

REAL KNOWLEDGE

Understanding the value of a spiritual life



B.K. CHANDRU

When we acquire spiritual knowledge there is great happiness — but the knowledge that remains only as ‘knowing’ is not really of much value. The value lies in being able to apply that knowledge in my everyday life; to any problems and issues that arise or in any crisis I may face. No matter who we are, we all have difficulties in life and spiritual knowledge is the way to make our journey easier.

There should be no need to consider what to do or say when a problem arises. The understanding should be in a natural form so that at any time or moment in any situation my ac-

tions will be a natural, perfect response to any situation. We should not have to think if this is the right thing to do or not — every step should be according to spiritual principles.

For someone who is spiritually knowledgeable the answers will come naturally. This does not mean there should be tension and seriousness in a life where spirituality is practised. Knowledge brings the lessening of worry and makes life enjoyable. Anything can happen to anyone, at anytime and anywhere. Who can tell what tomorrow may bring? So, our consciousness is very important. True knowledge brings joy and also prepares us for anything that may happen.

A spiritual journey should be enjoyable, and spiritual endeavours should be easy, based on understanding and by taking power through meditation. Our face should shine with happiness and reflect that



inner understanding. Our actions should reflect the attainments we have accumulated from our spiritual study. It should be obvious from one's humility and kindness that this one understands spiritual principles and is putting them into their life.

This means that the consciousness, attitude

and thoughts inside are pure and full of good wishes for everyone. This attitude springs from the awareness that I am a soul, and those I meet are souls, the children of the Supreme Soul, the Father. This consciousness of being a soul and not the body, takes practice but the rewards are great; hap-

piness, a peaceful mind and a carefree personality.

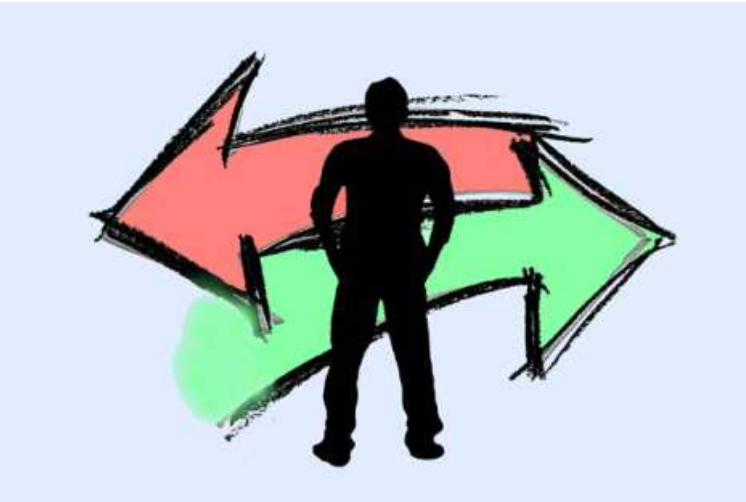
Sometimes we make spiritual effort and these rewards do not seem to appear. Just as a seed has a period of incognito growth before becoming a plant or tree, in the same way no effort of a spiritual nature is ever wasted. It is absolutely

certain that as I make one small endeavour after another, no matter how small, these honest steps towards a pure and peaceful mind will yield the desired results.

BK Chandru administers Brahma Kumaris centres in the western region of the United States and is based in San Francisco.

DISCOURSE

CHECK AND CHANGE YOURSELF TO REACH YOUR GOAL



DADI JANKI

No matter how good a car or its driver, if the car is not regularly checked, there will be problems. In the same way, if one moment I am happy but the next moment I am not, something is wrong with

the vehicle of my mind and I will need to check it out.

Check the smoothness of its flow; is there purity? Has there been truth? What about ego versus self-generated respect? How much grief am I causing another? Where are my weaknesses? How can I grow?

Checking these regularly and keeping them in shape will deliver you to your destination. Carelessness in this will slow you down, like getting stuck in a storm. You will feel yourself in a rut.

So, instead, keep yourself tuned and ever-ready. Meditate at length, take power and love. Teach yourself how to be generous spirited and never stop giving.

LOOK WITHIN

THE MOST VALUABLE THING IS TO KNOW THE SELF



B.K. MARIA

Each experience in every field of life is important.

In ancient times, though, Socrates ranked the human soul as the most valuable of all the things in the world, recognising it as the entity that gave meaning to life. Imagine how profound and unlimited the experience of being the life force, the sentient energy, the soul, can be — the experience of being the vital energy that is moving every thought

and action?

It is said that knowledge is power. It is the springboard for experience. Realising the self as a soul is the pinnacle of spiritual experience and is the springboard for a deep and intimate relationship with the Supreme Soul and creating a meaningful future. This experience not only nurtures the present, but equally supports and guarantees the well-being of the self and all of humanity in the future. This



spiritual experience, that of living as a soul, and not merely as a physical being, and the wisdom, fulfilment, and contentment it brings, transforms life from a race to a labour of love.

In meditation, I begin to know and understand the deeper aspects of I, the soul. I am able to discern if my feelings are artificial or superficial. These feelings arise from fatigue born of falsely identifying myself with anything to do with

my physical identity, name, position and so on, or with any difficulties I may be going through.

Let me remember that whatever comes, also goes. Then I will realise that no one is at fault, and no one is to be blamed. Everyone and everything in life is giving me a golden opportunity. They are there to teach me to go into the depth of who I really am, showing me what I have to do now, in the present moment, to create a better future.

In this process of awakening, I can never feel alone, as God the Creator guides me when I link my awareness with love, in the sweet silence of the mind, with that Supreme Being. With the help of the Creator, I recreate my life.

BK Maria is an Olympian, and works as an architect.

REALISATION

TRUTH MAKES US STABLE AND CAREFREE



B.K. MRUTHYUNJAYA

Truth is equated with God. Truth means that which is imperishable — it held true in the past, is true now, and will remain so in future. The first truth we need to know is that we are immortal souls. Following this recognition, we are able to connect with our true Father, the Supreme Soul. Knowledge of one's true self and God dispels many illusions born of ignorance. The power of truth — knowing that I am a soul, a child of God, and so is everyone else, and that every soul creates its

destiny by its actions — saves us from being influenced by other people or things.

The sign of someone having the power of truth is that they will be fearless. Where there is truth, the soul is carefree because they have no worry. When there is fear or worry, one cannot be happy. One's own shortcomings cause anxiety. If we have a high goal and at the same time there are weaknesses that hold us back, there will definitely be uneasiness and despondence. Weakness causes upheaval in the mind. No matter how much we try to hide them or put on a brave smile, the power of truth will make us aware of our flaws. Nothing can remain hidden from the self. Even after we recognise our defects, if we are careless, we will slip back into our old ways, which will bring about confusion in the mind, unhappiness and waste thoughts.



No matter how fearsome a situation is, how much distress others cause, how violated the atmosphere is, it will not shake one with the power of truth. They will be stable and light in every situation. That is the proof of truth. Challenges may come and cause some turmoil,

but that will be entertaining rather than disturbing because those who are true know that they have nothing to fear. We can find out how true we are by checking if we are carefree and happy. *B.K. Mruthyunjaya is Executive Secretary of the Brahma Kumaris.*

A THOUGHT FOR TODAY

A spider never gets caught in its own web. It can walk over each thread of its creation without getting stuck. In my life I create webs of connection. These can be glistening and beautiful, or they can be a trap. It all depends on my attitude towards my creation. When I am attached, I stick to the web and become entangled, losing my freedom and enjoyment. By holding a 'light touch' attitude in my mind towards my creation (my life, responsibilities, family, work) I am able to enjoy life without getting trapped. Today let me enjoy the beautiful web of my life.

SUPREME BEING

ONLY GOD CAN GET US OUT OF THIS MESS



NEVILLE HODGKINSON

Forty years ago, I was very ambitious and driving myself hard as a reporter in the competitive environment of the UK's daily newspapers. I was working as a medical and science correspondent, and had gradually become aware of how unsustainable my scoop-seeking way of life was. I learned from doctors about how exhaustion lies behind many illnesses. At that time, however, I also

believed that only human beings could sort out the problems we faced, especially through science, using the wonderful gift of the intellect. It never occurred to me that it is well-nigh impossible to do that on our own, because no one on the planet has any pure judgement remaining. Instead, to different degrees, our intellects are polluted by ambition, ego, self-interest and greed, which distort our perceptions and cause us to make one mistake after another, despite technological achievements.

Then I had an encounter that literally changed my mind. In my role as a journalist, I had attended a programme in which eastern and western spiritual leaders were discussing the concept of the soul. Soon afterwards, I heard about the Brahma Kumaris, who were



carrying ideas about spiritual development from India to many countries across the world.

Although my materialistic intellect found it hard to understand these ideas, I received a strong feeling of spiritual power in the company of the BK sisters I had met in London. A pure, clean and clear sense of truth touched me. The encounters were enough for me

to begin to practise the meditation the sisters taught, called Rajyoga. Through that, I eventually understood the concepts at a much deeper level.

The penny dropped that each of us really is a soul, and that our physical bodies are secondary to the spiritual being that runs them. Over time, through reincarnating many times, this being comes to identify more and more with the

physical side of life, including our roles and responsibilities. Our intentions are good, but loss of spiritual awareness can cause us to lose sight of our true and essential nature — our humanity.

I have been taught to reconnect with this truth by practising the inner awareness that I am spirit, not matter, and that we come from a living source — God — who holds the template for all that is highest in me. This supreme being never forgets the truth, but remains as a pure blueprint or reference point for it.

When the world gets itself into a total mess — as many believe is fast-approaching now — God comes into the material world to explain what is happening, how we reached this point, and what we have to do about it. The Brahma Kumaris

teach that this happened initially through their founder, Prajapita Brahma, in the early years of the movement. Those who were with him at that time then learned to pass on to others the love and wisdom they received.

So, only God can get us out of this mess! But he needs our help. By connecting our minds to the Supreme, we can draw on so much power of truth as to become free from ego and selfish motives. Happiness and wisdom fill our minds, and those vibrations start to uplift and change others. In time, as more and more people regain this true way of living and true state of mind, our world will change too.

Neville Hodgkinson is a UK-based author and journalist, and a long-time student of Rajyoga.