

## SILENCE

# The power of benevolent thought



B.K. MOHINI

We know that every action has an impact, a result, and that we are responsible for that impact. The thoughts we have had and the actions we have performed return to us in one way or another in the form of circumstances for us to experience. Sometimes these are painful circumstances, and it is only the power of silence and a connection with the Supreme Being in that silence that eases the way through these situations. As we accumulate the power of silence in meditation, we gain a great deal of power, which allows us to think pure, elevated thoughts that lead to elevated action.

The return of elevated action is ours too, leading to more benevolent circumstances. Obstacles can emerge in our thoughts, some very subtle. When we say we want this or that, when we constantly question why things are like this and not like that, when we begin to blame someone or another for the way things are, or for why we do not have what we want, these thoughts are not benevolent or elevated and become obstacles to our progress.

To develop the power of benevolent thought, we need to be attentive to the power of silence, discerning in our silence - whether what we are saying or thinking in any given moment is benevolent or not. When there is deep silence, we are able to discern and decide on a choice of action, especially when we want to do something elevated. When an elevated thought comes, if we act on it immediately, it will bear benevolent and elevated fruit. Alternatively, if we say with hesitation, "well,



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yes" or "I will do it at some other time," the desire is pure and elevated, but the enthusiasm and pure inspiration is lost, diluted, diminished by our reluctance

to act in the moment. When we take an elevated action at the time when the inspiration is high, in the pure moment of the thought arising, this helps to settle old karmic accounts.

So, if you are having any kind of negative thoughts, be very attentive, not afraid, because if you spread negative vibrations, then at sometime in the future you will have to settle what was created by those vibrations. This is one reason they say we should have an attitude of gratitude. Think, "this is good, very good". Express thanks for these opportunities to have a positive impact. It is all going to be alright. It will always be okay. When you think and say that all is going to be okay, success will be like a garland around your neck. Leave aside any doubt because doubts become obstacles. The energy of the soul is very subtle and very powerful. Take power from God in silence and meditation.

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## A THOUGHT FOR TODAY

Sweet relations between us are based on the ability to truly 'see' the other person. To really see someone for who they are, beyond the packaging of the body, the fashion style, the opinions and lifestyle practices - is to see the soul. Beneath the layers we are all peaceful beings. World peace is a result of this elevated vision. Today let me see everyone as a soul.

## QUALITY THINKING

## THE WAY TO BLESS THE SELF



B.K. SHIVANI

We wish others happiness, love, health and success, and others also have similar good wishes for us, but how about having good wishes for the self?

If others have good wishes for us but we do not have the same for the self, we will not easily attain success in our tasks. Good wishes or blessings are powerful, high-quality thoughts and words which should inspire the same kind of actions. The higher the quality of our thinking, the more peace,

happiness and success we can experience.

Merely wanting to be happy will not make us happy - it requires effort, certain discipline, and bringing newness within the self. If I continue to think and live in my old ways, my experiences will remain the same - I cannot expect to be happier than before. Other people may bless me, 'May you have health, wealth, and happiness all your life'. But if my way of thinking and living does not change, life will remain the same as before.

Many of us might have experienced what happens when our mood is not right. We do not speak to anyone and sulk in a corner. Our family or friends try to cheer us up, pointing out what a nice day it is, and suggest that we go out with them. But we rebuff their entreaties, telling them to leave us alone. If we do not want to



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cheer up, no one can do it for us, however much they try. Their encouraging words can create a positive atmo-

sphere that may help me, but I have to change my way of thinking for my mood to change. Similarly, blessings

from others will not give me health and happiness if I do not change my life. I can check what is the

quality of my thoughts throughout the day. We often make sure that our face and dress are in order, so that we are presentable. Similarly, we take care that our house is neat and clean. But we fail to check our state of mind, which is most important, because even when everything outside is perfect, we will not feel happy if the mind is upset.

The first thing we need to do is get our priorities right. This year, we can give ourselves a blessing - that we will keep our thoughts and vibrations perfect. All that we think, speak, and do creates our energy field, which in turn affects our thoughts and behaviour. This is how 'sanskars' or tendencies are created. When we pay attention to keep our thoughts pure and powerful, the quality of our vibrations steadily increases. Then, happiness, health, and harmonious relationships are

easily experienced.

It is vital to keep our vibrations powerful in order not to be affected by the increasing pain, fear, anger, and stress in the atmosphere around us. Whatever the external situation, we can keep a positive, elevated state of mind if we are careful about the kind of thoughts we create. In the present times there is so much negativity around us that it is not enough to be nice if we want to lead a happy life - we also need to be powerful and steadily enhance the quality of our vibrations by consciously choosing only positive thoughts in every situation. Our vibrations then act as an invisible shield that protects us from negative influences. Since our vibrations radiate into the atmosphere, they also help those around us, by protecting and uplifting them.

Actually, it is our vibra-

tions that truly serve others more than anything else. When someone is going through a difficult situation, we tend to give them advice, with the best intentions. But that is not what they need. They already know what is right and what is wrong, and what needs to be done, but lack the power to act on that knowledge because of their low state of mind. At such times it is our powerful vibrations, and not our words, that uplift them.

When we are low, the mere presence of someone with powerful vibrations energizes us. We like being with them and draw power from their vibrations to come out of our problem. So, why not become like that? Someone whose presence gives others comfort and strength - a living lighthouse that radiates love, wisdom, and power?

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## TRUTH

## Beliefs - Illusion or reality?



VALERIANE BERNARD

What we believe to be true is the scaffolding upon which we construct the lives we lead. Beliefs have a major impact on our life, they create the vision we hold, and this shapes our attitude towards life and relationships. The beliefs we hold are bound within our culture, both the grand culture of the world we are born into and the small culture of our family and local community. Are these beliefs real? Questioning beliefs often produces fear and anxiety. How often do we question and test those beliefs

depends a great deal on our observations, experiences and how aware we are of what is happening within. For example, at one time a belief that the world was flat was the basis of experiment and understanding. It was only with exploration that the belief was dispelled forever. This new belief consequently changed how life was lived and experienced. The old belief was proved to be an illusion, not reality.

We live in a world of matter and our beliefs are shaped by what we see (matter) and know (matter). The great majority of people believe that not only do they inhabit a world of matter, but that they too are matter. So many believe they are just a body. Western medicine divides that body into parts, and deals with one part at a time. Whereas Chinese or Ayurvedic medicine, look at the whole body as a system

of interactions that have a rhythm, and they observe the waves and webs of interactions. Quantum physics looks at the micro reality, observing that matter is in constant flux and does not remain static at all, which means that even the cells of our bodies are not the same as a few moments ago. Matter is ever changing and the interaction between matter and consciousness is worth studying.

In eastern philosophy, for a reality to be classified as truth, it needs to be always and forever true. Therefore, to understand what reality is, we need to position ourselves in eternity. When we talk of eternity we enter the realms of the spirit, the world of spiritual understanding. We are beings of peace, love and bliss who vibrate light and power. This spiritual understanding, ebbs and flows. Sometimes we are aware of this, that is we are 'awake', and some-



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times we are not. However, during the times we are not, it does not mean that this reality is non-existent. Meditation is an awareness-awakening exercise, it enables us to experience

the reality of eternity and of the self. The more we are aware, the more these experiences become the subtle scaffolding of the relationship we have with the self, nature,

and life itself.

Since what is true is eternal and long-lasting, emotions cannot be regarded as true. They are fleeting but still often impact and create our experience of

reality. We must therefore be careful of not basing our perception of reality on fleeting emotions. If we wish to experience truth, and base our reality on truth, experiencing the spiritual being, whose true, eternal state is of peace, is essential. When human beings feel afraid, angry or out of balance emotionally, they long to return to a state of peace, because peace and non-violence are our deep and true nature.

There are two important avenues to follow to live in a state of truth and reality, and not be misdirected by illusion. The first is to find time for meditation, each day, as a regular practice. The second is to experiment, and cultivate the habit of being a silent, detached observer. It is in this awareness that we can recognize and clearly see what is true and what is illusion.

We can clearly see that matter is out of balance

from the crises that the world is facing. The illusion is that we believe we can do nothing about it. The truth is that we can. When enough of us awaken to the understanding that we are spiritual beings and that within us all is the power of peace then everything can change. We have the power to reinstate the balance that we all wish for.

There is a state of peace available to all and there is a God of love available to all. It is essential for each one to be given the power to move from a place of insecurity to a place of security. We need to be silently aware of what our inner world is telling us, observe and understand what is happening inside and change it around. When all of us do this - the world will change around too.

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