

OUTLOOK

Introversion brings peace and power

When the mind is stable, it brings about a very good feeling and creates great happiness within, happiness that is merged with peace and power.



DADI JANKI

When you have not had any interest in the external world for some time, but instead have only a deep desire to turn inside, this is the sign of the beginning of the journey within. To those who have seen

this sign within the self, I say, it is a matter of going within the self, not inside anyone else.

It is a hard habit to break, the habit of wanting to know what is happening in other people. It is impossible to know them, so we try to find out about them by talking to a third person.

But meditation is only possible when we go inside ourselves. When we go inside, we leave all the external things outside.

We have the habit of looking at all the things outside us. Our intellect is pulled toward all those things. Then it becomes trapped



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by all those things. Sometimes we have the desire to free ourselves, but we just cannot do it. People, habits, possessions, all pull us. The world and its atmosphere have a huge influence on us. We have experienced so much uproar and sorrow, and yet it is difficult to let go of the things of the world. This is why many people say that they are searching for spirituality.

When trying to get to know the self and the one up above, we can focus for a little while, but then we get distracted. So, first, we need to cultivate the virtue of introspection and to un-

derstand fully the contrast between introversion and extroversion. When there is extroversion, the mind is pulled outward. As a consequence, the physical senses and the mind race outward and desires arise in the heart. The heart has been deceived in many different ways and so it carries great sorrow. When the mind becomes more introspective, it begins to listen to the heart and then tells the physical senses to quieten.

To be introverted, we need to find the time to be in solitude. Sit in silence and solitude and allow a dialogue to take place be-

tween your heart and your mind. When your heart and mind agree with one another, when they meet in your introversion, you are finally able to see yourself. Free yourself from all the external things, confusion, and pulls from outside. The heart becomes firm when it does not have any desires or attachments. When the mind is stable, it brings about a very good feeling and creates great happiness within, happiness that is merged with peace and power.

The late Dadi Janki was the Administrative Head of the Brahma Kumaris.

POSITIVITY

NEW THOUGHTS FOR A NEW YEAR THE KEY TO LASTING HAPPINESS



ARUNA LADVA



Let the new year bring a life full of selfless thoughts.

As another year filled with uncertainty and unwonted situations comes to a close, perhaps it is time to consider that there might be another way of journeying through the year to come. Perhaps it is time to let this coming year bring a life full of selfless thoughts. Let me be full of gratitude and contentment. Let me look around me each day and see how much I have to be grateful for. Let me go into this New Year with full responsibility, for my thoughts, words and actions. Let me understand that I can have whatever I want, I can hate whoever I want, but there are repercussions for everything I think and say and do, and these are inescapable.

Let us learn to put a full stop, sooner rather than later. Every sentence has a full stop. Every chapter has a full stop. Let us learn to put

a full stop to waste thoughts of worry, anxiety, blame and fear. Let me learn how to develop deep contentment with the people I am with, and give and share with an open-heartedness, rooted in love. In other words, let go of resentment and discord and have a full acceptance of what is happening to me and for me.

Let us find ways to make life simple. Simplification is beautiful. Let us think less, speak less, and do less. If we think less, it brings greater peace of mind, and peace of mind in its turn brings clarity and power. Let us find ways to reduce all that makes us feel heavy and burdened and start to let happiness have a chance to grow.

We create our reality from the inside out, so we need to fill ourselves inside with what we wish to see manifest outside.

Every faith talks about re-

membering God. Let me find ways to re-connect with the remembrance of God. That connection will influence me in such wonderful ways and fill me with energy and power. If I can stay positive, I stay powerful and not only am I able to deal with those circumstances that are not so welcome, but I am also able to create the life I want.

Perhaps it is time to do just that; create the life we all want and make this New Year a truly happy one, one that we have used our own powerful thoughts to create and appreciate. May the New Year be full of good wishes and pure feelings for everyone—is that possible? All we have to do is to believe.

Courtesy of its timetomeditate.org

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SECRET UNVEILED



B.K. SHEILU

Happiness is the main goal of life for most people—it guides their actions and motivates them to work hard and make sacrifices and compromises for an ultimately happy future. Wealth is a source of happiness and we are happy when our income grows and we become richer. Spending money also brings happiness when we buy things we need or desire. But there is a vast difference between the two kinds of happiness. When we earn, we become wealthier. That wealth is an asset at our disposal, to be used as and when required. An abundance of resources frees us from worry and gives us the leeway to pursue a career or activities of our choice while leading a comfortable life.

A well-to-do person is also in a better position to help those in need. Through charity, they can aid the needy and earn goodwill,



As we become more peaceful and content, our level of happiness increases.

respect and cooperation from others. All this brings immense satisfaction and a sense of achievement that lifts our spirits and brings more happiness.

In this way, the joy that comes from earning can be distributed and multiplied at the same time.

On the other hand, the happiness that comes from indulgence is tinged with a sense of loss and is short-lived. When we buy something that we do not really need, there is, at the back of our mind, the feeling that we have wasted money. The joy

of having bought something we desired is tinged with a sober realisation of our lack of self-control.

Of course, not everyone feels such a prick of conscience. A lot of people seek happiness in the indulgence of all kinds. They get momentary gratification but end up feeling empty inside. This is particularly true of sensory pleasures.

Even the satisfaction derived from earning money is not everlasting. It comes to an end with death. Spiritual wealth is the only asset that can bring joy forever, even

after death, over successive lives.

What is this wealth? The soul's treasures are purity, peace, love, joy, truth, power and bliss. These qualities can be experienced when we are aware that we are souls, not bodies. The body is the physical medium through which the soul expresses itself. The above qualities are intrinsic to every soul. When we are aware of our spiritual identity and live accordingly, these qualities emerge from their latent state and we begin to experience them in our life. Connecting with the Su-

premes Soul—an infinite source of these qualities—by remembering Him increases our stock of spiritual riches. As we become more peaceful, content and stable inside, our level of happiness increases, and our attitude and behaviour change. A soul at peace with itself looks at others with peace, wishing them well regardless of who they are.

We may have experienced the subtle waves of peace that emanate from such a person and felt soothed and strengthened by it. This is how a spiritually enriched person is a source of comfort and support for others. In return, they earn goodwill and cooperation from others.

As a result, the life of such a person is easy and fulfilling. It is not as if they do not face challenges, but they remain light in difficult situations because of their positive approach, so they are not upset or depressed by adversity. Our inner wealth of virtues and contentment can neither be robbed nor destroyed by anyone. Instead, the more we share it with others, the more it increases.

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

EXEMPLARY CONDUCT

BECOMING AN ANGEL



B.K. ATAM PRAKASH

Angels are believed to be spiritual beings who are attendants, agents or messengers of God. They are also shown as guides and protectors of humans. In different religious traditions, angels are assigned various roles and even positions in a hierarchy.

Angels are represented in the Bible as intermediaries between God and humans. They are shown with a body of light and not belonging to either gender. They are also depicted in art as having wings and a halo, which represents their speed and their holiness.

People who claim to have seen angels describe them as exceptionally beautiful or radiant beings of light.

A lot of people do not believe in the existence of angels—but there are angels in the real world. They are people of exemplary virtue or conduct, because of which they are called angels by others.

To quote from the Kitab-i-Iqan or Book of Certitude of the Bahai faith, angels are people who “have consumed, with the fire of the love of God, all human traits and limitations”, and have “clothed themselves” with angelic attributes and have become “endowed with the attributes of the spiritual”.

Elsewhere, angels are described as “blessed beings who have severed all ties with this nether world” and “been released from the chains of self.”

Angels, unlike most people, help others selflessly and are not attached to any person or place. They do their work silently and leave, not waiting



Angels help others selflessly and are not attached to any person or place.

for praise or reward.

They are shown without a physical body because they are beyond physical limitations or attractions. Even humans can attain such a stage where the soul becomes so powerful that

it is no longer pulled by physical desires, pain or ailments. There are instances of people serving others in spite of being frail or poor. They are commonly looked upon as angels.

To become an angel, we have

to go beyond not just physical weaknesses and limitations but also the consciousness of our body, or of being a physical entity. This is possible when we recognise that we are a soul, a sentient point of light that lives in and expresses itself through the body.

Everyone is a soul, a child of the Supreme Soul, and thus we all share a spiritual kinship. Knowing and accepting this truth enables us to see and treat others equally, regardless of distinctions of race, nationality, gender, and social status.

When we regularly remind ourselves that we are a soul and go about our life with that awareness, the thoughts and attitudes that were shaped by our physical identity gradually change. Physical desires and attractions ebb away, as do the weaknesses that arise from considering oneself a body, such as lust, anger, greed, and ego. Remembering the soul's parent, God, allows us to experience His love, peace, and

mercy. This heals and transforms the soul, and we develop greater understanding and compassion for not just other people but all creatures and Mother Nature.

When we become free from all weaknesses, there develops a benign, universal outlook that makes us a source of unconditional love and support for others. In other words, we become an angel in flesh and blood. There are no more expectations from anyone, and all feel equally loved by us. Obviously, in return, we would be loved and adored by many, but that will not limit or trap us. We will remain detached, drawing our sustenance from God, whose instrument we have become. Such a state of being is the highest one can achieve and is the worthiest goal one can aspire for.

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A THOUGHT FOR TODAY

Every thought is like a drop of paint on the canvas of my life. Each thought adds colour and texture to the picture. Negative thoughts add dark or muddy colours to the picture. Positive thoughts add bright, cheery colours. The final creation will be beautiful when I choose thoughts that give meaning and beauty to my existence. Today let me colour my life well.