

ULTIMATE TRUTH

To share love unselfishly, learn to love God



B.K. BRIJMOHAN

Love is the energy that animates the world. God, it is said, is the ocean of love, and as His children, we are beings of love. Our everyday experiences teach us that love and kindness are not luxuries; they are essential virtues without which humanity cannot survive.

However, when we look at the world around us, we see so much lack of love. Wherever there is sorrow, it is an indication of the denial of love.

We can love selflessly only when we are full of love ourselves. In order to love and have regard for others, we first need to feel complete. Other-

wise, there are too many selfish motives within, which block the heart. The way to become fulfilled is to love God—the inexhaustible source of power and virtues. God’s cleansing love washes away the stains of old weaknesses and hurts, rejuvenating souls bruised by pain and sorrow.

When we are comforted, healed and redeemed by God’s love, we come to realise that we too need to be benevolent, and that every member of the human family is a part of His creation and deserves compassion.

God shows us how to share love unconditionally — a love unadulterated with attachment or any other affliction, and which seeks not just one’s own good, but the good of others as well. It is such generosity that is enjoined on us by one of the loftiest religious commandments: Thou shalt love thy neighbour as thyself. Is it possible to love others as we love



ourselves? What is it that stops us from doing so?

We forget who we are: spiritual beings, composed of the energies of purity, peace and love. These qualities are innate to us, that is why we find them comforting and enriching. As babies we seem to know this secret, which is why a baby is a bundle of joy.

But as we grow up, we lose connection with this innate truth and start seeking fulfilment outside. We look for love, contentment and respect in people, places and ob-

jects, and start believing that we will be happy only when we achieve what we desire. Instead of enjoying the peace, love and happiness we can create with our own thoughts and actions, we start chasing rainbows.

It is an eternal law that we get what we give. Giving love and respect inspires a like response from others. The ancients knew this fact, and that is why the Bible, Quran, and the teachings of Confucius, all contain what is known as the golden rule: Do unto

others as you would have them do unto you. Everyone likes to have the best for themselves, and when we make our own self the benchmark for how we treat others, we learn to empathise and respect our fellow humans.

However, we are often quick to notice others’ faults and slow to appreciate their good qualities. This pollutes our feelings towards them, and once that happens, we cannot be truly loving. This is what hinders amity between individuals and

communities.

Negative feelings act as an invisible barrier that blocks cooperation and harmonious relationships. We may smile and say all the right things to someone, but if we harbour animus towards them, there will be little honesty, trust, or goodwill in the relationship.

It is not selfish ambition or vain conceit that makes us superior, rather it is humility, which enables us to value others, which in turn earns us their esteem. Humility naturally brings patience and tolerance, which encourage a sympathetic understanding of not just other people but all creatures and Mother Nature. This in turn leads to cooperation, which fosters cordial relations.

In essence, a loving relationship with the self, the soul, and God is the key to loving all our neighbours on Planet Earth.

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DISCOURSE

TOLERANCE COMES FROM KNOWING THE SELF



DADI JANKI

Tolerance is based on going beyond the superficial things that divide us. It is the result of turning within and coming to know the self. If I can deal with my own ego, then my own anger can be resolved. This goes a long way in resolving external issues, too. With my own ego out of the way, I will be able to handle anything! Other-

wise, it is just the same old thing – you versus me, yours versus mine – intolerance.

If I am unselfish and honest in my heart, and am concerned about others’ needs, then I will be full enough to give. When you know the self in this way, then you can know others. “I should be understood” changes to “I should understand”. Not, “they should change”, but “I will give what is needed.” Patience, peace and maturity develop.

Spiritual tolerance cultivates innate wisdom, the kind you cannot get from books. Turn within and in silence fill yourself with your Godly inheritance. Always remember, you do not have to prove anything. Whatever is true is going to be revealed, anyway. Working to win the hearts of others is what will bring happiness to your life.

LIFE MANTRA

STRESS FACTORS AND HOW TO REDUCE THEM



YOGESH SHARDA

There are four ways that stress manifests itself:

1. Physically – through illness, because stress of the mind is reflected in the body.
2. Mentally – through confused thinking, loss of perspective, difficulty in making decisions.
3. Emotionally – through feeling stuck in a heavy mood that will not shift, a feeling there is a dark cloud constantly overhead, the feeling that all the fun of life is gone.
4. Spiritually – sometimes referred to as esoteric stress, through the loss of motiva-

tion for life, a sense of meaninglessness, no reason to get out of bed each day, ‘what’s the point?’

So, what is stress? Stress is a kind of pain. If asked, no one would say that they want pain in their life and yet pain actually has a purpose. It comes as a signal, as a messenger that something needs to be learnt, something needs to be done differently. If, as I walk along, I feel pain because there is a stone in my shoe, the pain is telling me to stop and remove the stone, before it does real damage, and then I can continue my journey in comfort. In other words, pain tells us to listen, pay attention, otherwise the pain will persist.

There is a formula for the reduction of stress: Stress = pressure ÷ resilience.

If we want to reduce stress, what should we do? First of all, we could try to reduce the pressure we are



under, but that is not always possible for everyone. It often ends up being just a temporary escape. What is possible, though, for everyone,

is increasing the resilience of the mind.

Short-term fixes include exercise, deep breathing, creative visualisations and

music. One long-term solution is to shift the attitude and vision I have towards my life. By increasing my inner power through med-

itation, I become essential, that is I stop overthinking and over time, accumulate the power of silence which helps in any

adversity. Secondly, I can develop a broader understanding of the principles that govern life and base my interactions on this understanding.

This is empowerment of the self. First, there is the journey inward, that of knowing and understanding the self, the being within. Then the journey upward, knowing and understanding the Supreme Being. This is the beginning of a personal and private mind connection with The Supreme. This connection will influence the conditions of the life I live, and it is a very different way of living.

I begin to use the principle of power derived from a deeper understanding. I will become more powerful and the best in me will begin to surface. Whoever I spend time with, influences my behaviour. The Supreme Being is the ocean

of peace, love, kindness, and so much more. If I spend time in connection with The Supreme Being, my mind will begin to absorb this subtle and beautiful influence of all goodness. I will continue to have difficulties which I must deal with, but the more I spend time in the connection with The Supreme, that is the more time I spend in meditation, the more help I will receive from very unexpected directions.

This is true for everyone. It is the right of everyone to experience this help and guidance from The Supreme Being. All it requires is the willingness to take the first steps on the journey, and there will then be no need to ever feel as though you have to face everything all alone again.

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LOOK WITHIN

JUST BE IN THE LIGHT



B.K. SHEILU

Introspection is an important step in the process of self-improvement. When we turn our attention inwards, observe the kind of thoughts and feelings we have, identify where they are coming from — is it ego, jealousy, fear, or a critical nature — and address the cause, we are able to grow spiritually.

However, a common mistake many make is to

get stuck on their weaknesses. They are sincere and well-meaning individuals who wish to become the best they can be. With this lofty goal in mind, they look inside themselves, and what they discover leaves them depressed. Some are alarmed to find that there is a lot that needs to be discarded or changed. “I am so bad, I have all these defects”, they think. Instead of looking towards their goal, they keep thinking of how far they are from it.

By brooding on their weaknesses and identifying with them, they reinforce them and become weaker, just as someone who keeps complaining about his illness prolongs



it. “I am not that strong”, “Perhaps I am destined to be lowly”, “I am not sure if I will make it”. Such thoughts pull them down further.

The key is not to dwell on our shortcomings. What we think, we become. We wish to remove our flaws, but remembering them again and again, often in a misplaced effort to “be honest with the self”, is not the way to do it. When we focus only on our dark side and tell ourselves, “I am like this”, the stronger that belief is imprinted on our consciousness, which then influences our thoughts and actions. It is like digging ourselves deeper into a hole.

Recognising the weakness for what it is — an

acquired flaw that is unnatural to us — gives us the right perspective, enabling us to distance ourselves from it. That in turn leads to the belief that we can overcome it. This gives us strength and, eventually, victory.

A defect is akin to darkness, and you do not remove darkness by agonising over it — you just bring in light. The light of truth, courage, and faith in God dispels the darkness within the soul. When we constantly remain in this light, all darkness vanishes from our life. Where there is light, darkness cannot exist.

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A THOUGHT FOR TODAY

When a container is full it is stable and less likely to be knocked over. In the same way, when I am full I am less likely to be knocked over by life events. Stability comes when I am fully connected to my inner resources. I am stable when I draw strength from this inner reservoir of power. To stabilise myself in any situation I need only take a few moments to withdraw my attention from the outside world and anchor internally. Today let me be full and stable.