

CONTEMPLATION

Happiness: The power within



B.K. JAYANTI

improves. Our emotional well-being is strengthened, which allows inter-personal relationships to develop in a positive direction. The quality of our work is improved and the contribution that we make to society is generally enhanced. So, on all levels, to create a positive feeling of happiness is going to be highly beneficial.

Looking around the world today, we see that happiness has become a rare commodity. We may have wealth, but no real happiness. We may have power and position but, again, no experience of inner joy. Perhaps we even have relationships that are loyal and rewarding and yet have a feeling that there is something missing inside. The lack that we experience is actually nothing to do with the world outside but rather the insecurity and the emptiness of spirit within.

Positive feelings and emotions have a beneficial impact on our physiology, so that our physical health

There are five ways in which we can generate happiness within the self.

1. Firstly, it is important to disassociate happiness with the acquisition of external property, finance and facilities, or even prestige and position. It is clear that we may have all of these and still not be happy. When we go on an inner journey, we begin to understand that our own thoughts and feelings are the key to being able to generate happiness and maintain it. Understanding that I can be the master of my mind, and move my thoughts in the direction of my choice allows me to take responsibility for my



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own inner state of happiness. I then no longer wait for people or situations to change but create my own thoughts and feelings. I am able to make a conscious choice as to how I respond

and react to people and situations.

2. We begin with thoughts and feelings but, of course, this leads to words and actions. Pure, positive feelings generated by good

thoughts allow me to share words of empowerment, inspiration and encouragement. Our words create a huge impact on others—and also on ourselves. When we uplift others with

our words, we also uplift ourselves. Giving benefit to others with our words, we receive their blessings and support. An atmosphere created by good feelings and pure words is one in

which I experience happiness but also share happiness with others.

3. India is a land in which we believe in the power of karma. When we have been able to give something to others, the return of that is happiness for ourselves. The giving can happen in many different ways. It may be through kind words, it may be through a smile, it may be through giving of ourselves in terms of time. Giving my co-operation at a moment of need will always be remembered and will bring me blessings. Yes, of course, using the financial resources that I have to be able to serve others is also an act of charity that brings me happiness today and benefit in the future. So, good karma is definitely a way in which we create happiness.

4. Using all the resources that I have—my time, my thoughts, my money, my talents—in a worthwhile way brings happiness. Wasting any of these brings a repercussion of disempowerment and sor-

row. Using things in the right way, a beneficial way, strengthens the soul and brings abundance.

5. Appreciation of all that I have allows me to focus on the gifts that have come to me from God, the universe, my destiny, and allows me to remain happy. So often we have a list of desires for the things we want to have and we do not appreciate so much what we already have. Appreciation allows my heart to be filled with gratitude. In gratitude there is always happiness and well-being. Without gratitude there can never really be a sense of contentment.

Making time for the self each day, to create the right consciousness, the consciousness of the inner being with its natural virtues and powers, and beginning the day with happiness is the foundation for a life that's going to be worthwhile for the self and of benefit to the world.

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SPIRITUAL TRUTH

I AM A GUEST ON EARTH



GAITREE RAMPARSAD

temporary period, and during this period we live our lives, create relationships, and contribute to the world.

A guest is honoured, respected, loved and taken care of in such a way that he/she feels valued. This is but one sample of the rich heritage that India bequeaths the world, where it is said, 'Treat your guest as God'. Certain rituals, that are still practised in India, demonstrate the kind of respect and honour shown to guests to make sure they feel valued.

- The creation of a gentle fragrance through the lighting of an incense stick
 - The welcome of an earthenware lamp, lit as a symbol of light and happiness
 - The offering of flowers
 - The serving of the finest food and sometimes the best room in the house
- The understanding behind

'I am a guest on Earth and it's time to return home. I am like the bird which takes the support of a tree during the night, and in the morning it leaves its perch and flies away.'

The words of this beautiful song describe the positive and powerful benefits of considering the self to be a guest or a visitor on Earth, especially in these critical times. For in truth, we are all visitors on Earth. We come into bodies for a



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these practices is the profound spiritual truth that each one of us is a unique, valuable being, with a specific role to play on Earth.

Valuing the importance of each one allows the free flow of ingredients that make up a perfect world. As the saying goes, 'It takes all colours

to make a rainbow', and 'It takes all sorts to make a world'.

The secret lies in finding our uniqueness and our

true place on Earth. Although we are guests on this planet, we do not live with this consciousness. A guest respects the environment of the host, cleans up after

themselves and is grateful for all they are given. We, on the other hand, have treated the Earth with minimal respect, left everything worse than we found it, and show very little gratitude. Only when we detach from the ego, the 'I' consciousness of owning our titles, positions and personal stories, can we discover who we really are and what our unique contribution is, and be true guests on this Earth.

We are guests but also pilgrims, walking a path to complete awakening and awareness. On our journey we learn the value of consistent attention to what is going on in the inner realm of our mind and hearts. When we consider ourselves to be incarnations, truly divine beings who have entered this wonderful bodily costume to enact our parts in this world

drama, we understand how much we need to interact with others and the Earth with great respect and love. Our thoughts turn to the Creator, and we wish to stay constantly in tune with the Divine. As we study and stay close to God, we gradually become examples of the spiritual wisdom we accumulate. Our hearts fill with humility and gratitude, for the Creator, the creation and each other, and understand how beautiful it is to be a perfect guest. We are filled with the realisation that each human soul holds the light and might of a unique creation of God; this realisation is like a soft and gentle fragrance that quietly permeates every corner of the Earth.

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TIPS

NURTURING RELATIONSHIPS AND LIFE



DR MOHIT D. GUPTA

happiness and sadness, success and failure.

Here are some simple insights that are important for making our relationships healthy and comforting.

PERCEPTION IS EVERYTHING

It is common to see people responding differently to the same situation. Inner strength, endurance, and understanding are what determine our response. In fact, when we are unable to realize this, we experience pain because of other people. When we change the way we look at people, the people we look at change!

CATASTROPHIC THINKING IS HARMFUL

We never die of the snake bite. Once we are bitten, we cannot be 'unbitten'. It is the poison that spreads after that which is toxic. Similarly, analysing and judging people and their behaviour destroys our inner peace and brings pain. Every person and situation comes with a wrapped gift; a lesson; our duty is to unwrap it and learn. Inculcating these two



The journey of life is all about relationships.

practices is helpful: Immunity and flexibility. Immunity to negativity (not absorbing negative words, behaviour and actions) and flexibility (in adjusting to situations while maintaining humility).

ACCEPTANCE AND APPRECIATION CREATE MAGIC

When people and relationships are going through difficult times, I choose to understand, empathise and accept them. Withholding criticism

and undesirable statements is very helpful. When we appreciate someone for little things, we increase their value and this nurtures relationships. If we want to cure our relationships, we need to guard our thoughts and words carefully.

ARE WE SEEING LIFE IN A MIRROR OR THROUGH A WINDOW?

We often look at life through our own personal acquired filters, our own past experiences, beliefs, and paradigms. In this

process, we lose the objective reality and start analysing people and situations according to our comfort zone. This is unhealthy for relationships. Let us practice seeing life through a window, as it is!

ACTIONS SPEAK LOUDER THAN WORDS

Doing small things with great love is what heals relationships. We can have the best intentions in the world, but our lives are measured by our actions. If you mean well but

do not do well, no one can read your mind. At the end of the day, what counts is what we do.

COMPASSION FACILITATES OPEN COMMUNICATION

It enables us to view others' perspective, position and circumstances with kindness. Any situation can be handled with gentleness, avoiding any form of conflict.

PURE VIBRATIONS CAN CREATE MAGIC

When nothing else works, silence in the mind, purity and love in thoughts can do wonders. Our thoughts have the power to reach every person at whom they are directed. Practising a few minutes of meditation is the best way to empower our thoughts.

Genial, fulfilling and connected relationships are nothing more than mental habits. They just need sustained effort and nurturing.

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A THOUGHT FOR TODAY

The silent whisper of my inner voice can only be heard if I listen closely. Intuitively I know what is best for me and what is best in every situation. The inner voice of my conscience, my higher wisdom, will never leave or deceive me. But I have to listen very carefully to hear its wisdom. It will not yell above the noise of my mind when filled with other voices telling me what to do. It can only be heard in silence. Today let me listen to myself.