

PROCESS

Spirituality and awakening



B.K. JAYANTI

Seeing the world, we wonder if this is a time of crisis or opportunity. We are already deep in a climate emergency and one could describe it as one of the most traumatic crises of modern times. However, from a spiritual viewpoint, the circumstances bear an incredible opportunity for transformation—of the self and this planet. Looking at time from a linear perspective, it feels as if we are approaching the end

of an era. We are totally unsure of what comes next, if anything at all. However, looking closely, we can see that days, months, seasons and nature itself move in circles and cycles. Interestingly, there is not one straight line to be found in nature. Humanity has always gone through periods of light and darkness and there was always a new beginning. Seeing time in a cyclical way offers hope for the future and teaches us humility and compassion. This is the most critical period in history, this is the transition when we move from the lowest to the highest entropy, from negativity into goodness, truth and beauty.

THE POWER OF LOVE

The spiritual invitation that comes from awakening to the possibility of a collapse of our civilisation is a powerful one. Spiritual traditions share in-



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sights into principles and practices that will be helpful in this context. We all are aware that love can do magic. This is the time to connect to the Divine

and radiate unconditional pure love into the world. Every faith tradition has emphasised that time spent in silence, prayer or meditation develops one's inner

power and capacity for love. Ignorance of love allowed violence to erupt against the human family and nature itself. The power of love will increase our capacity to

serve and support those in need.

DEVELOPING RESILIENCE

Generally speaking, resilience is the ability to stay in a position of strength in the face of adversity. The understanding of the self as an eternal being of light helps to develop the needed inner resilience and self-esteem. Being aware of the inherent goodness of everybody creates a strong base for cooperation and a new culture of sharing. Resilience in its pure form comes from a stable relationship with the Divine, knowing that there is always a kind parent ready to listen and offer support.

THE PRACTICE OF BEING AN OBSERVER

To be a detached observer enables me to perceive upheavals and challenges from a space of inner stillness. A regular practice

of meditation is the foundation of detachment and stillness. Such a mindset helps me to take the right action at the right moment.

CONNECTING WITH THE DIVINE

For 84 per cent of the world's population, faith plays a major part in their daily life. For many of them there is a recognition of the Divine who is the Source of Love and Truth, the Benevolent Parent and the Compassionate Friend. To strengthen this relationship of the mind and heart is the way to experience constant support, guidance, and protection. Meditation can be practised by everyone across religious and cultural borders. It is an easy and simple method to initiate this beneficial connection.

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PEACE

SMILE FROM YOUR HEART AND BECOME TENSION-FREE



CHIRYA YVONNE RISELY

The heart is like a flower—unless it is open it cannot release its fragrance into the world. The fragrance of the heart is made up of spiritual qualities and virtues. We at times have learned how to keep our hearts closed in a world that might trample over us if we let it. Being open-hearted today requires courage. When we realise that we are a spirit, no one can hurt us, no matter what they say or do. Open the heart to those you think have hurt you. It was not others who hurt you, it was your acceptance of the hurt, but it created tension and distrust and closed your heart. When I open my closed heart, I begin to heal. We are all originally pure in heart. It is what we accu-



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When I open my closed heart, I begin to heal. We are all originally pure in heart. It is what we accumulate and learn from the physical world around us that blocks and clogs our hearts.

mulate and learn from the physical world around us that blocks and clogs our hearts. The more we pay

attention to what is in our mind and heart, the more we will become tension-free. Add "a" to tension and

pay attention. When I am tension-free, it is easy to do whatever I need to do. Complaints about others will then finish.

Recognising mistakes happen in the heart. However, to dwell on them creates tension and stops my progress. Do not place mistakes on your head; the weight may crush you! Instead, learn from them. Put them under your feet and use

them as an elevated platform to view your horizon.

A great deal of difference is seen between the face of a person who comes into tension and a person who pays attention. Your state of mind should be so happy that it reflects on your face, and then others would ask: How does this one always remain so well? For this to happen, truly smile from your heart, not just superficially, not having one thing in the head and something else in the heart and on the lips. To smile lovingly from the heart softens the hearts and empowers others to become strong. When a problem comes, smile to yourself and connect to God's heart. Feeling the happiness of Godly love within, I remember every situation passes and has something to teach me. Solutions come more quickly and easily. Use your smile to change the world; do not let the world change your smile.

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VIRTUOUS SOULS

THE SPIRITUAL STARS



B.K. SHEILU

Stars have fascinated mankind for ages, guiding travellers, inspiring poets, and presenting the truly heavenly panorama of a star-spangled sky. It has been said that of all things visible, the highest is the heaven of the stars. So, would-be achievers are often told: 'Keep your eyes on the stars and your feet on the ground'. An outstandingly successful person is called a star. There are another kind of stars on Earth—spiritual stars.

These are the virtuous souls close to God who spread His kindly light in the world. Just as the stars in the sky appear at night, the spiritual stars lend their light to others when the latter are enveloped in the darkness of sorrow and



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suffering. These stars, with a pure intellect and free from all weaknesses, easily attain success in their tasks. Full of faith and having a clean mind, they are not troubled by doubt or fear. "I do not know whether or not this will happen", "Will I be able to do this?"—such thoughts are unknown to them.

Success does not make them arrogant. They do not boast about it, but instead to the extent they are successful, they are humble and gentle. Others may laud them, but they always point towards God, who is their source of strength.

Stable in their faith in the Almighty, they guide others to connect with Him in

order to draw the power to overcome their weaknesses and be liberated from suffering.

Success does not puff up these souls, nor does the lack of it bring them down. They remain stable in the awareness that situations change but it is more important to maintain an elevated state of mind because that is what brings happiness. A fluctuating mind causes tiredness, which in turn leads to disheartenment. Like the pole star, the spiritual stars remain constant, a support for others, who are drawn to them.

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TIPS

HOW TO IMPROVE YOUR OWN HEALTH



DR JUDITH KOCKEN

Serious illnesses require the attention, expertise and knowledge of a medical doctor. However, very few of us realise how much influence we can have on our own health. When the body and the soul are in total and complete harmony, we experience health and happiness. We are spiritual beings having a human experience and the human condition at this moment in time is fraught with competition, comparison, complaints, chaos, conflict and fear. In all four corners of the planet, people are suffering from chronic stress, unfulfilled desires, unmet expectations, frustration, suppression of emotions and unhealthy

relationships. All of this has a dramatic impact on the health of each one.

If you believed that there was a way to improve your health, would you experiment with it and see if it works? There is a simple plan which requires only one hour each day for you to pay attention to four aspects of your health. Do this for two weeks and then see if there has been any effect on how you feel. Of course, this plan is not instead or in place of any other medical treatment, but as an additional and holistic approach to health.

1. **Physical-** Take note of what you eat and drink each day. Check that you are getting enough rest or sleep. Make sure you have some kind of physical exercise each day. Is there tension in the body? Can you relax that tension by deep breathing exercises? Do you have any habits that you know are not helpful? Are you willing to give any of them up for two weeks?

2. **Mental-** Are you mulling over something that has upset you or caused you pain? Are you able to respond to others



In a perfectly healthy body, each system works in harmony.

with patience, respect and acceptance? Are you kind to yourself? Watch carefully how you speak to yourself, especially when you think you may have made a mistake.

3. **Emotional-** Check that you know what emotion you are feeling and what the trigger is. Is it possible to just observe the emotion with-

out wanting it to change? Consider all the things you do well, and boost your self-confidence. Look at your part in all your close relationships, check that you are managing them well. Do you have compassion for yourself and others?

4. **Spiritual-** Look deeply within and find what is re-

ally important in your life. What beliefs are driving you? Do you give time to these important aspects? Do you make sure that you have a spiritual practice of some kind each day, like meditation, prayer, mindfulness, or contemplation?

The body is a wonderful thing. In a perfectly healthy

body, each system works in harmony. Blood flows from the heart, oxygen is breathed in and nurtures the body. Food and drink are digested and provide energy to all the organs. The thoughts in the mind affect each and every complex system. For these two weeks of experimentation, find time to spend moments of real peace within, each day. Commit to eating only a fresh, plant-based diet. Understand and believe in the healing capacity of the body. When ingesting any food or drink, tell yourself that you are healthy and happy, and this food and drink will nourish you and provide the right energy. Visualise how a perfectly healthy body feels and moves. Watch and take note of how your health and well-being steadily improve and with it your inner happiness.

Dr Judith M. Kocken, MD, PhD, is a paediatrician and a paediatric gastroenterologist. A pioneer in holistic healthcare, she studies and practises Rajyoga with the Brahma Kumaris in The Netherlands.

A THOUGHT FOR TODAY

Everything I see around me is first experienced in my mind. Although the eyes serve as instruments through which light bounces and images are formed, it is in the mind that I interpret what I see. It is important to check what is in my mind during the day. Not all that I see needs to be considered or experienced. I can choose what to allow into my mind and ensure that I interpret it with care. Today let me check what is in my mind.