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Regular Columns

4. Editorial
5. Sampuran Avtar Bani
6. Precious Thoughts by Satguru Mata Sudiksha Ji
16. Did You Know?
30. Ponder Over
39. Riddles
40. Find 10 Differences
42. Look at the Picture ...
44. Colour It
46. Laughing Time
50. Maze



Photo Features

12. Grandpa
34. Kitty



Articles

- 17 : Childhood Incidents
of Queen Victoria
Ram Avadh Ram
- 18 : Teaching Children ...
C.L. Gulati
- 29 : The Spectacles
Rita
- 32 : Acharya Prafulla
Chandra Ray
Asha Kapoor
- 38 : Find Joy In the ...
Dr. Ashok K. Chitkara

Poem & Etc.

- 8 : What You Can Have...
Vinod M. Machhi
- 9 : Value of Time
Anil Singh
- 24 : Right Attitude
Praveen
- 25 : I Have Seen God
H.S. Nirman
- 27 : Remember Me, God
Helen Steiner Rice
- 28 : How We Creat the...
Archana Garg
- 31 : Love That Lasts Forever
S.G. Fisher
- 33 : Innocence
Raj Karnwal

Stories

- 7 : The Value of Position
Bhavya Jha
- 10 : Jealousy
Figar
- 19 : A Matter of Perspective
Archana Sogani
- 20 : The Punishment
Deepanshu Jain
- 22 : Soni, Mamma and Munmun
Dr. Rakesh Chakra
- 26 : The Fruits of Sangat
Abhay Khare
- 45 : Compassionate Newton
Dinesh Darpan
- 48 : Vipul Chases a Butterfly
Saurabh Sharma



Editorial

Stay Composed

Every student works hard, appears for exams and expects good result. Many a times hard work brings the desired results but sometimes the results may be contrary to expectations. When the results are not as expected, students are shocked and feel hopeless.

Some students lose their mind and understanding of things. If the result is accepted as it is, many untoward happenings can be avoided. Tasks done with a cool mind always bring the right and good result.

A King was busy discussing with his courtiers in the sun. A man sought permission to meet the king. When permission was granted the man placed two diamond rings in front of the king and said, "One of these is real diamond while other is an imitation. Both the rings looked alike. He placed both the rings on the table and said, "I have got these examined from various places but no one has been able to make out real from the imitation. If you can get it done, it shall be given off for the royal treasure. Only one chance shall be given." The king accepted the challenge.

The king examined the rings and was surprised to see that both looked exactly identical. He asked the courtiers to examine them but no one succeeded. Even the jewellers failed and lost hope. In the meanwhile a visually impaired man came and said to the king, "My Lord! I need a chance too." Permission was granted. The man held the rings in his hands one by one and could immediately tell the real one from imitation. The businessman agreed with the answer. The king asked the man as to how could he make out the difference when such intelligent and learned people couldn't succeed in telling the difference.

The man said, "My Lord! When I touched the real diamond ring it was cool because of its characteristic. The imitation had become hot due to sun's heat. The man was rewarded for his wisdom.

Friends! Anyone who stays composed like a real diamond i.e. he doesn't get perturbed under testing circumstances and knows the art of learning from everyone, is always successful. One who gets disturbed and emotionally unbalanced at an unexpected outcome shall not productively utilise even the success.

— Vimlesh Ahuja

SAMPURAN AVTAR BANI



IK TU HI NIRANKAR 183

MAYA DE RANG ROOP NOON TAK KE JEHDE BANDE BHULL GAE;
AMBRON TUTTE TARE WANGOON MITTI DE VICH RULL GAE.
DHIAN PUTTAR TE GHAR WALI PAP JINHAN LAYEE KARDA EY;
WAL CHHAL KAR KE DIN TE RATIN PET JINHAN DA BHARDA EY.
LAKH KARORI MAYA JODI HAUL DILAN NOON PENDA EY;
DHARI DHARAI REHNDI ETHE SAR NA KOI LENDA EY.
IS MAYA NE ETHE REHNAI NAL NAAM NE JANA EY:
SANTAN DENAI DAN NAAM DA JIS NE ANT CHHUDANA EY.
CHHAD KE SARE JHOOTHE DHANDE APNI VI TOON KAR PEHCHAN;
KITHON AIAIN KITHE JANA AVTAR GURU TON GHAR NOON JAAN.

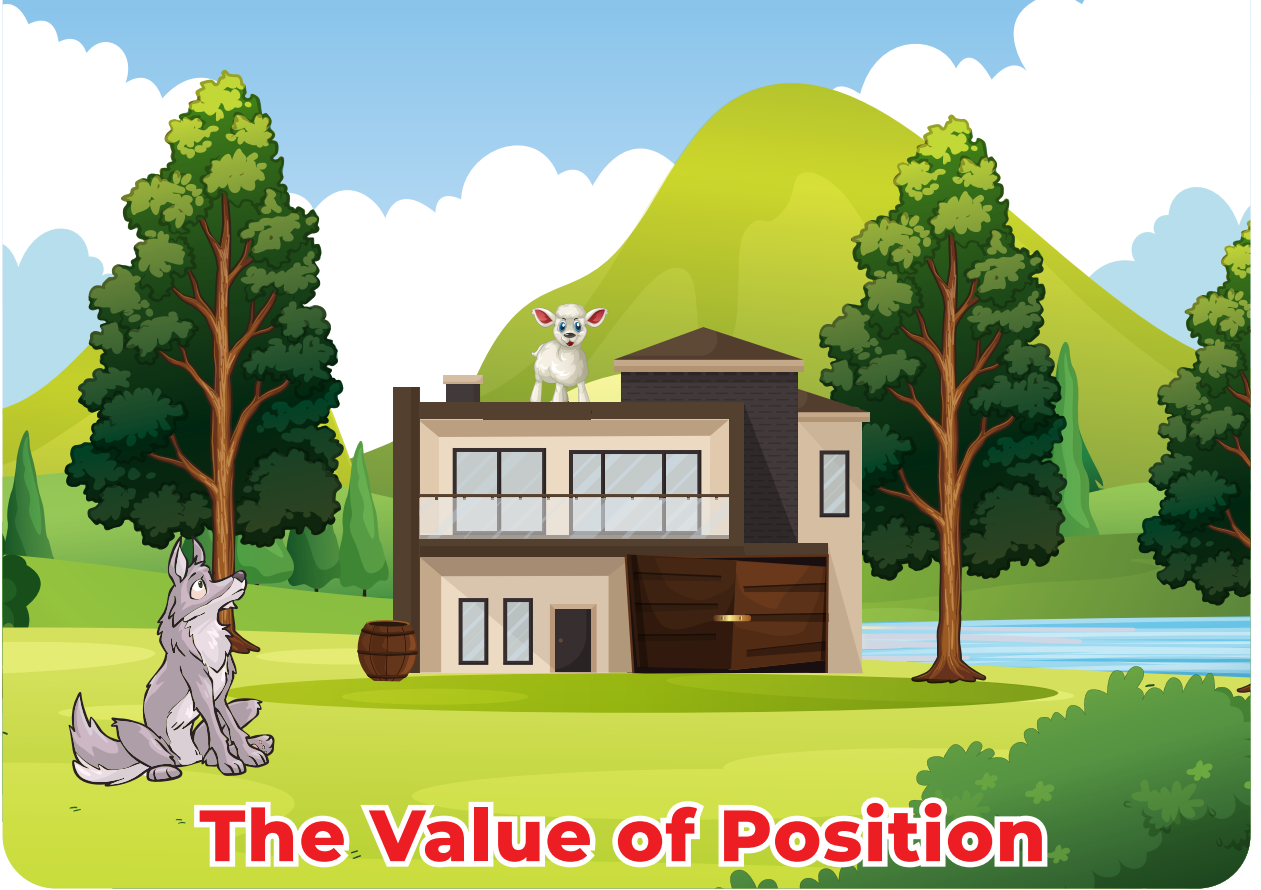
THOU FORMLESS ONE 183

Those who got deluded by the glamour of the material world (Maya), and forgot the Lord;
They were reduced to dust like a star fallen from the sky.
The sons, the daughters and the wife for whom man commits sins;
And feeds them by dubious means day and night.
Man amasses wealth in lakhs and crores and suffers sinking fits while losing it;
All this wealth is left behind, and nobody comes to his rescue.
It would remain here and only the Divine Name will go with you;
The True Saint will bestow the gift of Divine Name. which shall redeem you in the end.
Leaving aside all the false pursuits. You should realize your Self;
Avtar says, you should know from the True Master, the abode from where you came
and where you shall go.



Precious Thoughts by Satguru Mata Sudiksha Ji

- ❖ There are three dimensions of piety – ‘Sewa’ (service), ‘Satsang’ (attending congregations) and ‘Simran’ (God remembrance). Piety based on these is simple and effortless.
- ❖ Be in harmony with each other. Unfold an atmosphere of love and strengthen humanity.
- ❖ Saints carry out devotion and worldly responsibilities simultaneously. They pray for happiness, peace and amity for the entire world.
- ❖ Attending congregations is not sufficient. The teachings for well being must be put to practice. Deepen your devotion by maintaining dignity of ‘Satsang’ and instilling ‘Nirankar’ (God), in mind. The support of eternal God must always be sought under all circumstances.
- ❖ It is our responsibility to maintain the elegance of this beautiful world, provided to us by the Lord if we want to further improve it. Furthermore to maintain purity of mind the journey of life must be carried out with awareness of Nirankar.
- ❖ During examination in the school, students don’t cheat till the teacher continues to watch them, similarly when we remain aware of the fact that we are under God’s surveillance, we will be careful in our actions.
- ❖ Simran purifies us. The more we connect to this ‘Nirankar’ the benefactor, our words and spirit shall be pure.
- ❖ If we focus on correcting ourselves, the entire world shall look alright because ‘Jaisi Drishti Vaisi Srishti (We perceive what we visualize). If we are upright, everyone seems to us the same way.
- ❖ Imbibing love, respect, humbleness, empathy, kindness and tolerance make one a good human being. A life of surrender and selflessness is true living. ♦



The Value of Position

— Bhavya Jha

Once a shepherd had left his sheep free in his house and went away.

The sheep enjoyed the freedom. She roamed here and there in the house freely. She went into the kitchen and ate some bread. Then, she went into the bedroom and got onto the soft bed and relaxed. Thereafter, she went up the stairs to the roof of the house. She was very happy there enjoying the cool breeze. Suddenly the sheep spotted a wolf standing near the gate. He could not enter the house because the gate was locked.

At the first sight, the sheep got scared. But when she realised that the gate was locked, she laughed at the wolf fearlessly.

The wolf said, "Dear sheep, you can laugh today because you are at a higher position than me. I cannot come up. It is not your courage that makes you laugh, but it is the value of the position that makes you fearless." ♦

Moral : Just as the sheep felt fearless after sitting at a height, similarly even saints feel balanced when in an elevated state of enlightenment.

What You Can Have & Have Not By Money

— Vinod M. Machhi

By money you can have Amusement, *But not Happiness.*

By money you can have Book, *But not Brain.*

By money you can have Bed, *But not sleep.*

By money you can have Bowl, *But not saintliness.*

By money you can have Fineries, *But not Beauty.*

By Money you can have Food, *But not Appetite.*

By money you can have House, *But not Home.*

By money you can have Luxuries, *But not culture.*

By money you can have Medicines, *But not Health.*

By money you can have Temple, *But not Lord.*





Value of Time

—Anil Singh

Hari was a poor and lazy man. He did not do any work. One day, the King called him and said, "Why don't you do some work to earn money?" Hari said, "No one gives me job. Everyone thinks that I am lazy."

The King said, "OK, go to my treasury and collect as much wealth as you can, till sunset." Hari rushed home to tell this to his wife. She said, "Go now and get the gold coins and precious gems." "Give me lunch. I am very hungry. Then, I'll go," replied Hari.

After lunch, he took a nap for an hour. Then, in the afternoon, he picked a big empty bag and went to-wards the palace. On the way, he felt tired. So he sat under a tree to rest.

Two hours later, when he got up, a magician was showing magic tricks under the same tree. He stopped there for an hour. When he reached the palace it was already sunset. The palace doors were shut. So, Hari had lost the chance of getting rich because he did not know the value of time. ♦

Jealousy

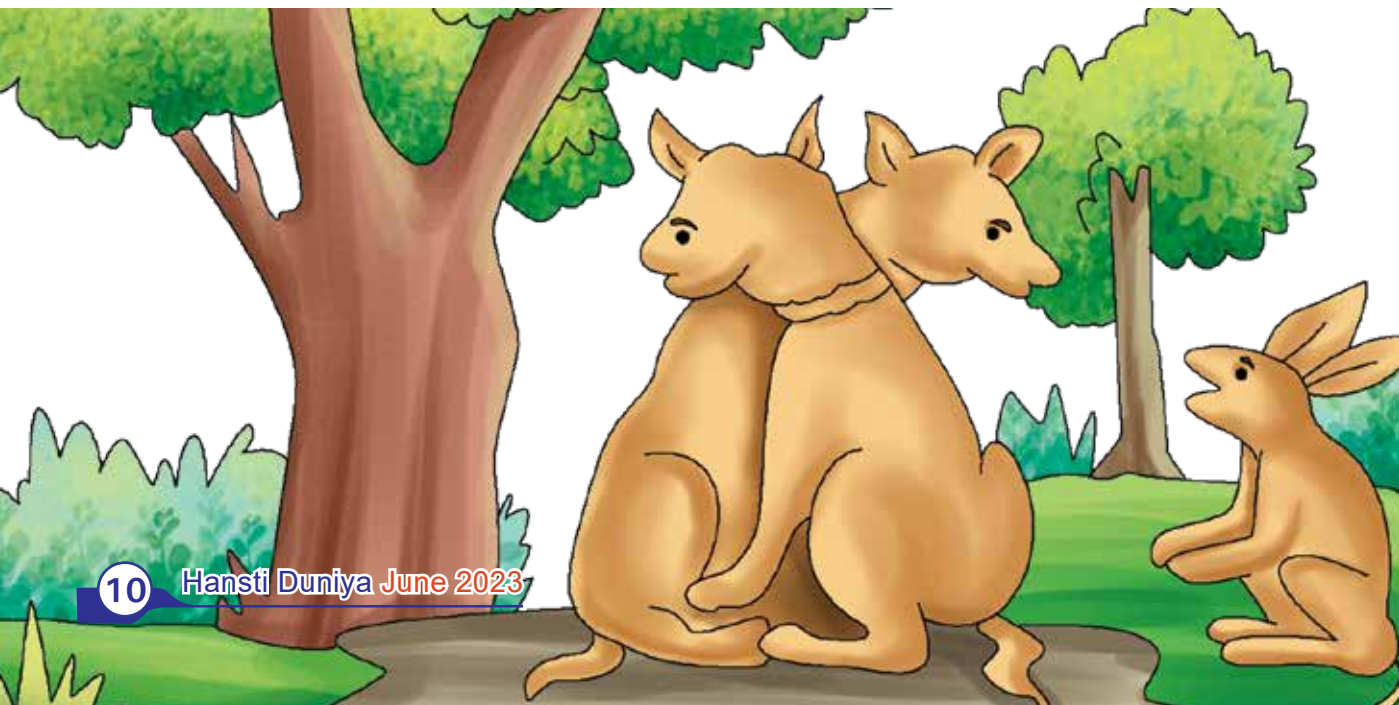
Story by : Figar

Non-violence prevailed in Shantivan now. All the inmates of the forest lived happily and were friendly to one another. The reason was that Sarju and Gopi Leopard had renounced their worldly life. They had now become great devotees of Almighty God. They were good preachers too and had even transformed many lives. They had thus attained good reputation. The inmates of the jungle worshipped them both as great saints. They were also often invited at homes to grace auspicious occasions. But by and by people had also known that they were both jealous of each other.

Ricky was a noble Rabbit. One day, he invited both Sarju and Gopi to lunch. Both of them heartily accepted the invitation. They reached at Ricky's house in time. Before taking the meals, they both expressed their desire to take bath. Ricky at once arranged for it.

While Sarju had left for his bath, Ricky said to Gopi, "Sir, your friend Sarju is really a great scholar of vedas. He has learned 'Vedas' by heart. His pronunciation and explanations are so lucid that even an illiterate can relish his discourse. He has no parallel in the world."

Gopi did'n like to hear Ricky singing Sarju's praises. He felt jealous. "Don't praise Sarju so much," he said. "He is nothing but a fool. He knows nothing about 'Vedas', except that he has learnt a few verses in my company." But this did not appeal to





Ricky. After a while, Sarju returned after taking his bath. Then, Gopi left. Taking the opportunity, Ricky said to Sarju, "Sir, your friend is an exemplary saint. Every word of his discourse takes the audience to the highest plane of spirituality, I don't see his parallel in the world."

"Oh! What are you talking, Ricky? He is a dull-headed fellow. It is only because he keeps my company that he has been able to acquire a little knowledge. I rather feel ashamed of keeping his company." Ricky was taken aback to hear Sarju's remarks about his friend. He felt very bad.

On Gopi's return from his bath, Ricky set a stage for both the saints. Thereafter, he served food to both of them.

On seeing the plates full of weed and straw, both Sarju and Gopi got annoyed. "Ricky, you have insulted us,"

Gopi screamed. "We never expected this sort of behaviour from you. We did not know that the man who has invited us for food is a stupid fellow and does not even respect his guests.

He must be punished for his behaviour," Sarju screamed. It's no fault of mine, Sir. I had invited you with the understanding that both were enlightened saints. But you have both introduced each other adversely. So, I have served you accordingly," said Ricky with folded hands.

Both the saints were stunned to hear this. They both realised their mistake.

Addressing Ricky, the saints said 'Gentleman! It's we who are at fault, not you. We should be punished for it.

It is rightly said: "Respect others if you expect others to respect you." ♦

Grandpa

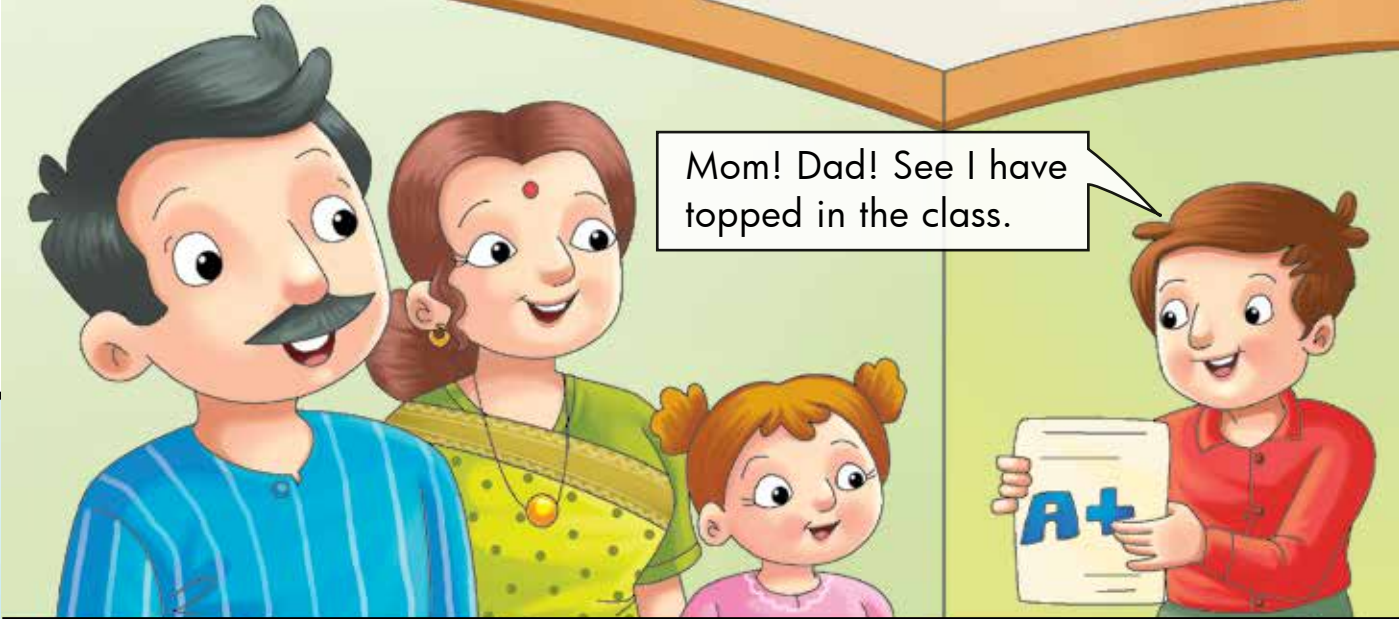
Story & Illustration : Ajay Kalara

There lived a fifteen year boy Lakshman along with seven year old sister, Neha and her parents.



Lakshman was a promising boy who always topped in the class.





Mom! Dad! See I have topped in the class.



Once a tiger entered the village. On seeing the tiger people started running here and there.

See! There is a tiger. Let us rush to our homes. It might attack .

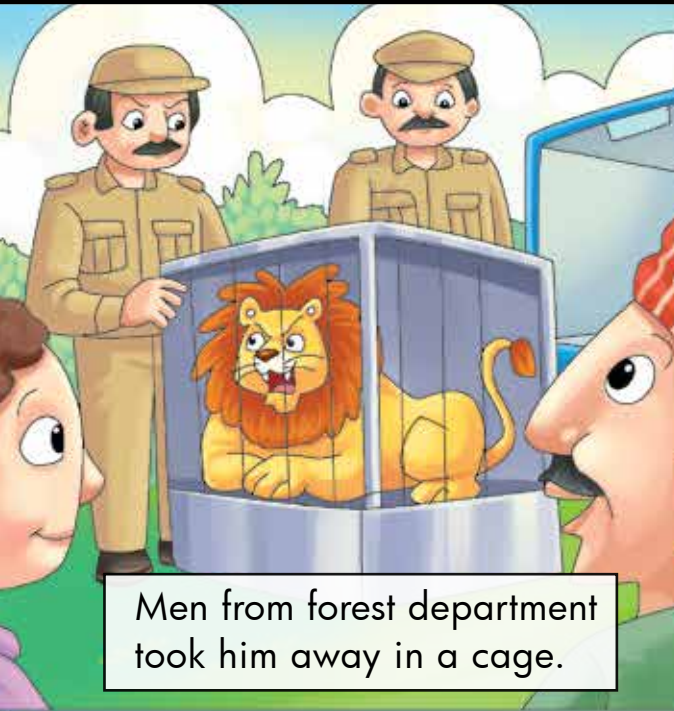


When Lakshman saw the tiger he said, "Father! Let us inform the forest department about the tiger. They will take it away?"

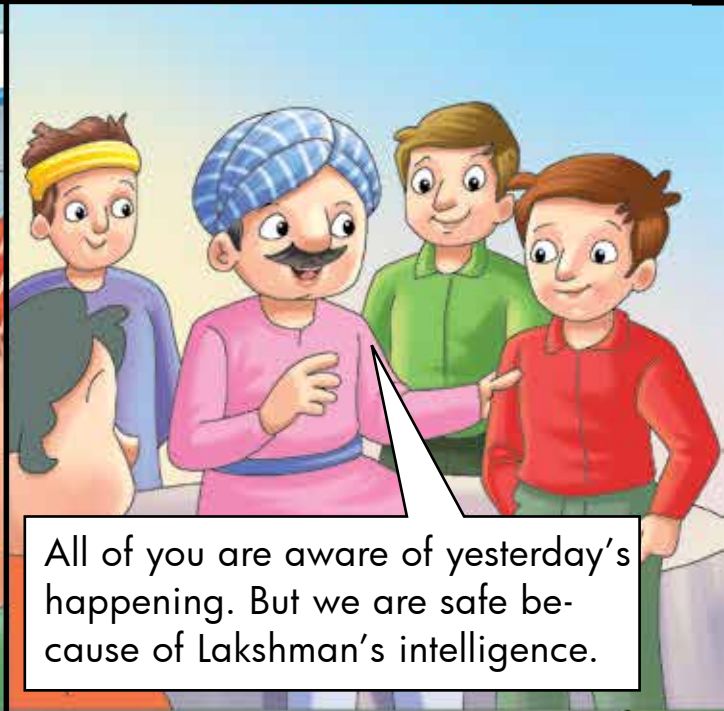
Yes my dear son! You are right.



Hello sir!
A tiger has entered
our village.
Kindly take
him away.



Men from forest department
took him away in a cage.

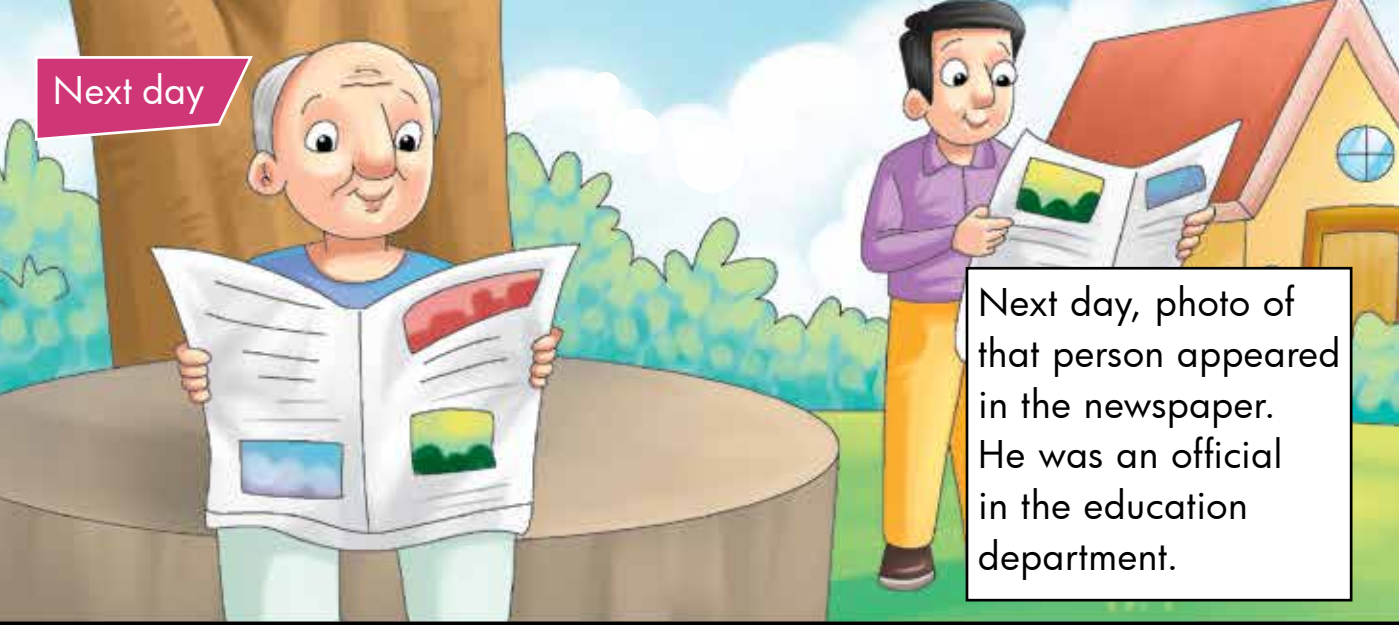


All of you are aware of yesterday's
happening. But we are safe be-
cause of Lakshman's intelligence.



One day Lakshman
saw an injured man
crying lying on the
way. Lakshman
escorted him to the
hospital with the
help of some people.

Next day



Next day, photo of that person appeared in the newspaper. He was an official in the education department.



Lakshman! You are brilliant. You saved my life. I am indeed thankful to you. You will be given a prize for this.



The Principal gave a prize to Lakshman in the school.

Moral : We must always use our wisdom and be ready to help others.

Did YOU Know?

—Asha Kapoor

- ❖ Diamond is made up of only one type of atoms, that is carbon, arranged in a specific manner.
 - ❖ Quantity of lather is not necessarily related to the cleansing capacity of a soap or detergent.
 - ❖ Almond and walnuts or other nuts are kept in refrigerator in summer so that oil in them may not become rancid(decomposed) It changes the sweet creamy taste as well as smell and its nutritious value.
 - ❖ An earthen pot can be used properly only for one season because, while water evaporates making the remaining water cooler, salts dissolved in water remain on the surface of pot and clog the pores of the pot making evaporation difficult.
- By cleaning the pot with a scrubber we may be able to remove the salts and we may be able to use it the next season.
- ❖ Clothes don't dry fast in rainy season because air is already full of water vapour. It doesn't allow easy evaporation of water from the clothes that we have spread out for drying.
 - ❖ A glass containing cold water or cold drink becomes wet from outside. Water vapour surrounding the glass becomes cold and is forced to condense /sit instead of moving about around the glass
 - ❖ Why should we give used papers, cardboards, glass, newspaper or metal pieces to the scrap dealer? They are recycled to give useful products .
 - ❖ Using used Polythene bags as garbage bags or bringing vegetables or any other shopping material amounts to recycling without passing them through machines.
 - ❖ Hormones, enzymes, antibodies and hair are all proteins. Therefore we may not undermine eating pulses in our diet which are a rich source of protein. ◆

Childhood Incidents *of* Queen Victoria

—Ram Avadh Ram



Honest people have to cross many difficult situations in life. But they are never deterred by situations. They always tread the path of truthfulness and evolve as great people.

Parents of Victoria tried their level best to instill virtues in her from childhood to make her a characterful person. She was the only child of royal family. Therefore it was well understood that she would be crowned as the queen. Mother Mary Louis Victoria tried her level best to keep her away from any wrong doing. Victoria was given a fixed amount of money as pocket money for a week. Mother had told her never to borrow anything from anyone.

One day Victoria went to the market with her teacher. She was eight years old. She liked a small toy box on a shop. Her teacher would keep Victoria's pocket money. The teachers said that the money for that week was finished. The shopkeeper told them to take away the box and the money could be given

later. Child Victoria said, "I shall not borrow. My mother has forbidden me. Please keep the box aside. Next week when I get the pocket money I shall buy it." When Victoria got the pocket money she bought the toy.

One day Victoria was not in a mood to study. The teacher said, "study for some time then I shall leave you."

The child said, "I don't want to study today."

The teachers said, "Listen to me."

The child was adamant, "No, not today."

Her mother heard the conversation. She came inside the room and scolded her daughter, "What are you up to?"

The teacher said, "Don't be angry with the baby. This is the first time she has not obeyed me."

The child Victoria said, "You have forgotten. I didn't obey you twice." Since she was truthful from childhood Queen Victoria remained a famous and popular Queen during her rulership. ♦

Teaching Children Practically

—C. L. Gulati

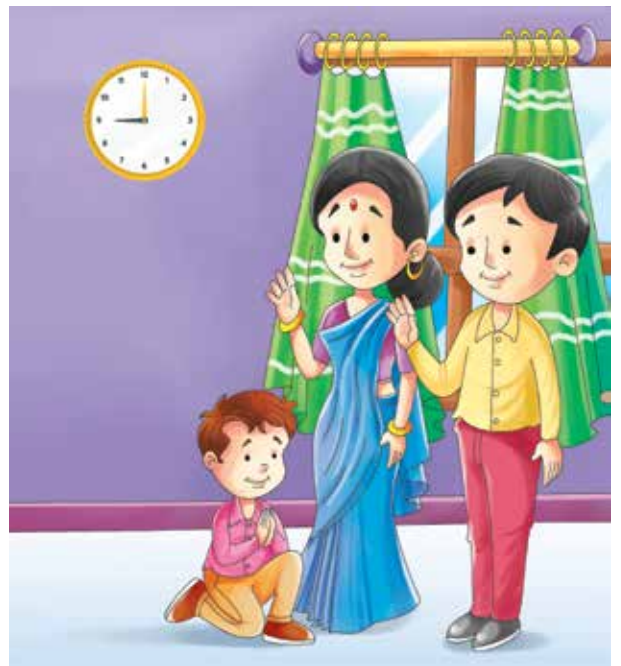
A new-born child was being brought home in America. The fast running taxi carrying the infant was giving jerks. The father told the taxi driver, with concern, "Please drive slowly. Who knows the child may be the President of America one day?" This caution lays open before us the extent of care and expectations of the parents from their children?

When a child is born, he automatically becomes partner of the family property, which he shares and inherits when he comes of age. What is more important than the property is the noble and the lofty thoughts of the parents which are shared with the child to make him an ideal person for himself, for parents and for the society at large.

Many parents today are spending sleepless nights in the anxiety and distress over their children's behaviour and their changing attitude towards them. Who is responsible for this sorry state of affairs? The children or the parents? As the children almost instantly learn to do what their parents are doing, it is initially expected of

the parents to do what they wish their children to do.

Shri Balwant Singh, devotee in Chandigarh once desired his son to touch the feet of his mother every morning. The child immediately quipped back, "But dad, I never see you touching the feet of grandmother as you wish me to do with respect to my mother." This simple remark of the child cut the devotee to size. The message is written large for us. If the parents wish their children to adopt the human values and be obedient and respectful to them, the same should be conveyed to the infants not through mere words but through their daily doings and dealings. There is no way to instil spirituality in our children than to be first practically spiritual ourselves. ♦





A Matter of Perspective

—Archana Sogani

A saint used to wander around and disburse knowledge. He would listen to people's problems and give them appropriate solution.

Once he went to a small village. People gave him a warm welcome. A gentleman out of them went to the saint and said, "Sir I am really irritated. I put forth certain correct information in front of people but they never agree. I have no clue as to why they don't agree with me."

The saint listened to the gentleman and said, "Okay agreed, what you say may be correct but tell me in which direction is Himalaya located?"

"It is in the north", he replied.

The saint said, "If the same question is asked from a resident of China, what shall be the answer?"

He said, "In the South."

The saint said, "Your answer was

North. How did the Himalaya shift to South. If you are right he too is right. Do you have an explanation?"

The man was quiet, he didn't speak a word.

The saint smiled and said, "Listen to me carefully and try to understand. Himalaya is located in the north with respect to you while for a resident of China it is in the south. So both of you are correct. This is the theory of non absolutism. This doctrine encourages acceptance of relativism. This way we can avoid situations when we refuse to bend a little. We can also avoid unnecessary displeasure.

The gentleman was greatly impressed by the saint's explanation. He moved back with more knowledge to his place. ♦

The Punishment

—Deepanshu Jain

Two hermitages were located along the bank of river Ganges. Students from far off places used to come there for studies. Saint Shankh and saint Likhit headed the hermitages. They were brothers. Saint shankh was elder to saint Likhit. Both the brothers were popular spiritual teachers.

One day saint Likhit went to his elder brother's dwelling. Saint Shankh was not there. Saint Likhit waited for his elder brother at the door of his hut. After sometime he went to the orchard. He saw beautiful ripe fruits there. He got attracted to them and plucked few of them.

As he was about to eat them, saint Shankh came. When he saw saint Likhit, he said, "Are you very hungry? From where did you get these fruits?"

Saint Likhit touched his brother's feet and said, "I have taken the fruits from your orchard. I was not hungry as such but I just got attracted to them."

When saint shankh heard this he became serious and said, " Brother! This amounts to stealing from my garden without my permission." Saint Likhit remained quiet with his head down.

"Go to the king just now and tell him

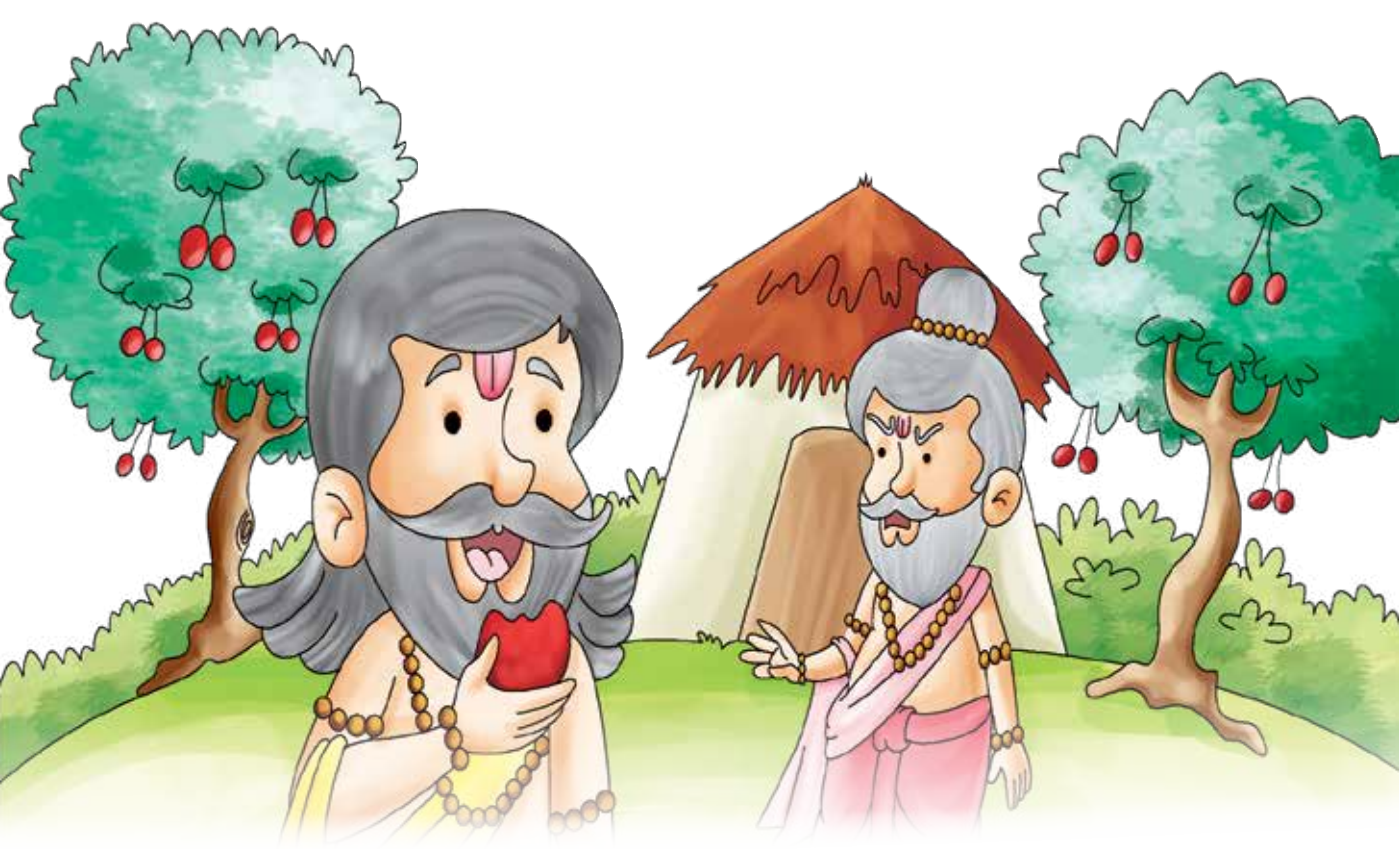
that you have committed a theft. punish me." After saying this Shankh walked towards the hut. Saint Likhit was left alone over there. He was repentful.

Saint Likhit went to the king. The court was working and punishment for a serious offence was to be pronounced. The gatekeeper informed the king about saint Likhit's arrival. The king went forward with the ministers to welcome the saint. "What brings you here sir? What can I do for you?" Asked the king.

Saint Likhit narrated the incident and requested the king for punishment. He said, My lord! Don't waste time I have committed a crime as bad as stealing."

Everyone was taken aback. The king tried hard to counsel the saint and told him that it was not a serious offence but saint Likhit stuck to his point.

The king sought permission for sometime so that he could discuss the matter with his associates. But saint Likhit said, "My lord! justice delayed is justice denied. May be your ministers feel sympathetic towards me or the elderly may say that it is not an offence



that must be punished." The entire house was taken by a shock. As the offence was done by hands so the king got his hands cut. Saint Likhit had no expression of irritation.

After this saint Likhit went to his elder brother, touched his feet and said, "I have got the punishment. Please forgive your brother who sinned."

When the elder brother saw younger brother's condition, tears flowed down his eyes. He embraced his brother and said, "Brother I did not send you to the king because I was angry but because you had done a disgusting thing like stealing. So it was imperative to make the Atonement. Now since you have been punished by law you don't have

a flaw in your character. But for this Atonement our ancestors would have to face a stigma of theft.

"Can I go now?"

"Brother! Go to the river and offer water to our ancestors. They will have no resentment."

Saint Likhit was perplexed as to how could he offer water without hands but he went to the bank of river. He dived down in water. When he came out he was surprised to see his hands intact. He came out of the river and went to his brother. He was also happy. He said, "Without character there is no use of meditation."

Saint Likhit bowed down and touched his brother's feet. ♦

Soni, Mamma and Munmun

—Dr. Rakesh Chakra

Everyone in Sitali forest of Kumaon was in a good mood because little bird futki was bringing food in its beak and feeding cuckoo's little baby. In hills cuckoo is also known as kaphua and scientific name of futki is ashya prinia.

Flowers on the trees were in gay mood. They were attracting the insects towards them. Bubble bees, butterflies and honey bees were gathering nectar from flowers.

Kaphua's name was mamma. She laid an egg in futki's nest. Futki was affectionately called Soni. She helped one and all. So everyone loved her.

A little baby came out of the egg. Sony and mamma named it Munmun. Munmun received love from both mamma and Soni. Both of them fed her with favourite foods.

Normally kaphua doesn't make her nest. It lays its eggs in other birds' nest. Mamma and Soni were good friends.





Mamma was free minded. It had never made a nest. It would sleep at one branch or the other. Son had told her many times, " Dear! You should make a nest of your own. It will give you comfort and you will be able to lay eggs there.

But mamma was lazy and careless. She said, "I don't want to make a nest. I am a free bird. I like to fly freely. Making a house is a hassle. I feel it is a bondage. In our family no one has ever made a nest. It increases your responsibility. You are a great friend of mine so I can lay eggs in your nest .

Soni said, "As you wish. But mind

you laziness, carelessness and too much freedom are one's own enemies.

One day it was very cloudy. A thunderstorm and torrential rain were expected. Mamma was free. She didn't listen to anybody. When she felt the cool breeze it flew in the sky to enjoy. Munmun and Soni forbade her from going out as rain and storm were expected but mamma didn't listen to them.

Mamma was flying high in the sky. As expected rain and hail storm came. Mamma couldn't balance her and fell down to never get up.

It rained the whole night.



Mamma did not return till morning. She would normally return by evening whenever she went out.

Munmun said, "Dear aunt! My mother has not returned till now. Hope she is fine."

Soni said, "Munmun! It rained heavily with thunder and hail storm yesterday. I had forbidden her from going out. But she didn't listen. It seems she will never return. Only God can

save her. I shall look after you till she comes and you can be on your own.

Munmun became sad and started crying. Soni consoled and fondled her. Many other birds also came and consoled her. Soni said, "Munmun, I shall teach you good things. You look hungry. I pray that your mother returns safe and sound. I shall get some food for you." All the birds treated Munmun well. Sony was feeding Munmun and everyone in the Jungle was happy. ♦

RIGHT ATTITUDE

As is one's attitude so is the reaction of world towards that individual. The mirror faithfully reflects the expressions on the face. This world is something like a mirror. It responds precisely to man's relationship with it. Be kind towards all and the world is kind towards you. Take up a rough attitude and the world does likewise unto you.

I have Seen God

—H.S. Nirman



I have seen God, yes, seen God;
And shall never die.
I am happy, very happy;
You ask how and why.

Neither through any worship,
nor through any search;
Rather these efforts had left me in the lurch.
Did not pay anything,
Yet God did I buy.
I am happy, very happy...

With the grace of Nirankar, my Satguru of the day
I entered the kingdom of heaven by the way.
In a twinkling of an eye, he gave me third eye
I am happy, very happy ... ♦



THE FRUITS OF SANGAT

—Abhay Khare

Once, a carpenter lived in a town. His name was Ramdas. He used to go to jungle every day to get woods. He always carried his food along.

There was a lion in that jungle, and had two companions, a wolf and a crow. Both were very cunning.

One day, the lion saw the carpenter in the jungle and thought of killing him to satisfy his hunger. Seeing the lion, the carpenter almost frowned. He somehow gathered his courage and invited the

lion to share the delicious food cooked by his wife. "Oh, man! I am an animal. How can I eat cereals. However, you are offering your food with such affection, I will just taste it". Carpenter offered a variety of sweet, salty and spicy items. The lion was satisfied, and said "Do not worry. Keep coming to the jungle without fear. The carpenter also insisted for sharing his food daily. The friendship started between both of them. The lion enjoyed different and delicious types of

home-made food. He did not care for hunting any more.

This change left the lion's companions hungry. Finally, the crow inquired which new place the lion had started going to and what was he eating. The lion wanted to avoid the topic. However, on their insistence, the lion said that he had befriended a man. His wife cooked delicious food that he shared with the man.

Both the wolf and crow suggested to kill that man instead. They were worried about their own food. The lion said "No, the man is my friend now. He offers me his food. I have promised for his protection. I will, however, ask the man to bring some food for you both, too". Both agreed to this proposal.

Next day, the three went to locate the carpenter, who saw them, from a distance, coming towards him. He smelt something fishy and climbed a long tree.

The lion said "I am your friend. Why have you gone up the tree? Don't worry and come down". But the carpenter would not come down. He said "I cannot trust your cunning friends". At last, the lion, wolf and the crow had to return. The lion had to lose a good friend because of his company with cunning companions. ♦

REMEMBER ME, GOD

Poem: Helen Steiner Rice

*I come every day
Just to talk with You, Lord,
And to learn how to pray...
You make me feel welcome,
You reach out Your hand,
I need never explain
For YOU understand...
I come to You frightened
And burdened with care
So lonely and lost
And so filled with despair,
And suddenly, Lord,
I'm no longer afraid,
My burden is lighter
And the dark shadows fade...
Oh, God, What a comfort
To know that You care
And to know when I seek You
YOU WILL ALWAYS BE THERE!*

How We Create the Dividing Walls



Complied By : Archana Garg

A story tells of a merchant in a small town who had identical twin sons. The boys worked for their father in the departmental store he owned and, when he died, they took over the store. Everything went well until the day a twenty-dollar bill disappeared. One of the brothers had left the 20 dollar bill on the cash register and walked outside with a customer. When he returned, the money was gone. He asked his brother, "Did you see that twenty-dollar bill on the cash register?"

His brother replied that he had not. But the young man kept probing and questioning. He would not let it alone. "Twenty-dollar bills just don't get up and walk away! Surely you must have seen it!" There was subtle accusation in his voice. Tempers began to rise. Resentment set in. Before long, a deep and bitter chasm divided the young men. They refused to speak. They finally decided they could no longer work together and a dividing wall was built down the center of the store. For

twenty years hostility and bitterness grew, spreading to their families and to the community.

Then one day a man in an automobile licensed in another state stopped in front of the store. He walked in and asked the clerk, "How long have you been here?" The clerk replied that he'd been there all his life. The customer said, "I must share something with you. Twenty years ago I was 'riding the rails' and came into this town in a boxcar. I hadn't eaten for three days. I came into this store from the back door and saw a twenty-dollar bill on the cash register. I put it in my pocket and walked out. All these years I haven't been able to forget that. I know it wasn't much money, but I had to come back and ask your forgiveness."

The stranger was amazed to see tears well up in the eyes of this middle-

aged man. "Would you please go next door and tell that same story to the man in the store?" he said. Then the man was even more amazed to see two middle-aged men, who looked very much alike, embracing each other and weeping together in the front of the store. After twenty years, the brokenness was mended. The wall of resentment that divided them came down.

Lesson to learn from this story: It is so often the little things, like resentments, that finally divide people. And the solution, of course, is to let them go. There is really nothing particularly profound about it. But for fulfilling and lasting relationships, letting them go is a must. Refuse to carry around bitterness and you may be surprised at how much energy you have left for building bonds with those you love. ♦

The Spectacles

—Rita

The spectacles are made to improve the vision. Mind also functions as the spectacles. As is the mind so is the view of the world.

When a man puts on green spectacles the world appears green. So is the case in regard to other colours. Corrugated spectacles give distorted vision. Similarly, mind interprets the world as good or bad according to its disposition. There are as many interpretations of the world as there are the minds.



Ponder Over

- ❖ Have more than you show, speak less than you know.
—William Shakespeare
- ❖ Ordinary people are the best. This is the reason God created so many of them.
— Abraham Lincoln
- ❖ Without motivation even a very talented person will get average results.
- ❖ If we try we are bound to make mistakes.
—Frank Ocean
- ❖ To err is human to forgive divine.
—Alexander Pope
- ❖ Intelligence plus character that is the goal of true education.
—Martin Luther King Junior
- ❖ Investment in knowledge pays the best interest.
—Benjamin Franklin
- ❖ To live a life of virtue, match up your thoughts words and deeds.
—Epictetus
- ❖ Inspiration does exist but it must find you working.
—Pablo Picasso
- ❖ You can get everything in life you want, if you will just help other people get what they want.
—Zig Zoglar
- ❖ People begin to become successful the moment they decide to be.
—Harvey Mackay
- ❖ Work hard in Silence let your success be your noise.
—Frank Ocean
- ❖ The best index to a person's character is how he treats people who can't do him any good and how he treats people who can't fight back.
—Abigail Van Buren



Love that Lasts Forever

A courage never failing,
Though evil seems prevailing;

And joyous radiant living,
Made glorious by its giving;

A faith strong and enduring,
Unworthy thoughts obscuring;

And eyes for seeing beauty
In work, in play, in duty;

Life ever onward flowing
And more abundant growing;

Love, courage, faith and sweetness
To make up life's completeness.

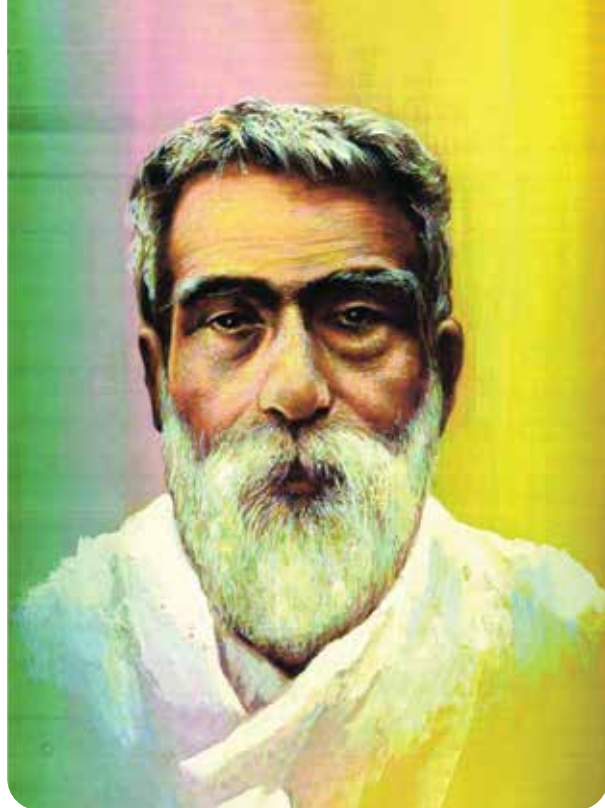
—S.G. Fisher

Acharya Prafulla Chander Ray

—Asha Kapoor

Sir Acharya Profulla Chander Ray whose death anniversary falls on June 16, is called the 'Father of Indian Chemistry'. One of the famous scientist India has ever produced he was also an entrepreneur, philanthropist, patriot, teacher and a historian.

He was born on August 2, 1861 in village Raruli-Katipara (now in Bangladesh). His father Sh Harish Chandra Ray was a prosperous landlord. His mother Smt Bhubanmohini Devi was a learned lady. He completed his elementary education in a school run by his own father. For higher education he was sent to Hare School in Kolkata. He fell sick there and had to take a break from studies. He made full use of this time and studied many books in his father's library. He completed class 10 from Albert School in 1878. After this he got admission in Vidyasagar College for FA degree. Chemistry being compulsory for FA he attended classes in Physics and Chemistry at The Presidency College. Too much fascinated by his chemistry teacher's experiments he converted a small room at home into a lab to test his experimenting skills. After FA from Vidyasagar College



of the University of Calcutta he went to University of Edinburg (UK) to do his BSc on the basis of Gilchrist scholarship. He got his BSc degree in 1885 and did his PhD under the able guidance of Professor Alexander Crum Brown and returned to India in 1888.

After returning to India he was taken as a temporary assistant professor of Chemistry in Presidency College in the year 1889. He established a research lab there. Many dedicated students joined him. Later he became a senior professor in the same college. He discovered a stable compound mercurous nitrite in 1895. He instituted the 'Nag-Arjuna' prize for chemistry and 'Ashutosh Mukherjee' award for biology from his own funds. British government honoured him with CIE (companion of the Order of the Indian Empire) and then with the nightwood

in 1919. He represented many Indian universities in international seminars. In 1920 he was elected general president of the Indian Science Congress.

Because of his enterprising accumen he established Bengal chemicals with a small amount of money in 1892 which later became Bengal Chemicals and Pharmaceuticals. It was the first of its kind at that time. He also established Bengal pottery works and Calcutta soap works. He wanted to inculcate in Indian youth the spirit of the enterpreneurship and rid them of British government's dependence.

He was a social worker and helped in the relief work during 1923 floods in Bengal. He was a social reformer who opposed cast system.

In 1902, he published 'A History of Hindu Chemistry from the Earliest Times to the Middle of Sixteenth Century' (Volume 1)

He retired from President College in the year 1916 to join Calcutta University. Here he worked for 20 years. On completing his 60th year in 1925 he started giving his full salary for the progress of chemical research in the University College of Science. In 1936 when he was 75 he retired from active service. A man of substance Acharya Prafulla Chander Ray breathed his last on June 16, 1944 at the age of 82. ♦

Innocence

Poem : Raj Karnwal



I asked a young and bright child
"What would you like to be"?
'I am too young to answer,
Sir Let us wait and see'.

I asked again, O tell me dear
'What are your life's' aims?'
'I know not sir, he said again
I love to play some games',

'Whom do you love,
I asked again Your Mummy or your Dad'?
'I like them both', he smilingly said
Mummy is fine and Dad is glad'

I finally asked, if he really liked
A Chocolate, A Ball or A Toy
He laughed and said, 'Sir, all the three
They always give me fun and Joy.'



Kitty

Story & Illustration : Hemraj

Kitty! Look my father has brought a new toy for me.



Wow! It is beautiful.
Can I play with this?



Kitty! What have you done? You have broken my car.



So what! Get
a new one.

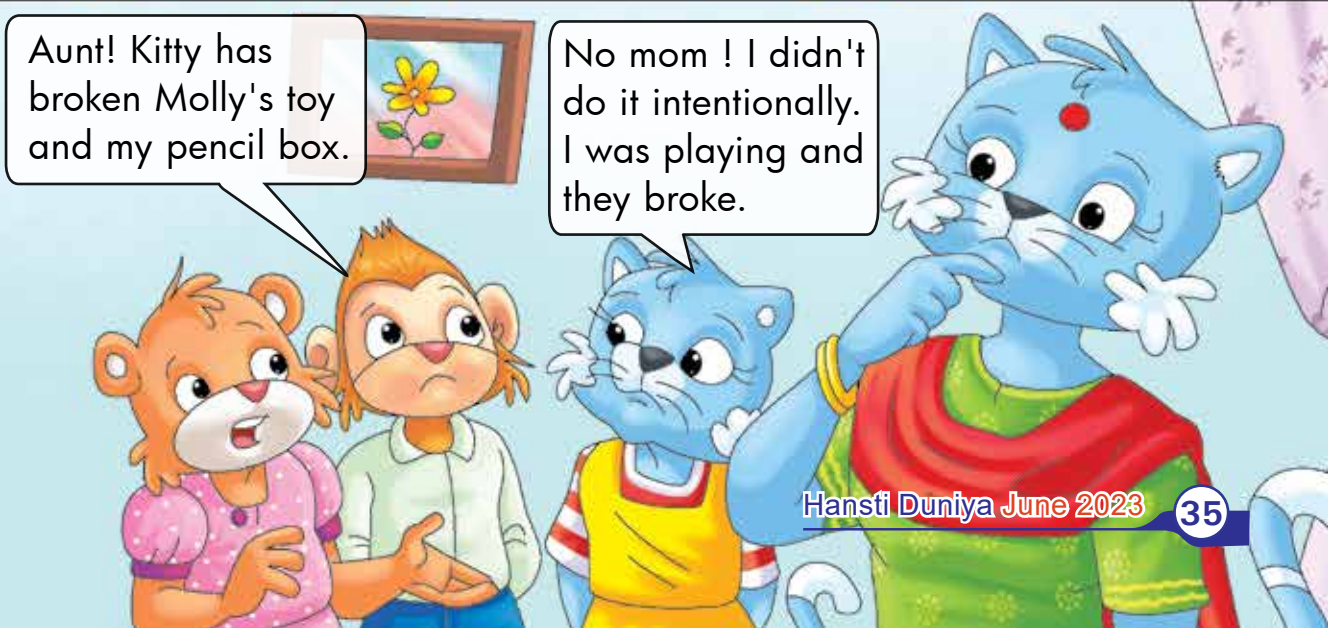


Look! Kitty I have brought a new pencil box.

Very beautiful! Give it to me. I shall return it tomorrow.



Kitty you have broken my pencil box. I shall complain to your mother.



Aunt! Kitty has broken Molly's toy and my pencil box.

No mom ! I didn't do it intentionally. I was playing and they broke.

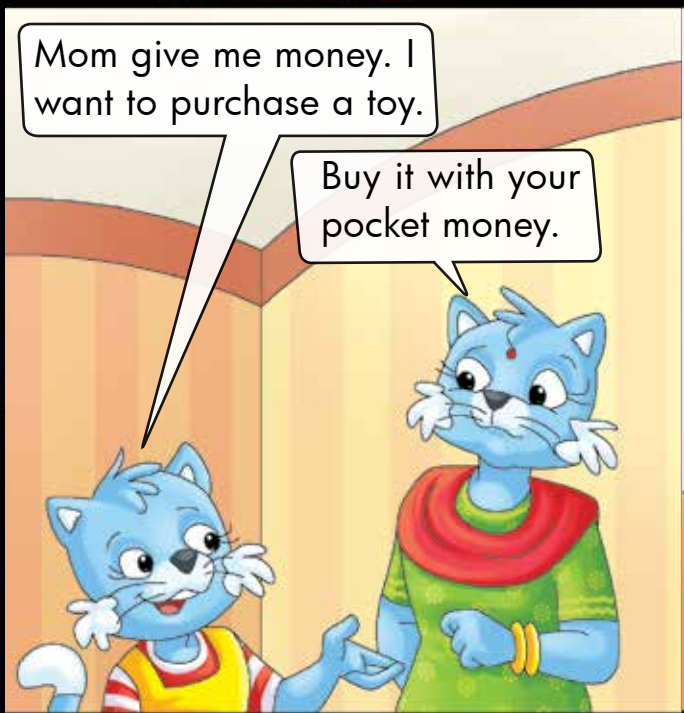


Kitty! This is not fair. Say sorry to them.

No Mom!



I must make Kitty realise her mistake.



Mom give me money. I want to purchase a toy.

Buy it with your pocket money.



Mom! Here is my new toy.



Mom! I am going to sleep.

Now I am hiding it and wont reveal till Kitty realises her mistake.



Mom! Where is my toy?

I have no idea Kitty. If you can't find it, go and buy a new one.

Mom! That was my favourite toy.



Sorry Molly and Chintu ! Now I have realised how it feels when a favourite toy breaks.



Find Joy In The Small Things

—Dr. Ashok K. Chitkara

Everything God created is good, and nothing is to be rejected if it is received with thanksgiving. Many of us tend to take things for granted—the colors of flowers, the songs of birds, the beauty of a sunrise—these are all things that many people barely notice. It is only when you begin to contemplate a life without these blessings that you realize how colorless and uninteresting it would be if they were absent. We should cherish and appreciate every blessing in our lives. We should learn to appreciate the wonders of God's creations and everything he has granted us through His grace.

Happiness comes from mastering the art of appreciating and consciously

enjoying what you already have. Life is too short to wake up in the morning with uncanny thoughts and lament. If you ever thought you are still young and got another scores of years left, you have to tell yourself: ignorance is not always bliss. So love the people who treat you right, and forget the ones who don't. Believe that everything happens for a reason and with a purpose that you may not and need not understand always. Miracles are that which you thought wouldn't happen!

If you get a chance, take it. If it changes your life, let it. Nobody said life would be easy, they just promised it would be worth it. Life doesn't flow the way we wish, but we need to adjust the way life takes us, though no one drags you back from trying something innovative to alter the situation! We don't always get what we desire, but we can like what we get. Life is so short and diverse that we don't always see the end of all that we venture into. Yet there is always the hope of something good happening at the end of the day unless you are adamant on remaining pessimistic.

For joyous life, start loving people and using things, instead of using people and loving things! ♦

RIDDLES

1

It belongs to you,
but your friends
use it more.
What is it?

2

I am so simple
that I can only
point, yet I
guide people all
over the world.



3

What begins
with T ends
with T and
has T in it?



4

What has
thirteen hearts,
but no other
organs?

5

Remove my
skin and I
won't cry, but
you might!



6

What can fill a
room but doesn't
take up space?

- Riddles Answer
1. Your Name
 2. Compass
 3. A teapot
 4. A deck of cards
 5. An onion
 6. Light

Find 10 Differences



Safety Rules for Travelling in Buses



Sakshi and Abhishek studied in a reputed School of Mumbai. Their school was 10 km from their place. Their parents were working therefore they used to go to school by school bus. They along with their school friends enjoyed the trip from and to school very much. Some of their friends were very naughty. They enjoyed the cool breeze coming in the bus from the windows. At times they took out their hands, face and even arms out of the windows. The bus conductor was a gentleman and would try and tell them not to take out their body parts out of the window. They would listen to the bus conductor when he would be around but stealthily took out their arms and face from the window to enjoy the cool breeze.

On one such day when Sakshi took out her arm and face out of the window another vehicle that was trying to overtake the children's bus hit Sakshi's



This story by

Suhani D/o Sh. Sunny Arora

Near Burari School

Kamalpura Burari, Delhi -110084

has been adjudged the best.

Congrats to her.

hand badly and she was hurt. Her hand got badly wounded. Suddenly the bus conductor noticed Sakshi bleeding and quickly stopped the bus at a clinic. After giving first aid she was directed to go to the hospital to get the stitches because she was hurt miserably. Her parents were informed. They were very upset with the bus conductor but Sakshi said that conductor uncle always told them never to take out their body parts out of the window but they did it stealthily. Five stitches had to be given at Sakshi's hand. She could not go to school for a week. It took her a month before her hand became normal for writing. When Sakshi came back to school her headmistress specially gave a talk in the assembly regarding safety rules in the buses. Safety rules were also pasted at strategic points in the school. ♦

Moral: Don't disobey your elders. They mean our well being.



PASTE
YOUR
PHOTO

Name :

Father's Name :

Address :

.

Mobile 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

Add.: Patrika Vibhag, Sant Nirankari Mandal, Sant Nirankari Colony, Delhi-09

E-mail : editorial@nirankari.org

(The best story would be published in Hansti Duniya, August 2023)

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RESULT FOR THE MONTH OF April 2023 ISSUE

Mivaan Chalotra

Age-6

792-A Block,
Surya Enclave
Jalandhar (Pb.)



Sadhik Mehra

Age-10

Sector - SA, 225,
Urban Estate, Karnal (Hry.)



Mohammad Hassan

Age-06

Qazi Mohalla Lal-Chowk
Anantnag



CONSOLATION ENTERIES



Anika Idrees

(Anantnag)

Ankita (Mumbai)

Chunu (Delhi)

Roopa (Mumbai)

Sonam (Kanpur)

Neeta (Noida)

Chirag (Kanpur)

Neetu (Dehradoon)

Savita (Dehradoon)

Sandeep (Jhunjhunu)

Radha (Delhi)

Aarti (Allahabd)

Neetu (Mumbai)

Lakshita (Delhi)

Bhavya Jha (Delhi)

Colour it for June Issue

On page 44, a beautiful picture is given; colour it and send it to us latest by **July 20, 2023**. Office address: HANSTI DUNIYA, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in August 2023 issue. Full name and address should be mentioned clearly at the prescribed place. Children up to the age of 15 years only are eligible to participate.

Colour it



Name :Age

Address :

.....Pin Code



Compassionate Newton

—Dinesh Darpan

Every successful man is compassionate by nature. A compassionate person never does anything which might hurt someone else. Newton was world renowned mathematician and physician. He had pet a dog. He loved that dog very much. The dog also loved his master back. He would do anything for his master. One night Newton was writing something. He was completely lost in writing. He had kept manuscript nearby on a desk. The dog was also sitting on the desk and there was a lighted candle on the desk.

Suddenly while writing Newton remembered something and he went out of the room. After he left, there was a sound and the dog started barking on hearing it. In this confusion the candle kept on the desk fell on handwritten manuscript kept on the desk. Flame of the candle burnt the

manuscript in a few moments the precious written by Newton turned to ashes. Newton had to send the manuscript for publishing the next day its self. When he returned back to the room he saw his priceless notes turned to ashes and he was stunned for a while. Then he sat on the chair while balancing calming himself down.

Had there been anybody else instead of Newton, the person would have felt angry at the dog for burning his hard work to ashes. But Newton did not even get angry at the dog. He had a huge loss. But Newton knew that the poor animal did so because of his ignorance.

He saw tears in the eyes of the poor dog flowing out of repentance so he hugged the dog to reduce his pain. Really, this compassionate, patient and forgiving behavior can be of such a great man like Newton, only. This good behavior made him a great scientist and also a great man. ♦



Laughing Time

Teacher to student- Tell me if there is a lemon tree planted in the river, how will you pluck it..?

Student : By becoming a bird.

Teacher : Who will make you a bird?

Student : You always make me a hen when I go to your class. So I am a bird.

A beggar got Rs100 note, he went to a five star hotel and ate a lot.

A bill of Rs1500 rupees came, he told the manager, I do't have money. Manager handed him over to police

The beggar gave 100 rupees note to the police, and got away

This is called..., Financial Management Without MBA.

Ticket checker : Amma ji, your ticket is given for a slow speed train, how did you sit in the fast train?

Amma : What is my fault in this, go and tell your driver to drive slowly.

Sonu : Monu ! Do you like Raju's home town that much. You always say, "your beautiful city"?

Monu: Oh! I forget the name of the city.

Four ants were busy talking.

An elephant crossed them.

One ant said, "Let us have a fight?"

The other one said, "Have mercy. He is alone.



Rajni : Doctor! How much money do you Charge for taking out a tooth?

Doctor : Rs. 500.

Rajni : Just loosen it, I shall take it out myself after going home?

Rajesh : Vijay! Hope you don't mind eating tomorrow's breakfast with me.

Vijay : Not at all.

Rajesh : Fine! Tomorrow I shall come to your place at 9 AM for breakfast.

Madam : Pooja do you want to become a teacher?

Pooja : No!

Madam : Why?

Pooja : I don't want to come to school my entire life.

A man went to a bank to take Loan. Bank employee while filling the form asked his name.

— Murai Lal

Father's name ?

—Bihari Lal

Age ?

120 years.

What?

Yes sir! If he were alive he would have been 120 years old.

Yogita : Arpita! My book was lying here. Where is it?

Arpita : Oh! The geography book. You used to call it dry. I have dipped it in water.

Raju : Brother! I have been trying to call you for so long, Every time I hear the sound - This is switched off.

Monu : This is my caller tune.

—Gurmeet Singh



Vipul Chases a Butterfly

— Saurabh Sharma

Vipul was very fond of catching butterflies. He would go far away from his house in the pursuit of his hobby. His mother had warned him several times not to stay far away from home, but he never paid any heed to it.

One day, while clasping a butterfly, he found that he had lost his way. He was scared and was repenting having not heeded the words of his mother. He started crying.

A passerby saw Vipul sobbing. He asked him : "what has happened, child? why are you crying?" But Vipul started crying louder and louder.

The man took Vipul to his nearby house. He gave him toffees and also served him with food, Vipul became quiet. Then he told the man that he had been chasing a butterfly and had lost his way. And now he was unable to reach back home.

The man asked, "Do you know the way to your house or the telephone number of your house?"

Vipul told that his house was near the Lawrence Public School where he studied. Besides this, he told; there was a Public Library near that School. On hearing about the Lawrence Public





school, the man went to a neighboring house and called Sonu. Sonu also studied in the Lawrence Public School. Vipul was very happy to see Sonu who was a student of his class.

In his heart of hearts, Vipul vowed that if he once reached back home today he would never stir out alone and

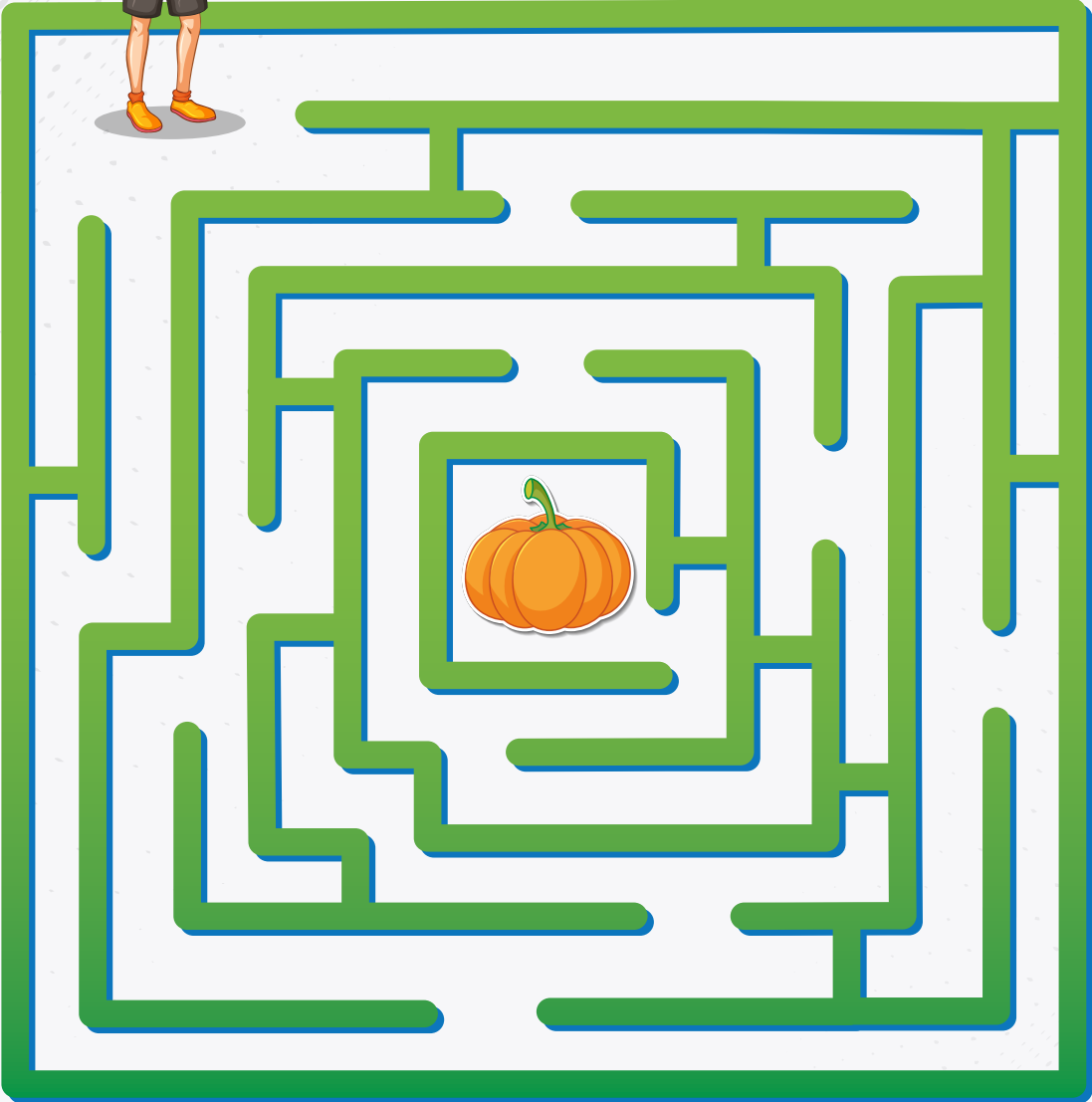
always listen to his mother's words. The man then took Sonu along and moved toward Lawrence Public School. On reaching near the school, Vipul spotted his house. As soon as he entered the house, he ran towards his mother and embraced her. She was anxiously waiting for his return. ♦



ONLY LOVE

There are four questions of value in life—What is sacred, what is the spirit made of, what is worth living for and what is worth dying for? The answer to each is the same. Only love.

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