

LIFE MANTRA

# Living life in a worthwhile way



ARUNA LADVA

*"Time is saying to me: Live and make the most of every moment."*  
– The late Dadi Janki

**D**o we know how to appreciate the things that we have in our life? How much do we take for granted?

Just stop for a moment and ask yourself: How much is your body worth? How much are you worth as a person? What is the value of your time? Do you know how much your smile is worth? When you look at all these assets that you have and that sometimes you neglect to appreciate, you will then realise that you are not poor at all.

So, when we come to

measure the value of things in our life, we are the ones that will put a price tag on them, not others. How much value we put on something depends on how important that thing is to us. And if we really value something, then we will be mindful of how we use that thing and we will take care not to misuse it.

Spiritual economy is not simply about saving the pennies, but more about how we are putting to use all those pennies that we save. In other words, to put to good use all the assets that we have. Even a miser has several assets. A miser is not poor, but the difference between him and the economist is that the economist makes his assets grow for himself and others, whilst the miser keeps them safe in a locker for himself. But the irony is that, often like Scrooge, he neither gets any pleasure from that money and those assets and nor does anyone else.

Economising is not



about hoarding for a rainy day. It is not about penny pinching. It is not about false economies, saving a penny and spending a pound kind of a thing. Economising is not avoidance. For example, not going to work in order to save petrol! That is really not sensible!

Economising is about waste, to have the mindset not to waste things and having that respect for Mother Nature. There are so many ways we can make an effort to make savings. It is not just a matter of money. There are the

practical things such as water, food and light, fuel and electricity. But then there are also our precious assets such as time, thoughts, the energy of our mind, our breath, and our physical energy expressed through actions. Why do we need to use ten words, when we can use two? Why do we think too much when the decision can be made instantly?

The reason why we try and save our 'energies' is so that we can then do the things that we really want to do. So, if we save some time here, we can

use it there, doing perhaps what we love to do. That is good budgeting and good economy! But if after we save the time or money or anything else, and we do not use these in a worthwhile way, then we are wasting those precious items.

We are given things in life so that we can create good karma with them. If we waste or misuse them then the karma comes back to us, and we run into a loss every time. Our lovely planet provides enough for every one of us. But how much do we use wisely and well, and how much

do we waste? When we learn to be respectful and economical with the resources that we have, it will mean that everyone can live happily and harmoniously together. As Oscar Wilde famously said, and we would do well not to forget his words and take care not to become someone who '...knows the price of everything, and the value of nothing....'

*Courtesy of itsimetomeditate.org*  
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DISCOURSE

## WHAT MAKES GOD HAPPY?



DADI JANKI

God does so much, yet He is beyond the feeling of doing. He does not think, yet still you can say that He thinks. That is His wonderful personality. We cannot become God, because His part is unique. But as His children, we can become like Him. And this is all God wants us to do.

God is very happy to see us making the effort to become like Him. When

we are not making this effort, He does not like it at all. This is because He is not just our Mother and Father, but He is our Teacher as well. A teacher is never happy when the students do not study well.

God has given us understanding, made us belong to Him and is sustaining us in such a way that we are becoming like Him. Of course, there is a great difference between the Supreme Soul and other souls, but still it is not difficult to become like Him.

The more we can become like God and serve, the more we can become truly accurate instruments for His task. Then we can enjoy His company even more.

God wants us to become like Him, and we want to become like God, so the desire of both parties is being fulfilled.

CHARITABLE LIFE

## WHAT IT MEANS TO HAVE GOOD WISHES



B.K. USHA

Having good wishes for others is one of the cornerstones of a charitable life. But it can be difficult to have good wishes for everyone, or at all times. That happens when we lack good wishes for the self. We can give others only what we have. Pure and positive thoughts are prerequisites for wishing others well. This is where spirituality comes in.

Whatever our social or economic status, if we recognise

and reflect on the fact that we are souls — spiritual beings who are originally pure, peaceful, and loving — we begin to experience our innate qualities. As this experience fills the soul with purity, peace and love, we are able to share the same with others.

If we look at our circumstances and think, "I am not so good. I keep failing to meet my goals", such thoughts weaken the soul and hold it back from realising its potential. Instead if we turn our attention inward and tap into the virtues that every soul has, positive thoughts begin to emerge.

Those who make a habit of meditating in this manner are saved from wasteful thinking. Their time is engaged in constructive thoughts, so there is no margin for other kinds of thoughts to arise. Such people



automatically become well-wishers for everyone as they are free from thinking ill of others. Since they are upright in character, they tend to see and think of everything in a

sanguine way, which is why they have good wishes for everyone. Even when they notice people's defects, they do not dwell on them or think: 'This one is always like that anyway'.

Instead, they offer them the support of their good wishes and pure feelings.

Wishing others well means giving hope to the hopeless and making the weak strong;

it is not being dismissive or contemptuous towards those who have made a mistake or have some shortcoming. It is not enough to just be nice and think well of others. Do we use our resources to serve — with our attitude, feelings, words and behaviour? Or do we busy ourselves with doing a lot by the way of service and at the same time look down on those we serve? Can that be called true service?

Someone who has good wishes helps others forget their weaknesses and inspires them to become better. They would not look at anyone with dislike; they seek to uplift others. Do we serve in this way? This is something worth checking.

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MIND MATTERS

## TO DEAL WITH CHALLENGES, THINK RIGHT



B.K. SHIVANI

When there is a tragedy in the family, such as the loss of a loved one, many people are bewildered as to how to deal with the emotions that come up. They wonder how they can be positive in that situation. What does positive thinking mean? It is not thinking about nice things. There are times when nothing seems nice in our life. Positive thinking is thinking right. Knowing how to think right in every situation helps to keep our state of mind good. The vibrations

radiating from us then create a strong, supportive environment.

Most people do not pay much attention to their thoughts. They think thoughts occur inside the mind, invisible to others, and they have no practical impact. But thoughts subtly shape our life. Our attention is usually focused on the evident aspects of life, such as physical health, relationships, work, and finances. Taking care of the mind is rarely on our list of priorities. As a result, emotional wounds accumulate in the mind. But since we cannot see them, and neither can others, we do not bother to deal with them.

Another reason why we neglect the mind is that we do not recognise its importance. We think that once everything in our life is taken care of, the mind will automatically be well, and we will be happy. We have



heard the saying that one who masters his mind succeeds. But we live the other way round — we try to master everything else in the belief that it will bring us peace of mind. Our thoughts create

our world; it is not the world that creates our thoughts. This is another equation we get wrong, because of which we ignore our thoughts. The Covid pandemic has taught us that we need to keep

both body and mind strong. Thinking right helps not just during a pandemic, but in every situation.

We can start with thinking right about past incidents that have caused hurt, par-

ticularly if we are holding on to the pain. To have a healthy mind is essential to heal old wounds. It helps to remember that our thoughts are like seeds, and the external aspects of our life are the

branches and leaves that have sprung from them. When we walk into a garden, we admire the colour and fragrance of the flowers; no one takes note of the seeds buried in the soil, away from sight. The same happens in our life. We compliment people on their looks, their job, their house, and everyone likes such appreciation. So, we too focus on what others appreciate, neglecting the seeds.

Over time, this neglect begins to tell on us. First, it shows in our health. Every thought we create triggers biochemical processes that have an effect on the body. When we hold on to past hurts, guilt, anger or hatred for someone, all that emotional energy does not remain confined to the mind. It affects our feelings, which determine our mental health. Then it impacts on our physical health. Most diseases are psychosomatic — they are caused or aggravated

by mental factors such as internal conflict and stress. We may incorporate all the right things into our lifestyle, but if we do not change the way we think, speak and behave, the mental roots of disease will remain, and grow, gradually producing illness.

The third aspect of life affected by our thoughts and feelings is relationships. Each thought carries some energy, which radiates from us in the form of subtle vibrations. Others can sense the vibrations and get an idea of our thinking and feelings and they will respond to that. The right kind of thoughts create an atmosphere conducive to cordial relationships. They lay the subtle foundation for a healthy and happy life, enabling us to deal successfully with any situation and help others do the same.

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