

TRUE PATH

# Lightness on the spiritual journey



B.K. DIPTY

Sometimes we have to stop and ask ourselves, 'what is stopping me?' What is stopping me from beginning a spiritual journey or what is stopping me moving forward on the spiritual journey I have started? It requires courage to ask the question, and it requires courage to hear the answer, from within.

However, this kind of understanding is born of knowledge, and knowledge requires silence, because truth is deep, very simple, but very deep. We have to find time for nourished moments of stillness. This will help us to keep every day fresh and see each one

with new eyes, because every time we meet, we are all different.

There are two aspects that might be stopping us from moving forward: wastage and lack of acceptance. Where there is wastage there is a burden and heaviness. If I waste time, or money or my thoughts, there will be a burden on my mind. An honest soul, moving forward spiritually, will use everything they have in a worthwhile way.

All this could be on a very subtle level. I could be holding back from taking the journey, or the next step on the journey, because of fear, or because of sorrow or because of a subtle weakness that accompanies me constantly, of which I am unaware. It could be because of guilt or it could be that I am very cosy in my comfort zone and a subtle inertia creeps in. In this way I continue to not fulfil my potential. This is a waste of who I am.

I also need to accept the



way the story of my life is unfolding. I can only direct my own life, not that of others and not the situations that appear. I can only play my own part, be my own self and then I am truly free.

Acceptance of the self does not mean that we can sit in that comfort zone. I need silence,

knowledge and deep un-derstanding of who I am and then I receive the power to become who I really am capable of becoming. I must make sure that I stay alert and aware, not just be busy ticking boxes and getting distracted from the journey. I must make a daily endeavour to prac-

tise meditation in the early morning, fulfil my responsibilities with love and no attachment to the outcome, spend time understanding the truth of spiritual knowledge and practise meditation in the evening as I do a stocktake of the day.

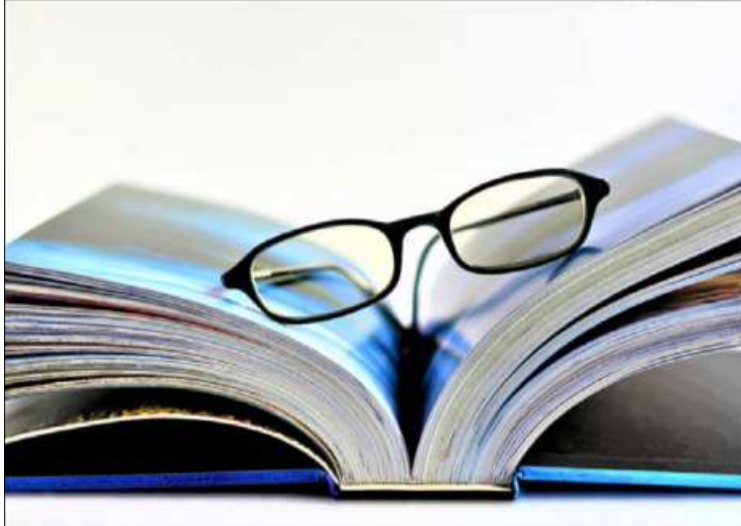
Our fortune is created through our incognito,

quiet and powerful commitment to God. This needs time, silence and understanding. Then the soul is free, light, powerful and it enables others to be the same.

*BK Dipty is the coordinator of the Brahma Kumaris centre in Johannesburg, South Africa.*

DISCOURSE

## TRUE KNOWLEDGE MAKES YOU LOVING, SWEET



DADI JANKI

If I am a truly knowledgeable soul, I will be skilful in the things of the spirit. I will be centred successfully in my spiritual identity. I will be free from the influence of my past. There will be only peace and happiness within.

True knowledge is not a question

of intellectual understanding alone. It is for incorporating in my daily life, in order to improve it. My every thought, word and action become naturally aligned with the laws of the universe. All that has ever gone wrong begins to be put right.

This 'knowing' protects me from the small-minded ways of seeing and thinking of others. It enables me to feel love for everyone but without the loss that occurs when you go too far into the matters of others. This is the duty of those who have understood the self in depth.

Intellectual arrogance is the sign that I have not become truly knowledgeable. True knowledge puts me in touch with the sweetness of life and makes me equally sweet.

LIFE MANTRA

## YOU SHOULD INVEST IN YOURSELF FOR A HAPPIER LIFE



B.K. SURYA

People suffer from stress because they have no peace of mind. The first step to regaining peace of mind is to stop thinking unnecessarily. Many complain that their mind wanders a lot, but it is they who lead it astray with waste thoughts and by watching, reading, listening to, and talking about things that do not really concern them.

Secondly, in families, people blame others for all

problems: "They cause all the trouble", "They are always angry", "They never do anything right", and so on. We think we will have some peace only when others change. It is not sensible to wait for that, as it may never happen. It is wiser to change the way we respond to others, as preserving our peace of mind is in our hands.

There are a few things we can pay attention to in order to resolve problems within the family, and the first is how we speak. If something right is said in the wrong way, or at an inopportune time, it does not have the desired effect. Parents often give their children well-meaning advice, but if they do it angrily, while berating the kids

for being lazy, irresponsible and what not, it will not be accepted. The same thing said with love would make a much better impact.

Secondly, do not make a mountain out of a molehill. Most problems are ordinary, but we overthink them, blow them out of all proportion, and then feel overwhelmed. Once we learn the art of shrinking big issues into small matters, by seeing them the right way, peace and happiness will easily become a part of our life.

Another mistake we make is holding on to old grudges, hurts and opinions. Over time these begin to weigh on our mind, and we cannot feel light and relaxed. It is wiser to let go of the past and live in the pre-



sent. People and circumstances are changing all the time, and today they may be very different from what we used to think of them ten years ago. The more we hold on to things, the bigger a drag they are on our life, in terms of a psychological burden and the negative vibrations they attract. This will not let us progress or be easy and happy.

It also helps to be careful about the atmosphere we create at home with our behaviour. Do we appreciate each other or keep criticising and correcting? If someone makes a mistake, do we help them do better the next time, or do we condemn them as foolish and useless?

In many families, the moment the father arrives

home, the children vanish out of sight the way mice hide on seeing a cat. The men gloat over the fact that their mere presence disciplines the children, and feel that is how it should be. What they do not understand is that the climate of fear they have created in the house harms the psychological growth of their children. Children from such homes often remain unhappy even after they grow up into successful professionals, as they carry resentment at the harsh parenting they have been subjected to.

If the air at home is heavy, stressful, irritating, it will attract further harmful vibrations from all around. On the other hand, if it is light, happy, full of love,

it will draw similar vibrations.

Paying a little attention to how we think and behave can go a long way towards improving our life. One practice which helps in this is consciously creating empowering thoughts the first thing in the morning, soon after we wake up. This lays the foundation for how we feel the rest of the day. Once we learn to put ourselves in the right frame of mind at the start of each day, we are better able to deal with challenges during the day, without getting upset or losing our cool. This is a small yet smart investment to make for a happier life.

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CONSCIOUSNESS

## DISPELLING A POPULAR ILLUSION



MIKE GEORGE

I find it strange that so many are still talking in terms of positive and negative thinking. Many years ago, it occurred to me that it is so obvious that the concept of positive versus negative is not a valid concept in the context of consciousness.

It is obviously an idea that still prevails as so many have not yet understood, dare I say 'realised', that consciousness is what we are. It is what you are. Not form, you are not what you see in the mirror in the morning. But the animating energy of form. Many

other names for consciousness are used such as soul, spirit, self or just the I that says I am!

Where does a positive thought end and a negative thought begin? I dare you to discern and describe. I would wager you cannot! Has it never occurred to anyone that a positive thought to someone is a negative thought to another, for example, the stock price has crashed is positive news for those who are 'shorting' that stock but negative news for the person relying on the price rising to profit from their investment? "I hate war!" ... Positive or negative? A whole page could be filled with these kinds of examples.

In the same way, there is no such thing as a negative emotion and a positive emotion. It is just lazy and automatic thinking that arises out of a programmed set of



beliefs. All emotion is caused by the ego. And there is definitely no such thing as a negative/positive ego. "But surely", some say, "You need some ego to get through life". If you believe this then prepare to suffer.

So where does this con-

cept of positive/negative thinking come from? Yes, the material world around us seems to have such opposites inherent within it. It is a world of duality, of polarity. So, the language we invented to describe that world, the material world, has such

descriptors as up/down, hot/cold, here/there, left/right, positive/negative. Have you ever noticed how they morph into good/bad and then right/wrong and then into one's personal identity! Big mistake.

But when you under-

stand consciousness is what you are, when you cultivate your self-awareness and see clearly the nature of consciousness, the nature of you, then you start to realise you cannot use the same language to describe what is created in consciousness.

There are no opposites in consciousness, there is always just one, or oneness. It is just one energy from which thoughts emerge and feelings are felt. It is never positive or negative. Yes, it may be skewed, it may be arising, some would say radiating, and being distorted as it radiates, but it is impossible to polarise the singularity known as consciousness.

And to those who might say, "But we hold the polar opposite beliefs!". They are not opposite, simply different. Besides, you are not your beliefs. Beliefs come to pass, like all other 'thought forms', but consciousness does not. You are always here. Not here, but HERE!

*Mike George is an author of 16 books on self-awareness, spiritual intelligence and personal 'undevelopment'. To subscribe to Clear Thinking, go to [www.relax7.com](http://www.relax7.com).*

### A THOUGHT FOR TODAY

My gift is the unique contribution I make to life. Because it is natural, and such an intrinsic part of me, I may not be able to see it. However, others can see my unique gift even if I cannot. Whether it is a sense of humour, a deep ability to care for others, the love of truth or the willingness to cooperate ~ it is a gift and it is intrinsic to who I am. Today let me recognise my gift and enjoy sharing it with the world.