

MIND MATTERS

How powerful thoughts lead to powerful meditation



B.K. SUDEH

Who is it that is sitting in meditation? It is the soul, within the body. The soul is the living energy of light. In meditation, the soul, through thoughts, connects with the Supreme Soul, the source of all spiritual power. The Supreme Soul is incorporeal, the ocean of knowledge, purity and peace. The act of sitting in meditation in this way gives the soul power, and transformation takes place so that words, thoughts and actions become elevated. First, the soul has to have a clear intellect. The mind needs to be pure. A clear intellect with a clear and clean mind creates

stillness for a clear reflection of God's signals. It is like the example of still water creating a perfect reflection of the moon, the sun, or nature -- to the extent the water is still and clear, accordingly is the quality of the reflection. In the same way, our mind needs to be clean, still, with focused connection, without disturbance in between. In order to make my mind clean, I have to work with thoughts. I have to clear negative thoughts and keep my mind occupied with pure thoughts. My focus should be on virtuous and powerful thoughts. Some might experience that there is a lot of rubbish in the mind, and during meditation, many waste thoughts and weak thoughts come up. So, the intellect focuses on how much the mind is full of rubbish. Let us say there is a big garbage drum filled with rubbish. If you know that at the bottom of this drum there is a diamond, your focus will be, "I need to get to the di-

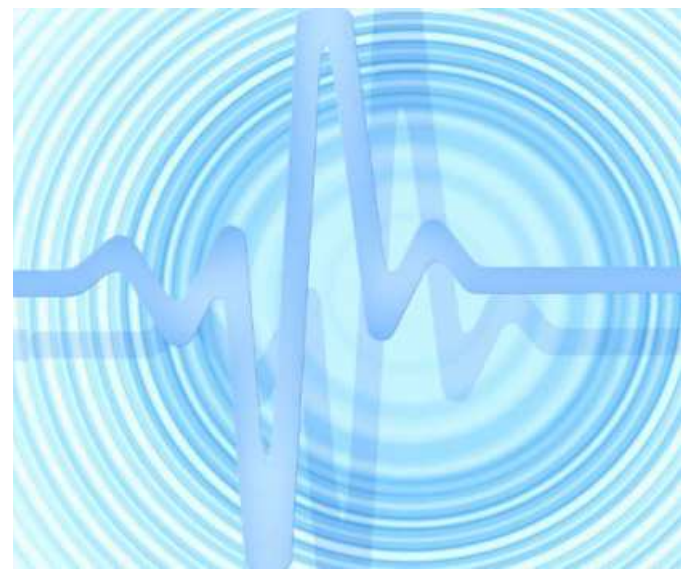


amond." So, even though the rubbish is there, what are you seeing with your intellect? Are you seeing the rubbish or are you seeing the diamond? The focus has to be on pure and powerful thoughts. I focus on what is pure and powerful. To receive power from God, The Supreme Soul, and begin to remove the rubbish of the soul and experience cleanliness and purity is to invoke God's energy, with the determined thought that God is the purifier, the remover of sorrow, and the sun of knowledge. With this thought, you naturally begin to invoke the positive, powerful energy of God. Do not focus on the waste thoughts that come. For example, when we place a container under a running tap for cleaning, the rubbish stuck inside, and even around it, begins to come up. So, do not pay attention to any of the negative thoughts coming up, and continue with your effort. It is not only in my thoughts that I am a pure and peaceful soul. With determination, I have to practise with a constant flow of positive energy, so that it will start working more and more on both, my thoughts and my words. These pure, powerful and positive thoughts will be expressed through my vision for myself as well as for others. It is not that I am the only pure and peaceful soul; whoever I speak to is also a pure and peaceful soul. To make a thought a reality, you have to put it into action. It is not that we become fed up with someone and then say,

"Although they have this personality, I will still have very pure and powerful thoughts for them." Can it work that way? When there is any kind of mixture, and rubbish is coming out while we are trying to build a flow of good wishes for others, our thoughts will not be effective. This is why there is no power in the words when you say, 'I have forgiven the person, and yet continue to feel sorrow'. When my mind is engaged in my own weaknesses, my own situations, my own problems, there is interference, and I cannot, then, connect with God. It is the same as when clouds form: even though the sun is shining, I cannot catch the rays. So, when I begin the practice of connecting with the Supreme Soul, God, then my mind and intellect become cleaner and clearer and all my thoughts become powerful so that my life begins to change. B.K. Sudeh is director of the Brahma Kumaris' services in Europe.

DISCOURSE

SPIRITUAL MEDICINE



DADI JANKI

The mind has an influence on the body, and vice versa. The two work together; neither side can be ignored. Taking medicine is not wrong in principle; what is wrong is to attend only to the body and ignore the mind. If there is a need for medicine, then take it, but be careful that you do not let it be a support and become dependent. When the mind is kept free from tension and worry, sleep

comes naturally. Or, even if you cannot sleep, there will be such peace and calm that you will still feel refreshed. Learn to be your own spiritual doctor. Whatever the nature of an illness - heart problems, cancer, or simply intense pain - it is through the power of remembrance of God that illness can be overcome. This will also protect you from the negative things your friends and even doctors might say about your health. Sometimes, even just hearing about another's illness makes people worry about getting it themselves. If there is something wrong with you, worrying about it and spreading your worry to others will only aggravate your ill health. So even if the body is sick, learn how to let the mind simply remain in the remembrance of God. If there is even a trace of worry, no cure can be effective.

MEDITATIVE MIND

THE HEALING POWER OF SILENCE



ANTHONY STRANO

The starting point of the healing power of silence is our thoughts. Thoughts are extremely powerful; indeed, since we speak and act according to the quality of our thoughts, they create the world around us. Generally, each of us has about thirty-six thousand thoughts per day. Some days there are

many more - as the day gets more and more tense, there might be thirty-six thousand thoughts an hour. How fast the mind works! It is like a machine. But we have forgotten that we are in charge of this machine; we can determine the speed with which it moves and the direction it takes. Yes, we can decide in which direction the thoughts go, and we can determine the quality and speed of those thoughts too. Mostly, we are not aware of this and so the machine is taken over by external influences. We see or hear something or someone, and we react, forgetting that we have independence and



choice. No matter what is going on outside, we can choose our thoughts, and the more we understand and practise this understanding, the easier it becomes to remain calm, understand what we need to do, and act accordingly. This thought-control process begins with silence. When you practise silence, you can transform yourself from the 'headless chicken' constantly reacting inap-

propriately, to someone who is master of his or her thoughts. This does not take months to achieve - it can happen in the space of a day! When you master your thoughts, you can start to create beautiful, powerful and pure thoughts, and you can also create the space between those thoughts that allows you to tap into the healing power of your own inner silence. The key to this is to 'quarantine' your mind with silence for twenty minutes every morning and evening. Each morning, before beginning your day, stop and become silent - fill your mind with quietness and peace, with a loving

attitude. During the day this quietness and peace will transform into clarity and attentiveness. As you travel through your day, watch how your mind loses this quietness and becomes full of haste, reacting with twists, jumps and spins at any moment in any place and with anyone. When you notice your mind rebelling in this way, allow yourself to stop and replenish your quietness and peace. Do this as often as you wish or need. It may take just a second of silence for you to regain your equanimity, or it may take a minute or two. By returning to quietness and remembering your original peace, you will quickly regain your

clarity and attentiveness. The founder of the Brahma Kumaris World Spiritual University, Prajapita Brahma, found this topic of the inner argument between the self and the mind absorbing. He kept a journal recounting his progress, and it reads like a manifesto for all of us setting out to live quieter and less stressed lives. One of the extracts reads... "So, Mind, your revolutionary days are over. And, furthermore, every hour, for just a minute, I'll check on what you are doing and where you are going" Prajapita Brahma The late Anthony Strano was an author and Rajyoga teacher with the Brahma Kumaris.

CELEBRATING GOODNESS

A PURE MIND CAN SERVE WITHOUT LIMITS



B.K. ATAM PRAKASH

Political leaders, religious figures, and scientists are among those generally regarded as important people. There is another class of persons who are respected, and revered, by even these VIPs. It is those with a pure heart and an elevated mind. These are the souls people turn to for spiritual guidance, moral counsel and comfort during difficult times. Honesty, peace, and generosity are their hallmarks. Their love for

service makes even difficult tasks easy for them, and with their inspired efforts they achieve what others see as impossible. Because of their qualities, these souls, who have trust in their convictions, are able to do what more hard-headed types cannot. For this reason, on the spiritual path too they are able to come close to the Divine. This is why God is sometimes called the Innocent Lord - the innocent find Him more easily than the intellectuals given to reasoning and analysis. Since their intellect is not bound by the deceptions of ego or limitations born of selfishness, these individuals are able to think, perceive, and accept what others cannot. This enables them to make the leap of faith and experience the rewards thereof - the stability, peace, and joy that come from



feeling a closeness to God and knowing that one has His support. They do not keep their attainments to themselves, but share their spiritual wisdom, virtues and strength by offer-

ing others help, encouragement, and inspiration with their conduct. It is not for them to judge, criticise, or reject someone who has made a mistake. No one is too distant or too little

for them. With discernment and empathy, they offer support wherever it is needed. Just as the VIPs of the world make it a point to send their good wishes if they are unable to attend a programme, these

special souls extend their goodwill and pure feelings to even those who are far away. Their cooperation is not conditional on receiving acknowledgement or praise. They are just content to subtly serve in any way they can, and reap the fruit of that in the form of immense satisfaction and joy at having done something good. This is what is called unlimited service - spreading waves of happiness, zeal and enthusiasm, offering hope to the hopeless, and giving courage and strength to those who live with fear and worry. Service is a labour of spiritual love for these souls, and it brings them amazing returns, turning strangers into friends, critics into admirers, and life into a celebration of goodness. B.K. Atam Prakash is a Rajyoga teacher at the Brahma Kumaris headquarters in Mount Abu, Rajasthan.

A THOUGHT FOR TODAY

There is a Japanese idea that to go fast is to move slowly - without interruption. Time is the space between actions. In a world of activity, there is little space between actions and therefore the feeling that I have no time. Paradoxically, when I move more slowly, time expands and more gets done. Today let me move slowly, steadily, with dignity and enjoy more time.