

CURE

Healing the self with silence



DADI JANKI

When we sit in silence and begin to know ourselves, we see that we carry with us many, many things from the past. The mind has been a slave to so much, and the heart has been wounded. We have done wrong and so we have a feeling of guilt; there are doubts in the mind and pain in the heart. You might enjoy the peace of sitting in silence, but what are you going to do with all this other stuff?

When we are physically

ill, we look for the cause. Is it because of food poisoning or something in your diet? Is the pollution of the atmosphere or the climate affecting you, or is it because you have not been able to give the body sufficient rest? When we look at the condition of the mind, we should look at the same things. What have you been feeding the mind? Have you been giving it negative things to think about? Is that the cause of the pain? Or does the pain derive from negative things or pollution, in the atmosphere around you? It is almost certain that you have not learned how to let the mind rest, and so it loses its peace and becomes restless and tired. When we look inside, we see worry, hopelessness, and fear, and though you may often have tried to overcome them, you probably have not been successful.

Well, at least now you un-



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Understand that these are the causes of mental pain. Now you have to protect yourself from that pollution by giving the mind open space, keeping the heart clean, paying attention and feeding the mind good, nourishing thoughts. Rest is especially important for the self. Medicine works when we first give ourselves rest.

Once we remove the inner tiredness, we can enjoy the fruit. At one point, I was looking after someone who rejected all the food I was offering. We went to the doctor, who prescribed some glucose, and within half an hour the patient's appetite had returned and she started eating. The reason for the rejection of nutrition was a deep tiredness. Similarly, when the human heart has been without love for a long time, it rejects everything and becomes full of dislike and fear. But when the heart starts receiving real love, pure love, then there is power.

In order to heal yourself, learn to love yourself. Do not cause yourself sorrow. Do not criticise yourself. Do not cause yourself pain. No matter what the causes of your distress, forget them. If it is a question of forgiving others, do not repeat the old

hurt in your mind. The more you go over it, the more those events and words live in your mind. It is like pouring salt on wounds, bringing yet more pain. Instead, with patience and tolerance, fill yourself with love.

Pay such attention to yourself that the old illnesses of the mind and the heart go away, and you can maintain good health and keep the mind, heart, and body healthy. If something even slightly impure and negative comes into your mind or any bad feeling enters your heart, deal with it immediately. Science has been able to create many inventions and find many cures to illnesses, but they involve the support of other people. This cure means being able to heal the self with silence.

The late Dadi Janki was the Administrative Head of the Brahma Kumaris.

GUIDANCE

CONTROL THE MIND WITH LOVE



B.K. SHIVANI

We often think about the people we love, and those with whom we have beautiful relationships. We also think of people with whom we have a conflict or differences—we think of them even if we do not want to, and spend sleepless nights repeatedly going over what they said or did. And how much do we remember God, the one we call our Mother, Father, and Friend? We take out time to remember God, yet we cannot do it properly because the mind wanders.

We need to be more focused if we want to be a better person and live a more fulfilling life, but we tend to dwell on other people's defects and try to change them. That is why we often say, 'Don't say that... don't do that... don't do it that way...' And when others ignore our words, we become irritated.

It is impossible to change others. We can offer advice, and if the other person likes it, they may accept it and change themselves. The only person we can change with our efforts is the self. Once we recognise this fact and shift our focus from others to our own self, we will save a lot of time and energy that is otherwise expended on thinking about and trying to correct others.

Changing the self feels like a difficult task because we cultivate relationships with other people, but our relationship with the self is weak. Meditation involves developing a relationship with the self—during the day we can occasionally pause for 30 seconds, detach ourselves from whatever we are doing, and talk lovingly to ourselves. This short practice, done regularly, uplifts our spirits.

We cheer up our loved ones by speaking lovingly to them, so why cannot we do the same for our self? The mind will obey us when we learn to talk to it. We usually tell others to be quiet. Do we ever tell our mind the same thing? We can train the mind just as we teach a child. Once we start tend-



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ing the mind with love, we will find that it does what we want.

Care needs to be taken not to engage in negative self-talk: "My mind is not in my control... I cannot concentrate..." Such thoughts harm our relationship with the self. Our mind plays a key role in shaping our relationships, health, and our entire life. If we want to improve all of these, we can change the way we think. The first step is to develop a beautiful relationship with

the mind. How do we do that? How do we discipline an unruly child? Can we do it with criticism and fault-finding? If we keep telling ourselves that the mind is like a wild horse and out of control, that is exactly how it will behave. Instead, if we treat it with love and appreciation, it will eventually become our best friend and help make our whole life beautiful.

B.K. Shivani is a well-known motivational speaker and Rajyoga teacher.

SHAPE YOUR LIFE

MAKING OUR PAST, PRESENT AND FUTURE GOOD



B.K. ATAM PRAKASH

The present becomes the past after some time, and the future is just a little while away; once we reach there, it will be the present, before it too becomes the past. This play of the past, present and future goes on all the time.

How do we make sure that our past, present and future, all are good? The key is attention to what we are thinking and doing. The past is being created in the present; once the time has passed, we cannot do anything about it. But when we utilise the present prudently, being the best we can be, there is great satisfaction when we look back on it later, knowing that we used our time and other resources well. Do we live in the present in such a way that once it has become the past it is a



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source of inspiration for others?

Coming to the present, we can make it such that it really is a present—a gift—for everyone who meets us. A gift makes everyone happy—no matter how agitated, sad, or upset someone is, when they receive a present given with genuine love, they experience a wave of happiness. The value of a gift is determined not by the thing that is given but by the love that accompanies it. That is what gives joy to others and brings

the giver their blessings and good wishes. The easy method to spread joy and live a life full of blessings is to freely give others presents such as love, cooperation, encouraging words, and good wishes. These are the presents needed the most today by almost everyone, and when we bestow these in the present, our past becomes such that it inspires regard and gratitude in the hearts of others.

What about the future? Our features can give others a glimpse of the future.

How? When our eyes, smile, behaviour, and relationships are imbued with peace, love, compassion, and dignity, it shows others that it is possible to live an elevated life in today's world; it creates a benchmark for them to follow. This is how each one of us can contribute to creating a better future for the human family.

B.K. Atam Prakash is a Rajyoga teacher at the Brahma Kumaris headquarters in Mount Abu, Rajasthan.

WAY TO GOD

THE REAL PILGRIMAGE

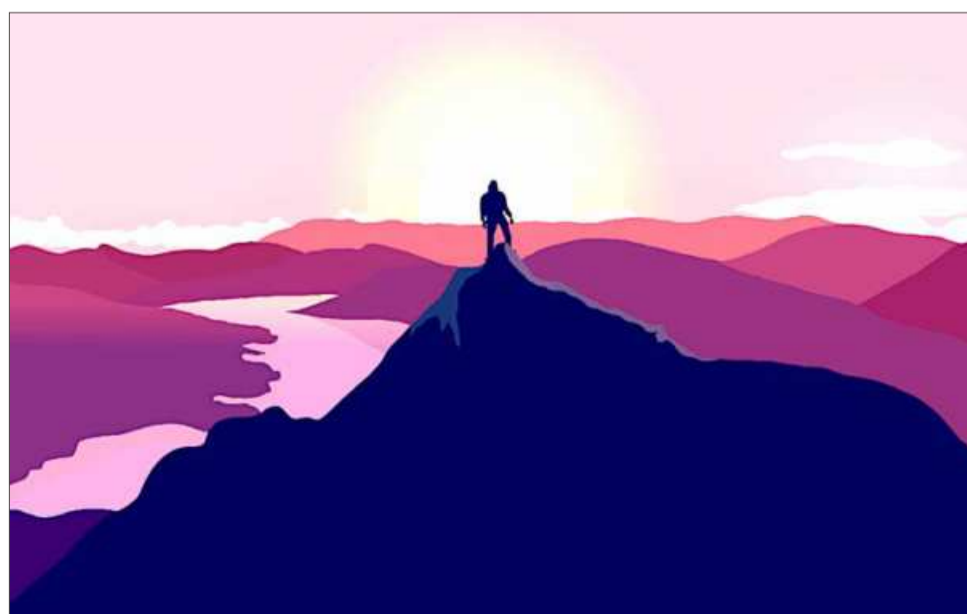


CHARLIE HOGG

Pilgrims come in many guises, travel many miles and visit many shrines. For each pilgrim there is a quest and a reason for the quest. Ultimately it is a quest for spiritual awakening or to bring peace to the heart. At the hub is a desire for change and an eradication of all weaknesses within the personality that are causing sorrow to the self and others. Yet even with the desire for change why is it so hard?

The story of the soul is fascinating. We have a conscious

mind and an unconscious mind. The unconscious mind carries my history and when I repeat actions and reactions in the same patterns, many times, then strong impressions are created about myself and my life. So, although I may have started on a spiritual path and understand what needs to change in me, my old habits of say, holding hurt, feeling inferior, judging others, feeling superior, seem to come back with even more power than before. Some things change immediately, some things change a little more slowly, but some things are so deeply etched in my consciousness that they seem like they will never change. Then we feel hopeless. And yet, we live in a universe that is constantly changing. In fact, it is easy to call for change in others and argue for changes in situations, but when it comes to the self, we seem very resistant to change



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on one level, because we already feel vulnerable. In the process of change our weaknesses are exposed and we feel even more vulnerable. What we really need is the power to

change, so I have to get power from somewhere.

No matter how incredibly difficult some people's lives are, everyone has a vision of something better. When we are

able to tap into that vision of a better self, and combine that with the understanding that the supreme source of spiritual power is God, then real and lasting change can begin. A

relationship with God enables me to have the honesty to see myself, courage to face myself and power to change myself. Nothing else can do that. It is too hard to do by ourselves.

The other extra ingredient on a spiritual journey is the company of fellow travellers—to share the ups and downs of the journey, of this inner pilgrimage. To share the amazing times of wonder at the real and deep change, and yet when the old, deeply entrenched habits refuse to shift, then fellow travellers can help us regain perspective, enthusiasm and determination. This is the real pilgrimage of life. The inner challenge to face the demons, and confront the past. When I become a companion of God, then it is possible. The pinnacle of human experience is being open to the love of God. *Charlie Hogg, based in Sydney, is the National Coordinator, Brahma Kumaris, Australia.*

A THOUGHT FOR TODAY

Perfect balance is found when two strengths come together. When a weakness attempts to balance itself with a strength, the result is known as compensation, not balance. The most stable balance is created when two strengths come together to complement and reinforce each other. Today let me express my strengths in balance.