

INTERCONNECTION

# Head, hand and heart



DADI JANKI

Love has a connection with the heart – when we speak about love, we always put our hand on the heart. We do not put our hand on our head, do we? When the hand goes quite naturally to the heart, it reminds us to make sure, before taking any action, that we have love for ourselves from the heart, and then love for everyone else will follow. If I first feel love for myself, then I will be able to

perform good actions with my hands.

But if there are complications in your head, what will be the condition of your heart? If there are bad feelings and negativity for others in your vision, what will be the condition of your heart? One type of soul hurts someone else's heart and the other type of soul helps to heal others' hearts – let each of us check which type of soul we are.

For example, if I steal something with this hand, then I am aware of it with my head and I know and understand that this is what I am doing. My heart also has that feeling. So, who am I deceiving? Who am I causing sorrow? If I use the same hand to give a donation, then I can experience happiness within my heart. I am not taking



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from anyone; I am giving as much as I can.

This is why to keep the head and heart in good condition internally, it is very important to make sure that the mind and intellect are in a good state. The mind can easily become mischievous and run away. It can easily become attracted to something – it thinks, 'This is very good; this is very nice; I want it' – and so the hand takes it. In the same way, the desires of the heart do not allow the mind to stay content, so the mind is always stumbling aimlessly.

When I talk about the head and the heart, I am thinking about the physical body and feelings. The head and the heart belong to the physical body. But when I talk about the mind and the intellect, I go deep within myself. When I sub-

stly go deep within, I tell my mind to stay peaceful and I tell my intellect to think in the right way.

In the external world, lots of things attract us, but we fluctuate when we are attracted to those things. On one side there is the attraction of desires for this and that – and on the other side there is a feeling of being weary and tired of the things of the world.

Each one of us should look within ourselves and think about our own selves rather than looking at or thinking about others. Habitually we tend to see and listen to external things – what others are doing. Now give yourself time to see yourself and understand yourself.

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

THOUGHT PROCESS ANALYSIS

## ARE YOU A MASTER OF YOUR MIND?



MIKE GEORGE

When you consciously practise different kinds of thinking, then gradually your mental creation, your thinking, will become a little less stressful and a lot more relaxing. A little less shallow and a lot deeper. A little less speedy and a lot more like a slow-moving river, gently flowing, sometimes still, sometimes deep, but always moving in the direction you would want it to. Here are the other five practices.

### 6 THINK CURIOUSLY

Most mental stress disappears when you are genuinely curious about something. When you are genuinely curious you

temporarily drop all the pre-conceived beliefs to which you had become attached. There is a certain freedom in curiosity, alongside a humility of attitude. Where there is freedom and humility there cannot be stress. Try being more curious in all situations and relationships, especially the ones that seem to be the most challenging and see how much it changes your feelings and your interactions with others.

### 7 THINK DEEPLY

The deeper you think the less 'anxious' you will feel about, well, everything! Pick the right people to mix with, people who like to talk of deeper things, people who like to get behind appearances, people who do not just jump to any old conclusion, people who are able to break through surface and tap into depth. Hang out with such people and use such precious relationships to practise deep thinking. You will start to enrich your self from the inside with insights you did not know you had. They will



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also give you greater mental strength. The kind of strength that cannot be affected by any darkened energy around you.

### 8 THINK CONCENTRATEDLY

We live in the age of distraction. For many of us concentration is now difficult. We are easily influenced, pulled out of centre and distracted by others. Being surrounded by technology does not help. So, practise restoring your ability to concentrate. Take an idea or an object and hold your atten-

tion gently upon it. Emphasis on 'gently'! If you get distracted come back and start again. With practice you will notice you are able to maintain your focus more easily and sustainably. That ability will serve you in all areas of your life. But try not to be rigid or upset when you lose concentration. Gently.

### 9 THINK VISUALLY

The mind is like a screen. It is the canvas upon which we create our life before we make our creation visible to others! Unfortunately, our creativity

has become heavily influenced by others' ideas, concepts and images etc. The technological equivalent of the mind is the screen of a TV or computer. Unfortunately, we tend to use our TVs and computer screens to avoid developing our own creativity. It is much easier to let the machines do the creative work for us as they project others' creativity into our consciousness. Allowing this to happen over time weakens our own capacity to imagine, to envision, to be creative, to generate 'possibility thinking'.

The practice of visualisation is one way to restore and develop your innate, but often dormant, creative capacity.

### 10 THINK SILENTLY

Once you learn to slow the thoughts that seem to jump into and through your mind you will become aware of a stillness and a silence that sits just behind the screen of your mind. Just as you might walk behind the screen in a cinema, see if you can become aware of what is behind your mind. It is where you are. Except it is not a place, obviously. You will find a silence and a stillness that is quite profound, not to mention powerful. The more you live in that inner space the more it will restore your awareness of your power and the more likely you will generate an authentic passion (enthusiasm) for life itself. It is also entirely free, completely legal and utterly non-fattening!

*Mike George is an author of 16 books on self-awareness, spiritual intelligence and personal undevelopment.*

## A THOUGHT FOR TODAY

Expansion is fascinating, Essence is breathtaking. My mind is involved in the expansion of details all day, roaming from idea to idea in a never-ending explosion of associations. Like a soap-opera, expansion captivates until it exhausts. The act of focusing my mind in a pinpoint of concentrated awareness is to experience 'essence'. It is breath-taking. Today let me focus my awareness on the essence.

HOLINESS

## PURITY BRINGS LASTING PEACE AND HAPPINESS



B.K. DR. SAVITA

Holiness is a highly regarded quality, and people seen as holy are looked upon with great respect. Holiness or purity of character, results in elevated thoughts and charitable deeds, which bring peace, joy, and contentment.

Holiness cannot be acquired by reading scriptures or engaging in religious rituals. It comes from purification of the soul, which is manifested in the form of positive thoughts, benevolent feelings, and clean intentions. This work of spiritual cleansing can begin only when we recognise that we are a soul, the sen-

tient point of light, the seat of consciousness, which expresses itself through the physical medium of the body. It is the soul that thinks, speaks, and acts.

Constantly having pure thoughts and feelings may sound like a tall order to most people, but when we start seeing ourselves and others as souls and live with that awareness, it becomes easier. That is because the soul is originally pure.

Just as our self-image shapes our behaviour, knowing our spiritual identity helps us adopt the

qualities that are natural to the soul, such as purity. Where there is purity, peace and happiness naturally follow. Purity is said to be the mother of peace and happiness. The sign of pure souls is that they are always happy. Most people keep searching for peace and happiness because they do not know that purity is the source and the foundation. Since their foundation of purity is weak, they experience only temporary peace and joy. Peace and happiness automatically come to pure souls, just as children

are drawn to their mother.

In the absence of purity, any experience of happiness is not only short-lived, it is also accompanied by worry and fear or losing that happiness. Where there is worry and fear, there cannot be peace. On the other hand, where the powers of purity, peace and happiness exist, there is no sorrow.

A pure and peaceful mind is like the clean, still waters of a lake – it allows us to see things clearly. So, there are no doubts and unnecessary conjectures that consume our time and energy. Impurity of any kind, such as ego, greed, or jealousy, can create a mental web of confusion, erroneous thinking, and agitation, all of which cause suffering. Purity is the antidote to all of it. It is the elixir that fills our life with all that the soul needs to experience lasting joy.

*B.K. Dr. Savita is a Rajyoga teacher at the Brahma Kumaris headquarters in Abu Road, Rajasthan.*



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ALARMING

## DO WE HEAR THE WAKE-UP CALL?



JUDY JOHNSON

*"Things are moving at an alarming rate, if I choose to be alarmed." Jayanti Kirpalani*

Watching world events has many of us alarmed. Everywhere we look we see sorrow, extreme weather events, sudden deaths, and disasters, and all of this happening in the midst of a global pandemic! And now the anxiety in our minds is creating a collective crisis of fear with reactive behaviours as a result.

What if these world events are not meant to alarm us but to be an alarm clock to wake us up to what matters most?

Waking up to the call of the time means quietly and

diligently going about the personal work of taking care of what matters most to each of us. This is a matter of finding balance and making peace with the heart and mind. It means putting all our affairs in order, creating harmony in our relationships, letting go of old grudges and having good feelings with our special people.

Waking up means finding simple ways to live, with respect for the Earth and all that I have within it.

Waking up means treating the body like a temple that houses the sacred image of the soul. It means learning to care for the body with the respect of a temple trustee, keeping it clean, and giving it simple food, water and rest.

Waking up means making the mind a friend, not a foe. We have treated the mind like an adversary, filled with thoughts we try to combat through force. Losing the battle more often than we win, we give up in defeat and allow all manner of thoughts to race around



It's important to find balance and make peace with heart and mind

our minds. Then we seek escape through distraction, Netflix, books, and other stimulants. Now is the time to discover that the mind is a worthy and valuable companion when treated with kindness and respect. When we realise the mind wants only to feel good, we begin to feed it positive thoughts that nourish a state of well-being such that no stimulants are required.

Waking up means finding

my way back to God, to my inherent goodness and to my love for humanity.

The world needs us to be at our best to be able to help others who are struggling.

Perhaps, in these alarming times, the world is offering us a wake-up call to put our inner house in order and take care of what matters most.

*Judy Johnson coordinates the activities of the Brahma Kumaris in Atlantic Canada.*