

# SAFE HIGHWAY OF LIFE - MY CHOICE!

*A public program dedicated to the Global Safety of Driving  
Organized by Transport and Tourist Wing of Brahma Kumaris  
14<sup>th</sup> November 2009*

Speaking about life we sometimes compare it with a song, a river or drama depending on one hand on our feelings and attitude towards it and on the other - on laws and rules which take place in it. It can be also compared with... a highway.

All of us want to live without any “accidents”, have a “green corridor”. Hardly ever there is any one who does not want to reach his aim in a short time, without wasting one’s energy. However is it possible to make that “green corridor” in the highway of life?

To ponder over these issues we gathered in Saint-Petersburg Center Brahma Kumaris, where we bordered the imaginary train of life. Our journey was not long, but interesting and entertaining.

There is a story that once a route-taxi driver and a priest met near the Heavenly Gates, discussing who did more acts of benevolence in the name of God. They couldn’t come to any conclusion themselves and addressed the secretary of the Divine Cancelliary. After thoroughly checking their accounts, the secretary found that the priest’s account was not enough to enter the Heaven, while the route-taxi driver’s account was considerable. The priest was puzzled. He was giving sermons several times in a day, whilst the taxi-driver has never gone to church! The secretary explained: “The thing is that you with your sermons made the congregation sleepy, and their minds were turned away from God. However whenever a passenger sat in the car of this driver, immediately his mind turned to God, with only one thought: “Or my Almighty Father... HELP!!!”

This is of course a joke, but real figures show that 1 million 200 people die every year on the roads of the world because of accidents (according to UN data). **Why are there so many accidents on the roads today and so many deaths and what should be done to stop it?** Our “carriage companions” shared their thoughts on this deep and significant matter.



**Mr. Valeriy Skrylev**, president of Aikido Federation, expressed his view on the problem of breaking the rules on the roads today. *“First principle on the road should be not to break the rules which must not be broken. This starts with the self. If I as a driver do not break the rules and respect both pedestrian and other drivers, then everything will be fine and there will be no accidents, let alone drunk drivers”.*

**Mr. Mikhail Alexandrov**, deputy dean of St.Petersburg State University of Transportation, added that *to avoid road accidents one should be patient to other participants on the road understanding that there are always some limits, that should not be crossed.*



**Mr. Otari Sharashidze**, general director of “ConceptAvto” company, marked that *apart from penalty measures for violating rules it would be helpful to introduce means to encourage the exemplary drivers who have no accidents.*



**Prof. Valery Denisov**, North-West State University of Russia, very nicely pointed out that *that the theory of risk should always guide our actions. To behave rightly on the road we should keep in mind all the wide range of dangers and what should be done to cut the risk. Everyone should take into account both visible and hidden risks, i.e. ecological dangers, and also one needs to know how to manage them. However, a lot depends on the level of basic culture of the society. Modern citizens are in need of higher level of ecological culture. When we put the aim to reduce damages, first of all we should emphasize a very important aspect of ecology – the “ecology of the soul”, i.e. our moral, spiritual impressions of everything which happens around us. And if we speak in connection to the safety of driving, then we should include in it those essential qualities which a drivers should possess.*



**Didi Santosh**, head of Saint-Petersburg Center Brahma Kumaris, was requested to put light on the aspect of overcoming stress and coping with adverse situations. She suggested meditation as a way to rise concentration on the roads in particular and in life in general as well as a remedy from stress caused by external situations. *The reason of many accidents on the road is drunk drivers. People use alcohol to forget about misfortunes of life. And meditation gives us power – power to convert negative thoughts into positive, power to face, to tolerate and many other powers.* Didi underlined four main points which come if one practices Raja Yoga meditation.

- Meditation teaches us to convert challenges into opportunities. First of all I remind myself that I’m a spiritual being, conscient, eternal. Body passes but the soul remains. If I’m an eternal being then why should I lose my happiness because of something temporary.
- Meditation means to have a constant relationship with my Supreme Father. It is very important to have true faith that I am a child of the Almighty Father and I can rely on Him even when all other factors of safety may be challenged or gone. It is necessary to every day let Him know that I remember Him and love Him.
- Meditation teaches us to think positively. It develops our ability to control our thoughts, their quantity and quality.
- Meditation supposes that we eat pure vegetarian food cooked in God’s love in a stage of tranquility of the mind. This contributes to physical concentration as well. Then you’ll be able to maintain this peaceful stable state for many hours.

Following this few tips will help us to become better drivers and personalities.

However our journey has not finished on that day. The end of the program was just a stop for some time. All the passengers were invited to come back to their seats on the 3<sup>rd</sup> December, when a basic course is to start to practice those advices which Didi gave us.

