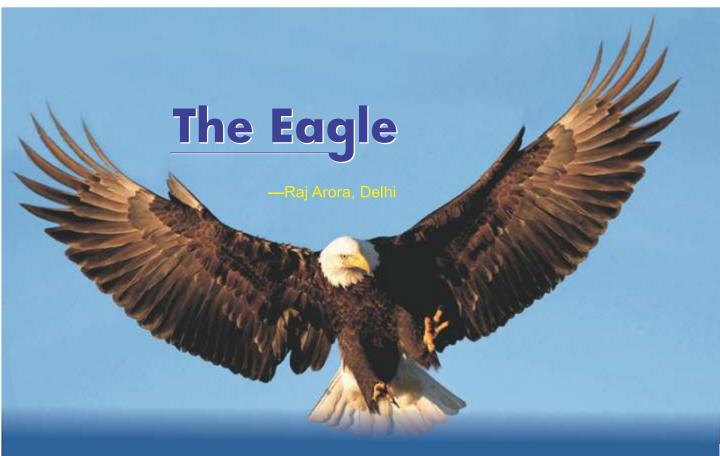


The Honest Treasurer

Once the king wanted an honest treasurer to take care of the royal treasury. An announcement was made that anyone who wanted to have a job in the royal palace must present himself in the palace next day. The next morning, many people had gathered in the royal courtyard. They were made to pass through a dark passage to reach the king's court. In the passage, there were many pots full of gold coins and gems.

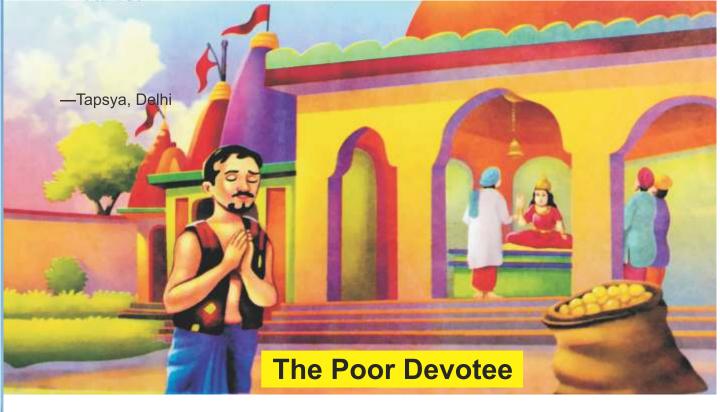
On reaching the court, the king ordered his men to search everyone for the gold coins and gems. Soon gems and gold coins were found from everyone's pockets which they had picked from the pots in the dark passage. Only a young man did not have any gems or gold coins.

The king ordered, "Guards, give ten whiplashes to all the dishonest people. And this honest man will be my treasurer.



If an eagle spreads its wings in your room, it would take up as much space as your bed. Eagles have been called the 'king of birds': because of their majestic appearance and power of flight. They fly easily, using air currents to ride the wind. Eagles are birds of prey, which means that they hunt other animals for food. One reason they are such good hunters is that they have excellent eyesight. Even when an eagle is so high in the air that it can hardly be seen, it can still see small objects on the ground. When it spots a meal, it swoops down and grabs the animal with its strong claws. Then it uses its hooked beak to tear the animal apart.

Eagles build huge nests of sticks on rocky cliffs or in the treetops. Their nests are big enough to hold people! Eagles use the same nest year after year, returning to it with the same mate. When there are eggs to hatch, both the mother and the father eagles take turns sitting on them. Both parents care for the little eagles afterward, taking them mice, fish, rabbits, ducks, snakes, and squirrels to eat. But eagles don't always catch their own food. Sometimes they steal food from another bird by chasing the bird until it gets tired and drops whatever it is carrying. Not all eagles look alike. A golden eagle has a cap of gold feathers on its head. A bald eagle is not really bald, but it looks that way because its head feathers are white and its body feathers are brown.



Once there lived a poor man in a village. He was so poor that he could barely feed his family only once a day. He was leading a miserable life. But he never complained to God. He was always thankful to God for what he had. He was a great devotee. He went to the temple everyday to offer prayers. He used to go around the temple seven times. Then only he used to go to work.

One day, God felt sorry for the poor condition of his devotee. So, he kept a bag full of gold coins for him outside the temple.

Next morning, the devotee went to the temple. He went around the temple with his eyes closed and chanting God's name. He didn't even see the bag of gold coins.

The God thought, 'No one gets anything before time or more than his fortune.'

Be Yourself, Believe Yourself

If you think you are beaten you are,
If you think you dare not, you don't
If you'd like to win, but think you can't
It's almost a pinch you won't
If you think you'll lose, you've lost,
for out in the world we find, success
begins with a person's faith,

It's all in the state of mind
Life's battle don't always go,
to the stronger or the faster hand
They go to the one who trusts in God
and always thinks,
"I Can"

Compiled by : Meenakshi Madaan



A man was sitting by a lake. He was throwing small pebbles into it from time to time. A young boy happened to cross by. He was intrigued to see that after every few minutes or so, the man would toss a pebble into the lake. The boy went up to the man and said, "Good pastime, this stone throwing, eh?"

"Hmmm," said the man. He seemed to be deep in thought and obviously did not wish to be disturbed.

Some time later, the man said softly, "Look at the water, it's absolutely still." The boy said, "Yeah, it is." The man tossed a pebble into the water and continued, "Only till I toss a pebble into it... now do you see the ripples?"

"Yeah," said the boy, "They spread further and further." "And soon, the water is still again," offered the man. The boy said, "Sure, it becomes quiet, after a while."

The man continued, "What if we want to stop the ripples? The root cause of the ripples is the stone. Let's take the stone out. Go .ahead and look for it." The boy put his hand into the water and tried to take the stone out. But he only succeeded in making more ripples. He was able to take the stone out, but the number of ripples in the process were a lot more than before.

The wise man said, "It is not possible to stop the movement of the water once a pebble has been thrown into it. But if we can stop ourselves from throwing the pebble in

—Sudeep, Delhi **THE ALPINE FLOWER**

There lived a king who was crazy of the moon. He was so enchanted by the glazing softness of the moon that he decided to go to the moon. But all his trials were in vain.

Finally, he was able to reach the moon.

When he reached the moon, the king found out that all the glazing softness of the moon came from the moon king's beautiful daughter. The king was so drawn by the moon princess that he wanted to marry her.

The moon king said, "If I get my daughter married to you, then the moon will lose its charm. So, in memory of my



daughter, I give you this flower. Take this flower and live happily in your kingdom.

This was the first alpine flower.

the first place, the ripples can be avoided altogether! So too, it is with our minds. If a thought enters into it, it creates ripples. The only way to save the mind from getting disturbed is to block and ban the entry of every superfluous thought that could be a potential cause for disturbance. If a disturbance has entered into the mind, it will take its own time to die down. Too many conflicting thoughts just cause more and more disturbances. Once the disturbance has been caused it takes time to ebb out. Even trying to forcibly remove the thought may further increase the turmoil in the mind. Time surely is a great healer, but prevention is always better than cure.

Moral:Before you allow a thought or a piece of information to enter your mind, put it through the triple filter test of authenticity, goodness and value.



Name :
Father's Name :
Address :
Mohila No

Look at the Picture and Complete the Story

Complete the short story and send it with your passport size photograph to Editor Hansti Duniya English
Address: Patrika Vibhag, Sant Nirankari Mandal, Sant Nirankari Colony, Delhi-110 009
E-mail: editorial@nirankari.org

 This story by Ishana Bhatia D/o Sh. Manish Kumar, H.No. 289 Jharoda Burari, Delhi-110084 .She has been adjudged the best, Congrats to her.



Better Late than Never

Three thieves went to a village in the search of a home in which they could steal a lot of money and can stay for some day, three of thieves were best friends, they indulged in bad habits like abusing, quarreling etc. After two days they were able to spot a house, they

entered at night in that home very cleverly. That home was of saintly people. Every morning a sangat was held in that home. The thieves hid in a store room in the dark. Thieves used to steal money etc. in the night. In the morning they listened prayers, vichar etc. It was the third day



when they heard that in the vichar that money is of no value to us because one day we will die, but the money we collected in our whole life, even that cannot bring us back to life. We should not think about money, we should learn how to live our life without hurting anyone so that we can get salvation and always remember that the purpose of our life is salvation, not money. Day by day they heard these types of words in vichars. After 7-8 days those thieves decided to leave their passion for theft, they regretted for what they did in their life. They came out of the room and went to the head of that house and said sorry. The head accepted their sorry and told them to live simple life. Next day they left that home and went back to their home and they promised themselves to join the sangat in that house every morning. Their life changed after this event.



This story by K. S. Sujesh S/o Sh. Satyanarayan.H,
"Anuraha" near temple,
Kemmanu, Nitte post-574110
has been adjudged as second.



Three thieves went to a neighboring village. They planned the whole day waking early in the morning on that day. They were not so well trained in robbing i.e they were new thieves who had just started to rob small things.In that neighborhood village they went, there were many brilliant people with a genius mind. The people would help each other in trouble. So they designed an idea to trap those thieves. They asked all the people in the village to leave their pet dogs outside free. When the thieves entered the village to steal, they were bitten by the dogs and paid the price for their mischief.

Moral: Evil gets evil.

THOUGHTS TO PONDER

- 1. Vision is the art of seeing what is invisible.
- 2. If you are working on something exciting that you really care about, you don't have to be pushed. The vision pulls you.

—Steve Jobs.

- 3. A river cut through a rock not because of its power, but its persistence.
- 4. The only real mistake is the one from which we learn nothing.

—Henry Ford

- 5. Speak only if it improves upon the silence..
- 6. We are only as strong as we are united, as weak as we are divided.

—J.K.Rowling

7. When there is no enemy within, the enemies outside cannot hurt you.

-Winston S.Churchill.

8. True friends face in the same direction, towards common projects, interests, goals.

-C.Lewis

Compiled by : Manoj Kumar

Guess What

- Q. Where do fishes keep their money?
- A. In a riverbank.
- Q. Where do birds keep their money?
- A. In a branch office.
- Q. What kind of dog can tell time?
 - A. A watch dog.
- Q. How do elephants communicate!
- A. Via "elephone."
- Q. It winkle twinkle at night what I am?
- A. Star
- Q. It's shorter than the rest, but when you're happy, you raise it up like it's the best. What is it?
 - A. Thumb
- Q. I have fangs and enjoy piercing holes with a single bite. What am I?
 - A. Stapler
- Q. I can't go left, I can't go right. I am forever stuck in a building over three stories high. What am I?
- A. Elevator





Kitty











Daffodils

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the take, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way,
They stretched in neverending line.
Along the margin of a bay:
Ten thousand saw I at a glance.
Tossing their heads in sprightly dance.

The waves beside them danced, but they
Out-did the sparkling leaves in glee;
A poet could not be but gay,
In such a jocund company!
I gazed—and gazed-but little thought
What wealth the show to me had brought:

For often, when on my couch I lie In vacant or in pensive mood, They flash upon that Inward eye Which is the bliss of solitude; And then my heart with pleasure fills, And dances with the daffodils.



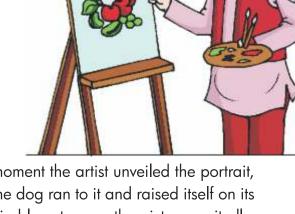
The Lifelike Painting

A portrait painter was renowned for his work. It was a status symbol to have your portrait painted by him. The rich and elite of his city were always in queue to get their portraits done by this talented man.

Mrs Gainworthy had ordered a portrait of herself. When it was ready, she went to see it, accompanied by her pet dog, who was darling of her life. The artist showed her the painting with pride. She said to her dog, "Pepper baby, look at that portrait. Do you like it? Shall we take it home, sweetheart?" The dog couldn't care less. He just looked the other way. The lady tried her best to cajole the dog to look at the painting, but she didn't get success. Mrs Gainworthy said angrily, "My Pepper doesn't recognize my picture. It's lousy. It doesn't look like me. I don't want it." She shook her head naughtily and turned around to leave.

The artist was well versed with the idiosyncrasies of the moneyed. He just smiled and said, "Mrs. Gainworthy, it is my duty to satisfy you, I mean your dog completely. Give me a day, I shall work upon the painting and shall make it absolutely lifelike, trust me." The lady said arrogantly, "Alright, I shall come again tomorrow, but see that I shall not pay you a penny if Pepper doesn't recognize it as my picture." "Sure Madam. Please come back tomorrow and remember to bring Pepper with you."

The following day Mrs. Gainworthy walked into the artist's studio with dog in tow The



moment the artist unveiled the portrait, the dog ran to it and raised itself on its hind legs to paw the picture excitedly. The dog licked it and wagged its tail happily.

The lady broke into a broad smile, "Oh! I love it now! It's fabulous. It is so life like. I can't wait to show it to my friends. What an amazingly talented man you are!" The artist packed the portrait and relieved Mrs. Gainworthy of a neat sum of money! She walked away proudly clutching the portrait.

The artist meanwhile, laughed heartily as he disposed off a large chunk of raw meat; the one he had just used to rub the painting with, from top to bottom! What an absolute fool the artist had made of the lady or would it be more appropriate to say, what an absolute fool the lady had made of herself Advice should be taken from one who is capable of giving it. If you don't have confidence on your own judgment, someone is sure to make a fool out of you.

-Compiled by Dimple Bawa, Delhi

Compiled by: Sakshi Gulati, Chandigarh

aughing Time







John : My neighbour always

whistles as he works.

: He must be a happy fellow. Tom

John: No, he is traffic policeman.

Patient: Doctor, how can I ever pay

for your kindness?

Doctor: By cheque or cash

Teacher: When was Rome built?

Student : At night, Sir. Teacher: Who told you that?

Student: You told it sir, you said that

Rome was not built in a day.

Judge: Did you commit the robbery

alone?

Burglar: Yes your honour. The trouble about having a partner in an affair like this is that you can never be sure whether he is

honest or not.

: The whole body aches Patient

wherever I touch.

: I suggest X-ray of whole Doctor

body.

X-ray Report: Fracture in finger

Gurdeep, "Do you remember God before going to sleep?" asked Devinder.

-No! But my mother does remember, saying-'Thank God, the devil has gone to sleep."

Kanta: Waiter, it's been half an hour since I ordered the turtle soup.

Waiter: Yes, sir, but you know how

slow turtles are.







Teacher to student-What is the difference between an apple and an orange?

Student- An orange is of orange colour but apple is not of apple colour

Once, a man applied for loan from a bank for the marriage of his daughter. The bank Manager said—Sorry sir, Bank does not give loans for marriages. Loan is given only when you have to buy something, like Scooter, Car or a house, etc.

O.K. Sir! Then do write on my application form that I have to buy a bridegroom, the man replied.

Anil: Who tied this knot in your handkerchief?

Sunil: My wife, she wanted me to post a letter without fail.

Anil : So did you post the letter or not?

Sunil: No, she forgot to give it to me.

A boy to doctor- sir, every night rats play football in my tummy?

Doctor: (finds a tablet, syrup and gives him) here, take this and you will feel ok.

Boy: Can I take this tomorrow?

Doctor: Why?

Boy : Today is the final match.





Doctor (To a lawyer): Your profession is very bad. A slight mistake on your part can make a man hang five feet above the ground.

Lawyer: And your profession is rather worse. The slightest mistake on your part can make a person get buried five feet under the ground



- ★ An opportunity is like a biscuit dipped in tea..a little delay and it is gone.—Meenu Chouhan, Dwarka
- We become matured and successful when we develop the ability to listen negative comments about us and digest it without losing our temper and confidence.
 - -Manish, Sant Nagar.
- ★ Spirituality is not something, you can do on the outside, in a temple, mosque or church. It has to happen within yourself.
 - -Narinder Singh, Panchkula
- ★ The ocean is huge..But,we get as much water as our hands can hold. .God's blessings are infinite but as much as our belief can accept.
 - S.C. Bhatia, Mandi

- ★ Worry is a misuse of your imagination.
 - D.R. Dogra, Khaliar.
- ★ The world is beautiful outside when there is stability inside.
 - Sonna S. Ahemdabad.
- If you see the world with the vision of love, you will find everything so beautiful and meaningful.
 - Namita Pankaj Bhalla, Una
- * You are not fully dressed until you wear a smile.
 - -Poonam Nirankari Cly, Phagwara
- ★ Plenty of people miss share of happiness ,not because they never found it,but because they didn't stop to enjoy it.
 - Sanjeev, Chandigarh
- ★ Your good deeds might be invisible, but they leave a trail that is imprinted on the hearts of others.
- Gaurav Sahni, Shahbad Markanda
- Keep a smile on your face and let your personality be your autograph.
 - Jay Narain Chaudhary
- ★ You have never really lived untill you have done something for someone who can never repay you.
 - -Goldy, Gurgaon

Result for the month of December 2019 Issue

First:

Arpita Saini

Age 10

200 Lake Trail Drive, Johns Creek GA-30022 USA

Second:

Manushre Rathi

Age 9

New Swastik Nagar

Near Water Tank, Amarvati(Mah.)

Third:

Reshma

Age 11

Rama Mandir, Fafadih

Raipur (C.G.)

Consolation Enteries

Hrushabhasim Dhankaur (Walgan)

Francesca & Deruz (Kolhapur)

Sumanyu Chawla (Dhirpur, Delhi)

Raunka (Mumbai)

Ramavdh Yadav (Azamgarh)

Shiv Kumar (Arjun Nagar, Delhi)

Ranu Mandal (Mumbai)

Radha Sisodiya (Delhi)

Himanshu (Panipat)

Sanju Singh (Ludhiana)

Jyotish Rai (Dehradoon)

Harsh Malhotra (Mukharjee Nagar)

Khushi & Prtiksha Rai (Patna)

Rewti Kumari (Kanpur)

Disha (Prayagraj)

Rohsan Kumar (Bhimandi)

Rahul (Wazirpur, Delhi)

Kiran (Delhi), Tappu (Delhi)

Richa (Dehradoon)

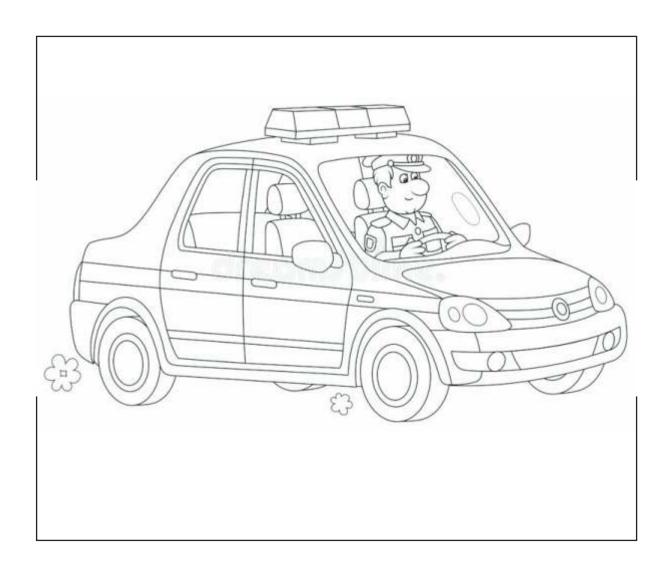
Neha Kumari (Delhi) Radha (Delhi)

"Colour it" for February Issue

On page 44, a beautiful picture is given; colour it and send it to us latest by March 20, 2020. Office address: HANSTI DUNIYA, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in April 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	

-Naresh Ahuja, Delhi

Empower Yourself



veryone wants to live in light and remain bright. Fulfilling this dream is quite simple. Just switch on the light or light a candle, there will be no darkness. Choosing or selecting the right path always leads to our destination. To make our life beautiful and wonderful, we will have to walk on the path of positivity. Positivity is like sun which dispels all darkness in our life. Positivity is absence of negativity. When we are positive towards our life, we are full of life. Then we can accept and respect others. We can see positive points in others just because of our positive attitude. When we have negative eye towards them, we become blind, we cannot see any good in them, we cannot talk good of them rather we keep on finding faults in them. As a result of all this, we never come forward to work together and thus never know each other. We also forget that while finding faults in others we are focusing our energy on their negativity and thus wasting our time and energy which could be used for other productive and constructive work. Ultimately we are the losers as we also

develop the habit of criticizing which becomes a part of our personality.

Seeds of negativity and criticism cannot create the fruits of positivity and appreciation. The scientific law "As we sow, so shall we reap" will also work in our life. Whatever fruit we want to get from a tree, we will have to sow the seed of that particular fruit. Only a seed of mango can create a mango tree, so if we want to make our life beautiful. wonderful and loveful, we will have to sow the seeds of love, beauty and positivity in our life. When these beautiful seeds will be grown into a tree, we will feel blessed, rich and complete. A person who is rich and full can help others also. Then a tree of love, positivity and beauty can never create fruits of hatred, negativity and criticism. Now what this life brings to us will greatly depend on what we bring to this life.

A Lasting Lesson by a Grand Father

A person, in his childhood, was very fond of playing outdoor games including kabadi, wrestling, swimming etc. As a result he would often get his clothes dirty and torn.

His father, being a Canal Officer, had a cow and buffalo and a number of hens. Those days' only pure ghee, butter and milk were plenty and the young lad was very fond of it. He developed a strong body and used to often show off his muscles to his mates, would frequently pick up fights and beat up others.

All this was not liked by his mother and she often got annoyed with him because of his rudeness to the servants and even tended to disobey her at times when his demands were not met.

His grandparents had come to visit them for a few days. His grandfather, noticing all that, was a bit surprised because he had brought up his children under good discipline. After a few days, he called the young lad and said, "You have a strong body. Let us try your tolerance and tied a brick to his stomach, saying, "Let us see for how long you can bear this?"

The boy showed that this was not much of test. I can bear it for a long time. After about a couple of hours, he started feeling rather uncomfortable but made efforts to show that he was not bothered. After about 5 hours, feeling rather troubled and exhausted, he came to his grandfather and

said, "For how long more you want to test my tolerance?" He said, "You are brave young man, hold on for some more time." After another ½ hour, the boy gave up and requested for removal of the brick, because he could not take it any more.

The brick was removed and the grandfather took him in his lap and said, "You are really strong. However I want to bring home a fact to your knowledge. Your mother carried you in her tummy for nine months without cribbing and feeling frustrated because she loved you and later as a small child when you wet the bed in your sleep, she used to herself lie on the wet bed side and very carefully without disturbing your sleep shifted you on the drier portion. She never complained of getting tired of looking after your comfort, food etc. That is the type of love your mother bestowed on you and now you do not listen to her and at times become rude to her. You got tired in just 5 hours or so."

He said, "You must become a good boy, be very obedient to all the elders and loving, kind and caring towards your friends and all those weaker to you. They will love you and like your company."

With his firm and progressive bent of mind the boy joined Army and reached a fairly good rank. That boy is none other than Maj. Gen. M.S. Kandal (Retd), a renowned Philanthropist, Social Worker and Homeopathic Physician. -Sakshi Batra, Singapore

Hope



Failures and setbacks
And a life full of terrible hacks
The impending doom
But the ray of strength will surely bloom

Moving forward
With only faith
Life is never easy
It is a test you have to everyday take

Empathy and a reason to suceed
Will drive away the cloud of despair
Hard work and trust on oneself
The faults in the journey will itself repair

With only gratitude in heart
Lets take another flight
The end of the tunnel
Will surely be bright with light!

The Best Teacher in the World

rs. Joel was the new class teacher for class IV. This class was unusually bright, except for Malika whose eyes looked sad and dull, as if she was far, far away. Her work like her appearance was sloppy and messy. She never seemed to have done her homework or have prepared for any class test. As the months passed Mrs. Joel developed an irritable attitude towards Malika. When the half-yearly examinations were conducted, Mrs. Joel sat down to prepare the report cards. She was toying with the idea of recommending Malika's case for repeating this class. Some inner instinct told her to ask Malika for her old records. The next day Malika brought her old report cards in a dirty plastic folder. Mrs. Joel sat down to read the old report cards.

Kindergarten Report: An unusually well behaved and organized child. She is always full of fun and laughter.

Excellent! Class-I Report: Malika is a joy to have around. She is always ready to help with class projects. Has a way with numbers.

Keep it up! Class-II Report: Malika is an intelligent and hard working child. We understand that her mother is indisposed. Perhaps her father could put in more time for her?

Class-Ill Report: Malika is trying hard to maintain her zest for life. After her mother's death she needs more attention and love from others at home. Request: Father, please put in your best.

By now Mrs. Joel could barely breathe. She realized what was happening. She made up her mind that Malika was not going to repeat the class; instead she was going to do as well as she had in class KG and in class I. Mrs. Joel started paying special attention to this neglected child. She was made class prefect and was made to sit in the front row in class. Malika was made to assist the teacher in preparing charts, class projects, posters and the like. Mrs. Joel would put her arm occasionally around her little shoulders and say, "Malika you are a great girl."

Day by day, Malika started regaining her confidence. She started studying well. Basking in the sunshine of Mrs. Joel's special attention and care, she cleared her final tests with distinctions. Malika moved on to class V, but Mrs. Joel maintained her contact with her. Malika would seek her attention after school or during break time. When Malika finished her schooling, she hugged Mrs. Joel and said, "Ma'am I am what I am because of you. You are the best teacher in the whole world."



But the story does

not end here. Ten years later, Mrs. Joel received a letter from Malika. It said, "Dearest Ma'am. I completed my Computer Engineering degree. After studying from many teachers during these years, I still believe that you are the best teacher in the world. My father died last year. I want to marry a class mate of mine called Alok Srivastava. Would you be my mother and 'give me away' in marriage to Alok?" The rest was detail.

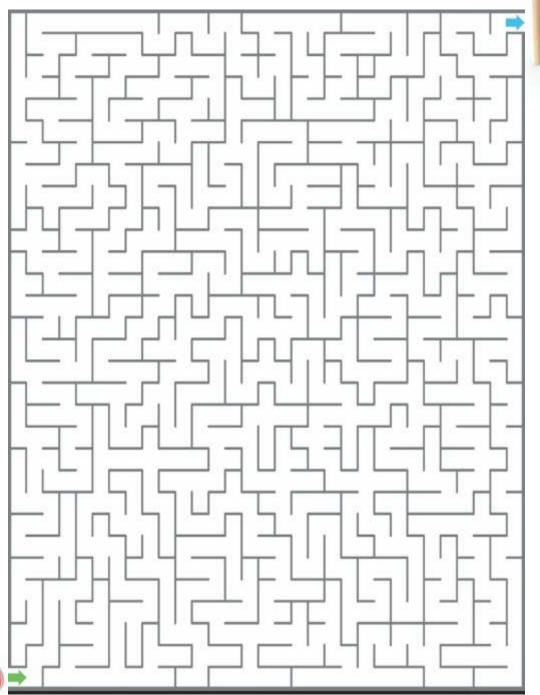
When Mrs. Joel went for the simple wedding ceremony, this is what she said to Alok: "Young man, you have a precious jewel; see that you deserve it!"

And, this is what she said to Malika, "You have branded me as the best teacher in the world. Do you know who taught and inspired me to try to be that? It was you Malika! You brought out the best in me and I am happy to see that I have been able to bring out the best in you. Remember, whenever you need me, I shall always be there for you." Bhagwan Baba has put it very beautifully saying, "A bad teacher complains; a good teacher explains; the best teacher inspires.

"Teachers are reservoirs from which, through the process of education, the students draw the water of life."

<u>Maze</u>

Take this ball to the wicket



-Ritesh





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