

MIND MATTERS

The silent mind



B.K. MEERA

They say that if you can conquer the mind, you can conquer the world. In other words, we can become masters of the self. So, it is worth taking time each day to see what the state of my mind is. It has been said that the difference between prayer and meditation is that prayer is when I talk to God, and meditation is when God talks to me. But for me to be able to listen to what God is saying, I need to have a silent mind, a quiet mind. Do I allow

God to talk to me or is my mind so busy and chattering all the time about this and that, that I do not give God the chance to speak to me?

Silence of the mind is not stopping thinking or suppressing thoughts or making the mind blank. A silent mind is full, not empty – an empty vessel makes the most noise! A silent mind is not judging, commenting, criticising; there are no thoughts of attraction, desires or attachments. The image that comes to mind when I think of silence is a calm lake that has not even one ripple on the surface and yet is deep and powerful. To achieve this state of mind I need to go into the essence of being – just 'I am'.

I am a being of peace. I, the soul, am silent. My religion is peace. I am the child of the ocean of



peace and a resident of the land of peace. This consciousness of being a soul cools the sense or-

gans. When I am in soul consciousness, the mind is calm, and the body is cool.

A silent mind does not need to overthink. Overthinking is a sickness of the mind. A silent mind

will know what is the right thing to do, and when it is done there will be no further thinking.

A silent mind will be light, and that silence and light will automatically connect me to God, who is also full of light and power. I can then detach from situations and simply observe in peace and love and all actions that spring from that state of being will be powerful and successful.

I need to practise this return to the essence daily, in fact many times during the day. I need to contemplate and experience this peace and silence for many moments each day. This nourishes my mind, fills it with power, connects me to God.

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DISCOURSE

SPIRITUAL DETACHMENT SAVES US FROM NEGATIVE INFLUENCES



DADI JANKI

Let me be humble and let me harmonise and work well with all others but let me not become like them. Others may be influenced by their own arrogance, or by their own negativities, or

by ordinariness in the mind, but this does not mean that I have to be.

There should be so much truth in me that others become truthful. My inner state should be such that not only am I not influenced by the negativity of others, but my very presence is a positive influence on all negativities. This is true, spiritual detachment.

It is so exhilarating to experience yourself as a spiritual being. You should never hide that sparkle on the face that comes from having come to God. Everything we used to do on the basis of ego can now be done out of love.

GOOD HEALTH

HOW TO EMPOWER THE CAPACITY FOR SELF-HEALING



DR JUDITH KOCKEN

When a young child grows up in unsafe circumstances and is not fully welcome, then insecurity is normal and a child gets used to it. A young child always attaches to (a) parent(s), even when circumstances are unsafe. Then 'unsafety' is the comfort zone and normal for a child. An impactful event during childhood has a di-

rect relationship with chronic diseases at a later age.

Rejection gives the greatest pain. As a result, the child is unable to access real feelings. When pain is too big to handle in an unsafe situation; when a child is unseen, unheard, not supported in their needs, this impactful situation is transferred to the subconscious mind and survival mechanisms are needed. There is a big difference between survival and living a healthy life. Human beings have three survival mechanisms: fight, flight or freeze. To prevent being rejected, the child often rejects others, becomes angry, bossy, and anxious, is fearful and feels powerless.

Chronic diseases are psychosomatic, which means



that the body asks for attention to a deeper cause in the self. The body has a 24-hour

relationship and communication with the soul (thinking, memory and emotions).

Body and soul are the best friends when in balance, or the worst enemies when

there is chronic stress or unresolved pain.

The body grows and exists in relationship with the environment: circumstances, culture, parents, teachers, friends, physical, mental and emotional food have an impact on physical health. Impactful situations break the connection and awareness of the body with the inner soul. Because of feeling rejected, the basic subconscious assumption of a child, based on what they have learned, is: 'nobody loves me, or, I am not worthy, something is wrong with me'.

In holistic medical treatment, coming home to yourself has a central role. Recognition of the journey of survival up until now and making contact with the de-

sire of the heart (to feel loved and safe) are the golden keys. The adult or child learns how to say 'yes' to the present, even if the present is painful and unpleasant. The second step is to take a risk and dare to not know certain things and learn something new. We use deep breathing and meditation to rebuild contact with old emotional pain that is stored in the body. Healing means feeling all the pain, loss, sadness and loneliness that had been stored in childhood because all that was needed so much as a child was not available.

When contact between body and soul is restored, the body begins to increase the self-healing capacity. When we heal ourselves of the old inner wounds, scars remain,

which is much easier to live with than open wounds and chronic diseases.

The body possesses tremendous power and wisdom. It gives us messages through physical complaints and chronic diseases as to what is needed in our life. Learning to listen to those messages brings miracles for physical, emotional, mental and spiritual health. We can heal ourselves. Healing creates a healthy relationship with ourselves and with each other.

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DEEP DIVE

THE DIFFERENCE BETWEEN RELIGION AND SPIRITUALITY



B.K. SURYA

When we see the external form of religion that people practice, such as rituals, prayer, reading scriptures and going on pilgrimage, we often comment that 'this person is very religious.' This usually means that we consider them to be humble, polite and kind. But religion without spirituality is like the skin of a fruit, with nothing inside – it lacks power.

Spirituality is that which enriches and strengthens the soul, makes it virtuous. Religion and rules governing its practice can make one fearful – people are afraid of committing sin by doing this or that, or they worry about divine retribution for something they have done in the past. Understanding



spiritual principles, on the other hand, makes one wise, strong, and fearless.

But people take more easily to religious rather than spiritual practices. The former, with their ceremony, colour, and – in some religions – song and dance, seem more appealing. Moreover, spiritual knowledge has not been propagated as widely as religion.

Religious figures preach compassion, ethics, and charity, but it is all regarded as part of recommended behaviour, and little thought is given to the spiritual truths

that lend them value. Even reading the Gita, a book that contains deep spiritual truths, has become a ritual. Reading a chapter of the book every day is considered a virtuous act. People are content to just read the book, and give no thought to living by its teachings.

Religious teachings benefit us and add value to our life only when we live by them. Once we recognise the fact that we are souls, children of the Supreme Soul, and relate to God with that awareness, we no longer feel the need to seek

solace in religious rituals. The fulfilment the soul experiences through a direct and heartfelt connection with God ends the search for truth.

But the plurality of faiths in the world confuses many people as to which one to follow. The proof of the right path is that it is simple, purifies and strengthens the soul, and makes life easy and happy. It puts a stop to all our doubts.

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BIG QUESTION

WHAT DOES IT MEAN TO BE HOLY?



B.K. USHA

What does it mean to be holy? Do vestments, ochre robes, or ash smeared over the body make one holy? What are the qualities of a holy person?

Being holy means to be pure, which in turn means to have elevated thoughts – always and for everyone. Someone with a pure mind has clarity, due to which they can tell the difference between good and bad. A clean and clear intellect enables them to discern the intentions of others and act accordingly. Yet they are not cynical or apathetic, and instead have benevolent feelings.

When we know other people's intentions, we are not influenced by their nature or behaviour, because we know where it is coming from. Moreover, when we have a pure attitude, we see

others compassionately, through the prism of their good qualities. Even when we see a not very impressive side of someone, with our benevolence we are able to show the other person a better way to be. This is purity in action. It is not just a quality to be cherished; it is of greatest value when it serves others.

There are many ways in

the point – no gossip or idle talk. When these qualities are visible in someone, they appear special – they stand out with their friendly and reassuring vibrations and demeanour.

But to be like that we need to watch our thoughts, words and behaviour, to avoid what is ordinary or wasteful. When the intellect is pure, we hold ourselves

activity to be right, and deceive the self by thinking that we are intelligent or strong and our judgement is correct.

A clean intellect, which is the basis of holiness, saves us from these pitfalls. Another sign of such an intellect is that it does not condemn people for their flaws. One who is truly holy, when they see a defect in some-



which purity is manifested and it touches and inspires others. We have a kind vision – no matter what the other person is like, we accept and respect them, and have good wishes for them. Purity in speech means to speak gently, politely, and to

the highest standards and do not reason that it is alright to be a little slack as many others are so.

Our time and thoughts are wasted when we do not recognise whether something is right or wrong. We consider unnecessary or wrong

one, does not think. "This one is like that anyway". Instead, they inspire the other person to overcome their shortcomings.

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