

LOOKING INWARDS

What does it really mean to be a Rajyogi?



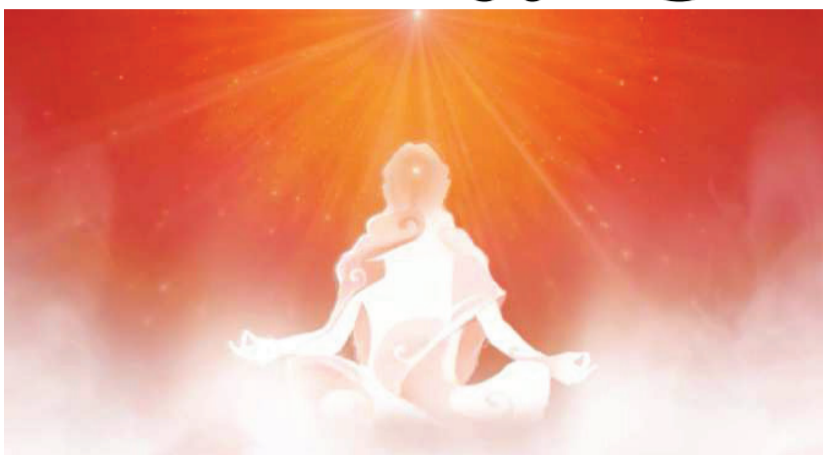
B.K. SUDHA

Rajyoga is not just practice of meditation for half an hour or an hour. To be a Rajyogi means bringing all the understanding and attainments into a complete way of life. Just as a 'raja', a king, behaves as a king throughout the day - in thoughts, words, actions and relationships - even when he is not sitting on his throne, so too a Rajyogi keeps a check on his or her behaviour, words, tone. A simple life and royal manners are the credo of a Rajyogi. Yoga means connection, relationship. A Rajyogi has four principal relationships or connections. Relationship with the self, with God, with people, and with nature.

The key words for the relationship with the self are attention and awareness. Having a harmonious relationship with the self means to be constantly aware that I am an eternal being, a being of divine light, a soul. My original nature is peace, purity, love, happiness and truth. I use the body while remaining aware of my true nature.

The key words for a relationship with God are faith and love. God is love. I remember God with love and put the wisdom of God into my life for the benefit of the self and others. This makes me worthy of receiving love and respect from all.

When it comes to relationships with all others, then the key words are mutual respect and healthy communication. It is so much easier not to create any conflict with anyone, than to try to mend the damage that conflict can cause. Share only good news. Bad news and gossip spoil the atmosphere



and draw others into negative, heavy energy. Be light, make big things small, be honest and transparent, and in this way we gain the trust of all. Finally, in our relationships with nature the key word is learning. Despite all that we have done to our natural world, nature just keeps on bestowing. We need to learn from nature how to keep on bestowing with love for all and cooperate in bringing

peace and benevolence into the world. All the elements have a lesson for us: a) Water: It has flexibility, the ability to flow around obstacles and adjust to situations. Water has coolness. b) Earth: The earth is tolerant of all that we do, just like a mother. We need to learn to tolerate the behaviour of others, to be patient and make sure to cause no pain. c) Air - It teaches us to be light. We must make

sure to maintain the right attitude and not make the atmosphere around us heavy with negative feelings and conversations. We need to learn to uplift others by lightening the burden they are carrying in their hearts. d) Fire: It brings warmth. Intense fire removes the alloy from gold. We must transmit warmth with a big heart and compassion. e) Ether - It is unlimited, vast. Let us have unlimited hearts that can accept everyone, with no exceptions. We must not limit our love and kindness to just one or two, but hold everyone as worthy of our regard and good wishes.

Rajyoga is a way of life - a life of understanding, compassion, attention and benevolence. B.K. Sudha is General Director, Brahma Kumaris Center of Spiritual Development, Moscow.

DISCOURSE

GOD UNDERSTANDS YOU VERY WELL



DADI JANKI

Never have the thought that you do not want a part in the drama of life. That is not possible. It is good to understand these things in detail. Understanding allows you to remove the sorrow. It makes you a self-sovereign and makes others this, too. What is needed is to prepare the self internally for whatever scenes

may come. Attention to the self like this removes all worry and concern. Then, even extreme situations appear as side scenes - they will come, and they will go. Your mind will stay free, happy and powerful and this is what you will share with others.

The only thing we need to do is remember "I am a soul and around me is the game of life playing itself out." Then, whatever role comes up for me to play I will play it very well, no longer confusing the actor with the act.

The one who remembers this is, in God's eyes, a hero. God says, 'Understand the part I have given you to play.' But though I do not see myself as God sees me, I should never say 'How?'. God is the Director and He understands me very well. Realise this clearly: God understands you very, very well.

LIFE MANTRA

TO OVERCOME FEAR, EMPOWER THE SOUL



DR. GIRISH PATEL

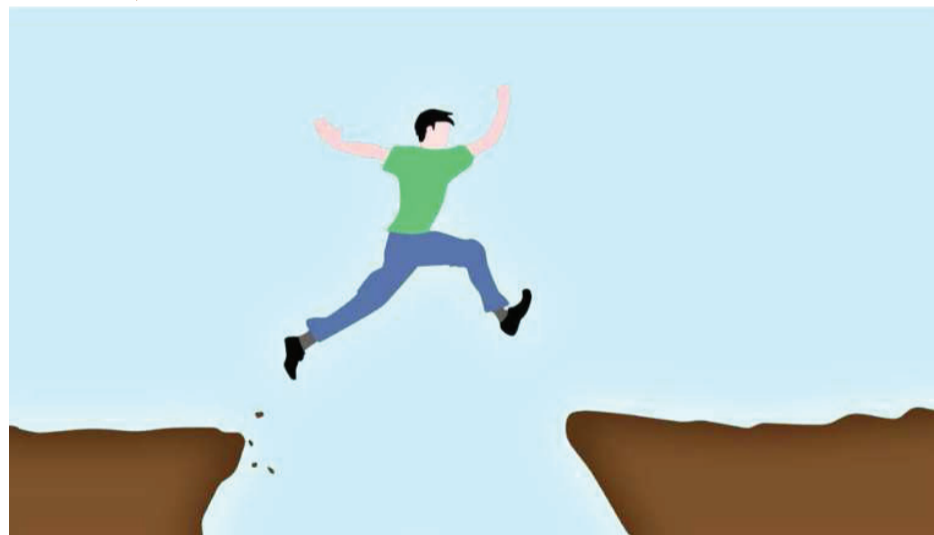
The mind has two great enemies - fear and worry. Everyone experiences some kind of fear. Fear can be of many types, and sometimes it assumes serious dimensions. It immobilizes us and we are unable to do anything. The mind is paralysed or confused and we cannot think sensibly, because of which even simple tasks become difficult. Fear adversely affects the entire body. It reduces immunity, upsets the digestive system, and impairs the flow of blood to the brain. The

last can lead to Alzheimer's or Parkinson's disease in the elderly.

Once we resolve to overcome fear, three steps help in attaining our goal: acceptance, listening, and introspection.

First, we need to accept that we are afraid of something. Some people camouflage their fears with bravado, but that does not help in the long run. Even if we have subtle fears, acknowledging them is half the battle won. Only when we acknowledge our fears do we take steps to overcome them.

The second step is to listen. Our fears carry a message: they tell us that we need to change. How do we listen? We can note the kind of thoughts that are passing through the mind and become aware of our inner world. We need not take out time from our schedule for this: we can check the quality of our thoughts and



feelings while we are walking or doing work that does not demand much mental focus. Once we have recognised the cause of our fear, we can take the next step of introspection.

When we analyse our fears we find that most of them are unfounded. Some people are afraid of flying. Thousands of planes fly each day, how many of them crash? The risk of getting killed in a

plane crash is negligible. On the other hand, every year a number of people die in their sleep. Do we stop sleeping because of that? So how rational is the fear of flying? When we think logically like

this, we can overcome many fears. Living in the present also helps. Fear and worry are mostly linked to past events or an imaginary future. Instead of making the most of

the present, many people spend their time agonising over the past or envisioning future scenarios. This can lead to depression or anxiety disorders. Worrying is not the same as planning. Once we make a plan we are done with it and at ease, but worrying is repetitive and draining.

Another way to get rid of fear is to put away fearful thoughts in a mental 'box'. When such thoughts arise, we tell ourselves that this is not the time for such thoughts, and put them in the box to be dealt with later. Once we make a habit of doing this we will not be gripped by fear. Our productivity also increases when we stop wasting time worrying, and if the mind is busy with useful things there is less scope for wasteful thoughts to arise.

We can face our fears better if we consciously make an effort to be logical, calm,

and detached. When we are emotional, we become confused and unable to respond effectively.

The most powerful tool for removing fear from our life is meditation, or linking up with the Almighty. Fear arises when the soul is lacking something - it could be peace, power, knowledge, or something else. When we recognise the fact that we are souls, children of God, and remember Him, the ocean of peace, power and love, we begin to experience these virtues. Regular practice of meditation fills the soul with these qualities. Once the soul gains the clear discernment that comes with purity, becomes stable in peace, and is full of power, the lacunae that provide space for fear vanish, and we are liberated from fear.

Dr. Girish Patel is a well-known psychiatrist based in Mumbai, and a student of Rajyoga with the Brahma Kumaris.

DEEP WITHIN

SEEKING THE INNER SILENCE



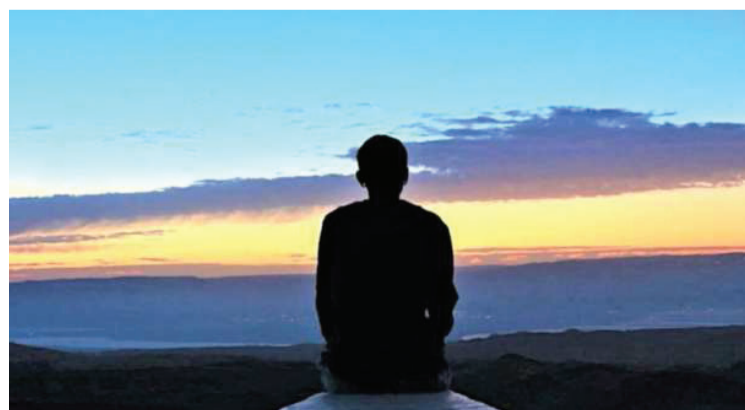
ANTHONY STRANO

Most of us feel some emptiness within, or a neediness or discontent, and yet we do not realise that what we are hungering for is the experience of inner silence. This inner silence is able to fill and satisfy us, giving us the inner strength and ability to heal ourselves by putting us in touch with the real meaning of life.

Deep within, we all remember the meaning of life. We could think of these sketchy

memories as the few remaining strands of a thread of life. Sometimes, little everyday situations - such as an unexpected moment of silence during a busy day - jerk this strand, stirring up an innate feeling that reminds us, "I am something more. I can be something else."

This tug of the thread kindles a desire to search, to find out what that "something more...something else" is. Perhaps that is why you are reading this page. A hope stirs deep within - the thought that we are not bound by anyone or any situation. It reminds us of what we are at the core - not what we are as a parent, spouse or child or because of a job or special talent, but what we are because each of us is a self that lies beyond the social, physical and emotional



realms. We might think of it as a point of eternity - a point of unique spirit within the universe, which is eternally me. So, the inexplicable pull of that thread is accompanied by the feeling that "there is some-

thing I must reach, something I must know and (even more important) something I must be." Now, we ask, how can I catch hold of this thread that will guide me and enable me to

clearly see the difference between the dead end of the noisy world and the open door of real life? "Simple", a little voice whispers. "It seems difficult and laborious, but it is not; it is as easy as stopping for a mo-

ment and becoming silent."

A PEACEFUL THOUGHT

It is not so difficult. All I have to do is to give myself permission to stop - to stop for a moment in this hectic spinning called life.

Take a moment, or two or three, and be still and silent. Sense the quietness of the moment - and slip into a place of no thinking, become completely still. In the stillness become aware of the real, true you. Let this awareness appear quietly, but brilliantly. After a few moments, as you return to your daily activities, try to retain this consciousness, this original state of being, which is serene and complete, the real you.

The late Anthony Strano was an author and Rajyoga teacher with the Brahma Kumaris.

A THOUGHT FOR TODAY

When I look at the world through a social justice lens, I see oppressors and oppressed. Through a psychological lens, I see victims and abusers. Through a spiritual lens I see 'beings' who want peace, but are trapped in old patterns of hurt and revenge, and numbed by materialism. I am able to see each person through the lens of respect and compassion, no matter how twisted their journey may seem. When I develop tolerance, I can respond with respect in every situation rather than aggression or anger. Today let me see the world through a spiritual lens and grow my capacity to tolerate and respect.