

TRANSFORMATION

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. Transformation of the self and transformation of 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 a single 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

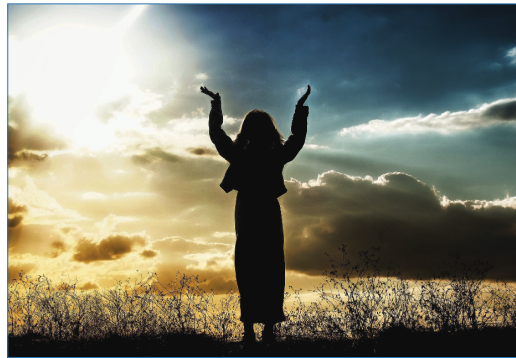
cyclical way offers hope for the future and teaches us humility and compassion. This is the most critical period in history, this is the transition when we move from the lowest to the highest entropy, from negativity into goodness, truth and beauty.

THE POWER OF LOVE

The spiritual invitation that comes from awakening to the possibility of a collapse of our civilization is a powerful one. Spiritual traditions share insights 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 emphasized 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.

CULTIVATING COURAGE

Spiritual traditions often speak of the eternal existence of the inner being - there is no beginning or end. Once one experiences the self in



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this way, there is no longer any fear of death. This state of courage and love becomes the anchor of support and stability for the self. The more you can support others and help them to remove their fear. Fear is infectious but courage is also contagious.

DEVELOPING RESILIENCE

We could say that resilience is the ability to stay in a position of strength in the face of adversity.

The understanding of oneself 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.

SIMPLICITY AND ADAPTATION

As the population is growing and resources are depleting, we need to develop simplicity in our lives with less dependency on facilities. Reducing our carbon footprint and consumption now prepares us for the circumstances that tomorrow will bring. The deep adaptation has to become a natural

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part of our life. Simplicity springs from an inner state of contentment in which we no longer look for unnecessary consumption. In the awareness of the inner being, the soul, the treasures within are available to each one. Our inner journey has opened the door to the essence of happiness.

RESPECT FOR NATURE

Nature is an absolute power and over the last few years the increasing numbers of droughts, floods, fires, and earthquakes have shown that humans interfere with the elements at their peril. Nature has moved out of its equilibrium. We have exploited the planet and treated it with aggression rather than giving it the deserved respect. A regular practice of meditation creates respect for the self and, therefore, also for nature. When the planet is treated with respect and love, it will respond with harmony and

abundance. Mother Earth has taken care of the human family since the beginning of time and has all the resources to do so in the future.

SPIRIT OF COLLABORATION AND COMMUNITY

At present the world is heavily suffering due to conflict and competition. This is the direct result of ego, greed and a lack of values. Experiencing the interconnectedness of life on all its levels develops inner dignity and pure love. The in-depth understanding that we are all brother and sister living together on this planet allows us to share, collaborate and live in harmony.

Once we visualize a better world, we soon realize that compassion, love, peace and joy are among the most essential qualities. The call of the time for each individual is to liberate the self so that we can heal our relationships and truly interact with oth-

ers in a selfless manner. The ability to collaborate with others is a major factor that can carry us through an uncertain future.

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.

The world is definitely at the turning point, where soon the darkness will end and there will be a world of light, a better world in which there can be truth, justice, love, happiness and peace for all. We all do recognize the need to rise, support and help others. Let us join hands in this task and create a beautiful world.

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MEDIATION

THE TIME FOR DIVINE INTERVENTION



B.K. DR. SAVITA

In the Bhagavad Gita, God says that whenever there is a decline of righteousness, and rise of unrighteousness, He manifests Himself for the protection of the good, the destruction of the wicked, and for the establishment of righteousness.

Many wonder when God does come to this world to redeem suffering humans. How long must we wait before God comes to save us, they ask. On the other hand, those who are relatively happy

with their life do not see any need to remember God, let alone for Him to come to this world. There are still others who believe that it is foolish to put faith in God, and humans must work to bring about the change they want.

The teachings of the Gita are universal, and its message of solace, freedom, salvation, perfection and peace is for all. It is the only scripture in which God speaks in the first person. So, the Gita's message of God's incarnation must carry deep significance.

The Gita does not mention a date for God's arrival on Earth. Instead, it hints at the conditions that will necessitate divine intervention. What do decline of righteousness and rise of unrighteousness mean?

If we look around us, we see numerous signs of moral corruption. Honesty is optional, and simplicity, modesty, and tolerance are not seen as virtues at all. Instead, success by any means,



The Gita says God comes in person to grant salvation, which cannot be attained by reading scriptures.

fair or foul, is the current mantra. These are some of the signs

mentioned in the Quran which indicate that the time for change

in the world is near.

On a wider level, the environ-

mental crisis has convinced a lot of people that things are past the point of no return and human efforts cannot stop or reverse climate change, which will have catastrophic consequences for life on the planet.

In the economic sphere, the policies followed in most of the world are increasing inequality, with a privileged few getting richer while the vast majority of people find their dreams of even a life of basic comforts becoming increasingly difficult to realise.

Politically, we have populist leaders in many nations promising new opportunities for those left behind by globalisation. But their promises are often laced with undercurrents of nationalism that harp on race or religion and keeping out or expelling 'outsiders'. Their policies are sharpening divides in societies and increasing tensions between communities.

It is into such a polluted, frac-

tioned world that God must come to restore it to its original, pure and peaceful state and save His children. The Gita makes it clear that God has to come in person to perform this task. Humans cannot attain salvation by reading the Gita or any other scripture. In fact, the Gita states that one cannot even know God by performing religious rituals.

God comes to this world in a human medium, through whom He gives spiritual knowledge to human beings, who use it to free themselves and others from the influence of vices. When souls are thus purified, the quality of their thinking and actions changes. Their relationship with the self, others, and nature becomes harmonious. When a critical number of people change in this way, the world turns from hell to heaven.

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HUMAN CONSCIOUSNESS

Humanity's global warming



STUART HEPBURN

We are living in a world that is getting increasingly hot, not just in terms of the climate, but in terms of the increasingly heated human consciousness that is driving climate change. The implications of humanity's global warming are profound.

Is it possible that the 'global warming' of human consciousness is related to the global warming of our environment? Is it possible that, as society gets ever hotter, more agitated, angry, impa-

tient and greedy - more conspicuous in its consumption of resources - that the natural environment is becoming increasingly degraded? If there is indeed a relationship between these two factors, what is the solution? It is becoming increasingly apparent that we cannot rely on a political solution to these problems, so what can we do?

It is coolness that offers the very solution that all are searching for. Coolness provides an environment in which it is possible to find the true self, to become centred, to rediscover balance. Coolness of temperament is who we were, before we got embroiled in the heat of this drama. Coolness permits us to understand ourselves as eternal beings, as temporary residents of the bodies we inhabit, and not the egos we have assumed. But perhaps most significantly of all, cool-



Regular spiritual study and meditation bring equanimity, love, and patience.

ness enables us to experience ourselves as peaceful beings of light, capable, at last, of feeling the love, direct from the Source, from the One whose love we have searched for over many lifetimes. We learn the difference between

a love that is given freely, a blissful love that is truly eternal, and a love that is conditional, here today and gone tomorrow, a love that waxes and wanes like the moon. This requires a complete transformation of human

consciousness. How do we change our consciousness? The answer is, of course, that we have to start with ourselves. And that is where meditation comes in. By constant spiritual study and daily medi-

tation, we open ourselves up to the possibility of becoming cool - regaining our equanimity, observing with love and patience, stabilising our emotions, and from there, it is possible to cool the consciousness of those around you. It takes just one person in a group to '... keep their head when all about them are losing theirs ...' to emanate calm and serenity to stop the heat of the moment making others react in a foolish and potentially damaging way. The power of just one is not to be underestimated. Imagine the power of many who have become this cool.

When the consciousness of mankind and womankind is cool, then the elements will also cool.

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A THOUGHT FOR TODAY

Life is better when you are happy. But life is at its best when other people are happy because of you! When I am happy, I can give happiness to others. Today let me give happiness and be happy.