

BE POSITIVE

# The soul's influence on the atmosphere



B.K. MOHINI

How many of us realise the effect we have on the atmosphere and on those around us? Each one of us carries some kind of atmosphere with us. It emanates from I, the soul, from the thoughts I have, from the attitude and awareness I have. How many of us would be happy for all of our thoughts and feelings to be clearly visible for everyone to see? Many would feel uncomfortable with this idea, and yet, that is exactly what happens all the time.

Even if people cannot hear every thought we have, our thoughts are felt to some de-

gree or another by those in our company. The attitude and awareness we have is also captured by the spaces we live in, our homes, and even our offices to some degree. The first one to be affected by the vibrations we carry, is of course, the self. It is so important that our inner space is filled with powerful, beautiful, and elevated thoughts and attitudes, no matter what is happening in the physical environment around us. I may not be able to control what happens in the physical world, but I do need to be able to control my emotions and responses to what is happening. It is the only way I can help and serve.

We need to check the habits of thought, the patterns of our thinking that we are unconsciously vibrating into the atmosphere. Are we too sensitive to what is said about us? Do we have the habit of criticising people who do not conform to our way of doing things? Transformation needs to take place. Other-



Our thoughts are felt to some degree by those in our company, and our attitude and awareness are captured by the spaces we live in.

wise, our minds will become unsettled. Other people's remarks or opinions can make us lose our happiness; other people's comments can dampen our enthusiasm. It is important to notice how we participate in conversations. Sometimes discussions become heavy. When this hap-

pens, we can help by steering the topic to a lighter, more joyful perspective; the transformation among those present can be easily felt. It is like lighting an incense stick or bringing roses into the room. First, we have to change our own wasteful thinking, from worry and anxiety, from criticism and condemnation, and keep our minds and intellects clear and bright, seeing with understanding. Once we have generated this kind of thinking and this kind of inner atmosphere, we are able to have a clearer connection with God, the Supreme Being. This brings more clarity, more benevolence, more power. We are able to see the goodness in each one, understand the needs of another, and with love and compassion, be able to help in one way or another. Each one of us is a powerful influencer, so let us influence for the good of all.

B.K. Mohini is Additional Administrative Head of the Brahma Kumaris.

INTROSPECTION

## THE THREE ROOT CAUSES OF ANGER



B.K. ATAM PRAKASH

Whenever we sense irritation, frustration or anger arising in the mind, if we look closely, we will find that we are battling one of the following: another person, the past, or the self.

We fight the past because anger is usually directed at something that has happened, and looking at it we react emotionally when we want to change it, which is impossible. Something that happened a year, a month, or even a minute ago cannot be changed. We may believe that we can change it, because the belief is rooted in the subconscious mind.

Sometime in the past, we picked up and absorbed the belief that the world and its circumstances should be exactly as we want. When our

desire for a certain type of circumstance is not fulfilled, or in other words something happens against our wishes, our immediate reaction is one of the various forms of anger, and we tend to try and change what has happened. We repeatedly replay a modified version of the incident in our mind, the way we would have liked it to happen, and keep trying to nullify the actual incident or remain in denial about it.

This is like fighting against the incident. We do all this in our mind, even though deep within we may recognise the fact that what has happened cannot be changed.

We fight a subtle war with another person when he or she does something that we perceive or judge to be wrong, and our anger is part of an attempt to change or punish them. This is the result of another belief deeply embedded in our consciousness - that everyone in the world should do exactly as we want, or what we think they should do. Perhaps we have not yet realized that trying to control or change others by force is mostly futile. Ignorance of this truth, which most people realize at some point in their life, does not let us become



We know that anger is harmful, but fail to control it because of not understanding how it arises.

anger-free easily. People will always make their own decisions and act accordingly. They can be influenced, but not controlled. When our desire for a certain kind of behaviour from others is not fulfilled, we react with resentment, irritation, frustration, or hatred, which are all different forms of anger.

One of the attributes of a great soul is the complete absence of any desire for revenge, and the ability to forgive someone who has wronged them. We all acknowledge that someone who is completely free from anger

earns everyone's respect and admiration, and we regard them as a great soul. Doesn't that mean that we intuitively know that anger is a harmful emotion, and peace, good wishes, and forgiveness are the better options, and they are in alignment with the basic nature of the human spirit?

We go to war with the self when we fail to make the world do exactly as we want, or we believe we have let ourselves down. An example of a war with the self is: We have been standing in a queue for an hour, and just when it is

about to be our turn, we discover that it is time for the counter to close, and it closes. We get upset, but with whom? Perhaps the person sitting at the counter, or the other people in the queue, and then with the self, for not having checked the closing time earlier.

There are two failures here that make us uneasy. First, we failed to check the closing time earlier, which would have saved us the time lost. Second, we failed to control our anger. Though we may not admit to others that we failed, we know it inside. Be-

cause of these two failures, we get angry with the self. The sequence of our thoughts and feelings is: to fail is to lose, to lose is to be sorrowful, to be sorrowful causes me to become angry as I look for an external cause of my sorrow, which in this case are the person at the counter and the other people in the queue. But deep inside we know that we alone are responsible for our sorrow. As the anger builds up inside, we find someone at whom we explode. That makes us feel better, but it is a temporary feeling.

The next time we become angry, we can interrupt the pattern of our thoughts by asking ourselves two simple questions: Who are we fighting against, and, who is suffering the most from the fight? The answer to both questions is: the self. If the anger is directed at the self for our own supposed failure, we can just tell ourselves: "There is no such thing as failure; only a result different from what I expected. All results will not be exactly as I want. That is a rule of the game of life."

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

### A THOUGHT FOR TODAY

The mind is able to interpret out-of-focus pictures because the imagination fills in the blanks. The imagination guides the mind to interpret what the eyes see. If hampered or clouded, the imagination will not see even what is most obvious. Depending on my attitude or belief, I invent additional bits to create a fuller picture of what I expect to see in a person or situation. My view of a situation is, therefore, a reflection of my biases and beliefs. The inner eye of the imagination must be clean and focused in order to 'see' the full picture, accurately. Today let me guide my imagination to 'see' clearly.

MANTRA

## PERFECTION MEANS BEING BEYOND EFFECT



CHIRYARISELEY

*When we forgive, we don't change the past; we change the future.*

To feel worry and tension or run away in a difficult situation may work for a short time, but it is not a solution. If we go within and draw upon our fearless courage and the strength of determination to remove the barrier of useless thoughts and

create positive thoughts, we can meet challenges head on and realise they are not that bad.

Life is a game of forgetting and remembering. We lose the game of life when we forget who we truly and eternally are - a spiritual being. When I remember that I, the soul, am a non-physical, imperishable thinking being of light, giving life to the perishable body, my true nature, which is ever-loving, blissful, and peaceful, emerges. This awareness reminds the soul to be light, to think fewer and slower thoughts. When we carry heavy thoughts filled with negativity about others, it weighs us down, and is exhausting. Allowing bitterness and resentment to fester inside will make my



Inner peace begins when we choose not to allow another person or event to control our emotions.

relationships guarded and unsatisfying. The more I close down to others, the

more I become a stranger to myself. Inner peace begins when

we remember and choose not to allow another person or event to control our emo-

tions. We can protect ourselves by putting a full stop to wasteful thoughts and

erasing the unnecessary questions and exclamation marks in our mind. By forgiving and letting go of sorrow and negativity, we can keep our nature open and loving. Our focus needs to be on our own performance, not that of others.

Our personality of peace, love, and wisdom, should be reflected in every role we play. We can perfect our own script - and not the script of others - by replacing negative thoughts about others with uplifting thoughts about their specialties, qualities, skills, and positive personality traits. The more good wishes and kind feelings we have in our thoughts for others, the more our own happiness increases. We can pass through every

scene well by being at ease, relaxed, and by empowering and encouraging our co-actors. We can remind ourselves to bring out our personality of peace and compassion in every role, uninfluenced by others. We will know when we are perfect: We will remain beyond the effect of negative influences of situations and other people in the drama of life. By remaining connected to the perfect being of God, we will reach a constant state of positive thinking wherein we naturally do what is good. What a beautiful and powerful stage that is, and it is only a few thoughts away.

Chiryariseley is a Rajyoga meditation teacher, based at the Brahma Kumaris Peace Village Retreat Center, USA.