

COMPASSION

The master key of acceptance



ENRIQUE SIMÓ

“One proof of spiritual progress is that you can integrate in your heart more and more people, until you can finally accept all in your heart” - Dadi Prakashmani

Acceptance is a powerful proof of deep compassion. People usually associate the word ‘acceptance’ with having to tolerate difficult and uncomfortable people or situations. While that is, of course, part of it, the deepest acceptance is of our greatness, goodness and full potential. That is, the realisation, taken into the heart, that we are peaceful, loving and compassionate beings. The weaknesses and shortcomings we all

have, are things acquired on our unique journeys, and these too have to be accepted. Only when I accept them in the correct way am I then able to do something about them. To simply say that ‘this is the way I am, you have to accept me as I am’ is not acceptance. It is about resignation, even a form of laziness, or a lack of faith that we can be different, we can change, and be as we are intended to be - human beings expressing the highest of ourselves. For spiritual transformation, we have to deeply accept four things. First ourselves, then others, life itself, and, ultimately, God.

In acceptance of the self, the essential ingredient is gentleness. Being harsh with the self blocks the energy to move forward and change. When we realise that we are not our weaknesses, we are something much, much more, then we are able to recognise what needs to change and find the motivation and determination to begin the process. The way we identify ourselves is key to this. If we identify with the



How we accept others is dependent on the work we have done to accept the self.

body, the roles we play, or even our personality, then we will suffer. The body ages, the roles change, and our personality has been formed often by others’ advice and criticism. None of this is who we really are. We are conscious beings. Peace is our natural nature. When we touch this in meditation, then we long to be nothing other than this. Meditation and self-reflection help us to let go of these limited identities and experience our true selves. When we compare ourselves to others, or try to live a life just to please others, or create false expectations of ourselves, we only create obstacles. Mistakes happen, but when we relax, step back and observe what happened, we can then accept the mistake and also, the opportunity it has presented to us to choose some other way of responding.

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Without the mistake, we would never have understood. How we accept others is dependent on the work we have done on the acceptance of ourselves. When I see others as unique beings with greatness inside, even though they may not be fully expressing it at that moment, my relationship with them changes. If I have expectations, resistance, or make assumptions about others, I am not integrating them into my heart. I can use meditation to check the subtle feelings that are less than accepting, and then be able to send good wishes and pure feelings to them,

until it is cleared. Some people complain about life, react to life, or even resist what life is bringing them, because they think that life is dangerous. In fact, when we connect with our true selves, then we see just how benevolent life really is. Life is a set of moments; we only remember moments, and life is constantly giving us new moments. That means we are constantly being given new opportunities to decide how we want to live. We can put a full stop to any past moments and accept the possibility to create something brand new. Because of the way the

world is now, we may need to accept loss, injustice and many other ‘unacceptable’ things. However, with acceptance, we will be able to see more clearly what to do next, keep moving forward, and in so doing, help others.

Ultimately, it is the acceptance of God that makes all this possible. When we accept that there exists a highest consciousness, the highest level of energy, and that Being gives us peace, love and power, we are then able to accept and tolerate to such an extent that we are able to help others. It changes our life in a very dramatic way. This is why meditation is so important. In meditation, with a deep acceptance of the self as a powerful being and of the Supreme Being as my true friend and companion - transformation takes place within. If we change, and help others to change, then our world will also change.

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SOUL-TO-SOUL

THE POWER OF SPIRITUAL LOVE



B.K. DR. SAVITA

Love is one of the innate qualities of the human soul, and it is also what every soul needs to grow and realise its full potential. Love enriches when you receive it as well as when you give it. Being loved gives you strength and being loving gives you courage.

The love of the mother for the child enables it to grow up into a healthy, confident person,

and the love of the child for the mother fills her life with joy and contentment.

Every soul yearns for love and therefore seeks it. At the same time, our understanding of love may differ from time to time, or from person to person. As the state of mind, so the perception of love.

For many people today, love is what is defined as such in movies and novels. It is a love that seeks to possess another person. It breeds attachment, anger and jealousy, and leads to sorrow. They often mistake lust for love. Lust, described in the Gita as a gate to hell, just seeks gratification of sensual desires. It neither respects nor cares for the other person.



Such is the power of spiritual love that it influences other people even when it is not expressed overtly.

Similarly, another form of false love, attachment, creates dependence and a bondage that brings grief.

These distorted forms of love arise from identification of the self with the body. One’s attention is then pulled to others’ bodies and in this engagement with the gross physical form, true love, which is spiritual and subtle, is lost.

Real love is unconditional and selfless, and arises from the core of one’s being, the soul. It is expressed in the form of caring, compassion, respect, and empathy. It is this spiritual love that brings people together in happy, fulfilling relationships. It creates mutual trust and understanding, and fosters cooperation,

which helps people achieve even seemingly impossible goals.

Such is the power of spiritual love that it influences other people even when it is not expressed overtly. The vibrations emanating from a person who is genuinely loving touch others and they are drawn towards that person. Such embodiments of love are a source of strength and succour for others, their mere presence dispelling others’ grief.

In a world riven by violence, only spiritual love, not diplomacy, can remove the mistrust, selfishness and hatred that is fuelling conflict. The first step is to realise that the whole world is one family, all souls being the children of one Father, the Supreme Soul. This realisation

can bring hearts and minds closer, enabling mutual respect and understanding.

When enough numbers of people become spiritually aware, the power of their vibrations can create an atmosphere of peace and happiness that will foster goodwill and prevent violence or conflict.

Spiritual love might not be a fashionable concept, but such is its subtle power that it can change the course of history and the destiny of nations. As someone once said, all through history, the way of truth and love have always won.

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RESISTANCE

LIVING IN HOPE



MIKE GEORGE

Although many are hoping for better things to come, is hope enough?

Hoping for something to happen is a great way to avoid doing something to ‘make’ things happen, or not happen. Leading sports people, business people, career people, family raising people, do not sit around hoping for the best, they get up and create the best. They make the best happen because they know they can. Probably the key phrase is ‘they can’. Yes, they know they may fail but they are prepared to learn from their failures.

Why do others then, decide that hope is enough? They live in hope because they do not yet know that ‘they can’. At best they have learned to

doubt themselves and at worst they have learned to believe that they cannot. Hope says that one day I *may* be able to. But as long as we just ‘live in hope’ it is unlikely that the ‘one day’ will come. Even if it does it is likely to be too late. Then there are those who are not sure if they can, but they are not prepared to take the risk. They are afraid to find out if they can, or afraid of failure or afraid to learn ‘how to’ become able. To many of us, these are familiar thoughts and feelings.

STUCK IN RESISTANCE

Why do we think and say that we have high hopes? Why do we hope for a brighter future? The reason is that we do not like the way people or circumstances are unfolding right now. We are afraid that the way things are at this moment, may continue. We are in a state of resistance to the circumstances or non-acceptance of the way people are today, so, we hope for a better them or better world tomorrow. Resistance is fear in action, hence the increasing levels of anxiety we see in the world.

But hope makes us lazy. It is



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easier to hope, than to actually do something now that may create the tomorrow that we say we want. Instead of doing the inner work of accepting others and circumstances, we edge into self-weakening attitudes that contain judgement, criticism and ultimately the hope that ‘they’ will change.

So, hope becomes a comfort zone that is easy to slip into.

Hope is really a form of mental paralysis, a dis-ease that does not allow us to relax. It is

not bad or good, it just tends to shut down our creativity and wisdom, both of which are necessary to bring about a better me and therefore better world that follows. Only our own mental and physical actions can create a way out, a way beyond hope, a way beyond the paralysing effect of the fear that always underlies hope.

That is why, before we do anything, it is necessary to fully understand our resistance, see for our self how it is driven by fear and ask our self what we believe we may lose. For fear is always the fear of future loss. Only then can we free our self from an attitude of non-acceptance and start thinking and acting in ways that are shaped by care, compassion and kindness. These self-strengthening attributes are potentially in all of us, but they can only emerge consistently when we are able to face and accept the way things are right now.

Mike George is an author of 16 books focussed mostly around self-awareness and spiritual intelligence. His new website is at www.relax7.com

A THOUGHT FOR TODAY

A paintbrush, when dipped in water, absorbs the pigment of paint. My mind is like a brush, absorbing the energy (colour) of anything it touches. When I ‘touch’ something by thinking about it for a long period of time, I absorb its energy. Being aware of this process means I can choose the colours I wish to absorb. Today let me carefully select the colour of energy I will absorb.