

SPIRITUAL AWAKENING

Magical tools to unlock your inner blockages



RUTH LIDDLE

Small children do not hold beliefs. They simply know. They know that something is either good or bad, black or white, pleasing or not. They are full of curiosity, energy and enthusiasm. It is only as a child grows that they begin to form 'beliefs.' These beliefs begin to slowly erode the curiosity, the energy and the enthusiasm—the joy of being alive.

Where do these self-limiting beliefs come from? As we mature, we begin to be influenced by the needs and desires of the body. The five senses influence us, as do the roles we hold in society, the relationships we have, and the responsibilities we need to address. The events and experiences that we have also influence us.

Painful experiences caused by events or people play over and over again in the mind, as if by doing that the past could be changed. All this makes us heavy and afraid of being who we are.

Beliefs that we hold affect our feelings. Feelings determine our attitude. Attitude is the basis of our behaviour. Our behaviour and the results of our behaviour enter our state of consciousness and reinforce our beliefs.

With meditation and a reawakened understanding of who we really are, beings of light, beings of spiritual consciousness, we can eliminate the heaviness of all that is limiting us. We begin to shine with all our true virtues and talents that may have remained hidden for a very long time.

Here are seven self-limiting beliefs that may be holding us back from achieving all we want to achieve, and living the way we want to live.

1. “I am powerless” This belief drains away all creativity and innovation. There is always something we can do. Replace this belief with **“I can, because I think I can”**.



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2. “I am not as good as them” This belief is shrouded in ego and low self-esteem. When the awareness of who I truly am is gently absorbed, through regular practice of meditation, then this belief can be replaced with **“I am no less”**.

3. “I don’t have time” This is a mantra that is common to many in the speed-driven lives we all live. Take away all the stress and frustration that this belief makes us feel and replace it with **“I have all the time in the world”**.

4. “Happiness comes from outside” This belief is more like a myth that is perpetuated by movies and novels. That happiness will come when I find the right person, get the right job, earn the magical amount of money. Real happiness

comes when I see my true value. The value of the pure soul that is trusted, helpful and appreciated. When I send love and good wishes to all, I have contributed to the well-being of many, many souls. The truth is **“Happiness comes from within.”**

5. “I don’t deserve to be happy” This belief is often bound up with religious doctrine. If I have ‘sinned’ or if I believe in some way that I am ‘bad’, then happiness is not for me. In reality, happiness is a choice we make at any given moment. All people have a right to be happy. Each one has hidden talents, undiscovered skills, untapped attributes. The thoughts I choose are what make me happy. So instead, I can choose the belief, **“I’m loveable, capable and it’s my choice to be happy”**.

6. “Others won’t like the real me” Many people walk around wearing a mask. A mask of how they think others want them to be or already perceive them to be. They pretend all the time, because they have not fully understood who they really are. This is a very tricky position to take on. If we are not careful, we can project onto others and imagine we know what others are thinking of us, because if we were them, that is what we would be thinking. It is an illusion. A powerful belief to counteract this thought process is, **“The opinions of**

me that others have, reflect their character, not mine”.

7. “I am too old to change” This belief becomes embedded when we have recognised a personality trait that we feel uncomfortable about and would like to change. We try and try, but it stubbornly refuses to go away. That belief then becomes part of our state of consciousness, and we stop trying. However, **“There is no time like the present to put good thoughts into action”**.

These, and other self-limiting beliefs, bring heaviness and can all be counteracted. The philosophy of Rajyoga meditation, as taught by the Brahma Kumaris, can help me understand what is true about life and the self, and I then start to see those around me as intrinsically lovely. Operating from that consciousness, new and powerful beliefs flourish and alter the trajectory of my life. **“I am a pure, powerful, capable, loveable, spiritual personality.”**

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HEADSPACE

HOW TO STOP OVERTHINKING



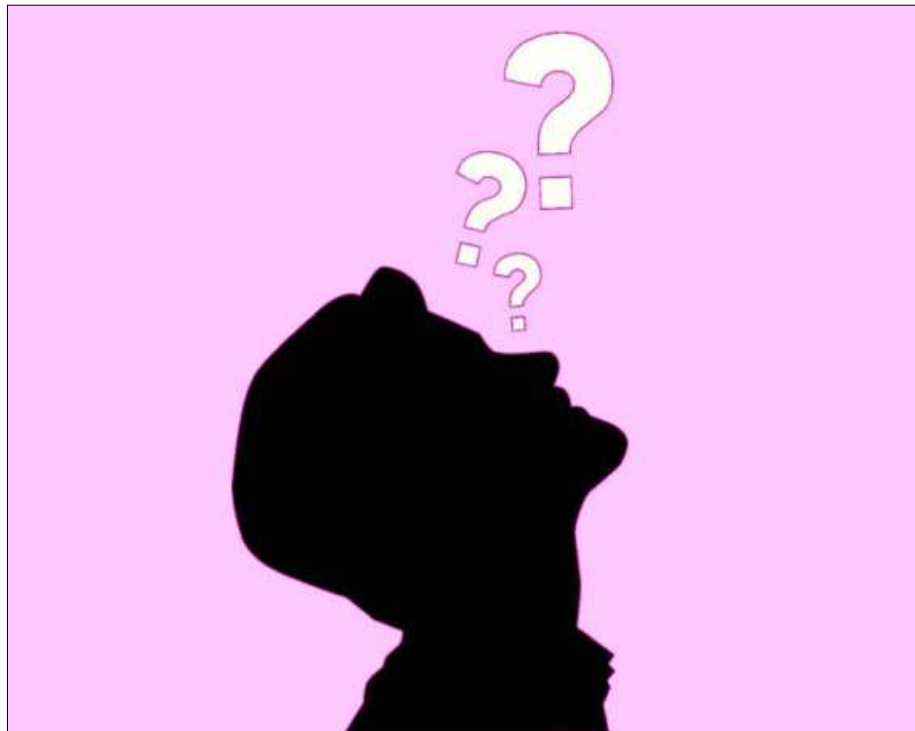
B.K. SURYA

Life is precious, but some habits, such as overthinking, can rob us of the joy of living. The remedy is to gain control over the mind so that we can think, speak, and do what is good for us. If we calmly consider the situations and problems we tend to overthink, we will recognise them to be not as serious or important as we had made them out to be. In most cases it is overthinking

that blows up matters out of proportion.

Another fact we forget is that we are masters of our mind. This does not mean that the mind is separate from me, the soul—it is one of the faculties of the soul, and can be fully controlled. Some philosophical texts describe the mind and intellect as being separate from the soul. They are seen as part of the ‘subtle body’, with the soul being a separate, detached entity. That is not true. We are souls, sentient points of light, and the mind, intellect, and ‘sanskars’ or character traits are a part of the soul. The soul is the master of these three faculties. Understanding and accepting this fact is the first step towards attaining sovereignty over the mind.

A simple practice that



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helps in this is to remind ourselves every day that we are a soul, master of our mind. This replaces the old, ignorant way of thinking: ‘My mind goes here, there, and everywhere... I cannot control my thoughts...’

To stop overthinking we need to consciously create good thoughts that keep the mind engaged in a positive way. Positive affirmations about the self, a sanguine outlook, focusing on and working towards solutions rather than dwelling on and complaining about problems—all these help. Some positive thoughts have a long-lasting effect and free the mind from unnecessary and harmful thinking for a long time.

Suppose someone makes a critical remark about us. What happens then? They

said what they wanted to say and left, and are probably happy about what they have done. But what is our state of mind? We are upset or indignant, with thoughts racing through the mind, ‘How could they say that...’, ‘What will others think about me...’

Our happiness vanishes, negative feelings for the other person emerge, and we keep thinking about them all day, while cooking, eating, walking—“They don’t like me... they want to hurt me... they want to see me fail...”

Such a reaction may seem the correct way to react, but it is not. There is a better way to respond. The Gita tells us that the wise remain equanimous in the face of victory and defeat, praise and insult. If someone criticises us, we can introspect and check if

there is any truth in what they said. If we are committed to self-improvement, we will welcome critical feedback and work to remove our defects. On the other hand if the other person’s comments were baseless, we can dismiss them as such.

What we are matters more than what someone says about us. Life may present myriad challenges - repeated failure, deceitful or uncooperative companions, a feeling of hopelessness—which can cause overthinking. But we can remind ourselves that the fewer thoughts we create the stronger our mind will be, and the greater will be our chances of success in any task.

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FAITH

WHERE IS GOD IN ALL THAT IS HAPPENING?



CHIRYA YVONNE RISELY

In order to understand God, we must first have a brand new understanding of ourselves; we need to redefine ourselves as a soul, a spirit, and not define ourselves only by the flesh of the body. More and more we hear the call for meditation, to look within to remember we are also spiritual energy of light, a soul, and to get back in touch with God to transform the self and the world.

Over time we souls undergo changes in our personality depending on actions performed through our bodies. With wrong thoughts and actions, we continue to lose our peace, purity and power; we can even reach the stage of killing our conscience, as appears to be happening at this time.

Are we aware we need to have a spiritual parent who can correct us when we go wrong and make our personality positive and pure again? As the highest spiritual energy in the Universe, God’s role is to remind us who we are, teach right behaviour and make us beautiful again. If the Supreme Father did not exit, we would keep losing our pristine original spiritual energy, falling down further in qualities and powers. So, is it not wrong to question His presence? He is eternal and



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so are we and our relationship with Him. Some people feel human beings created the concept of God so they would have someone to fear and as a

result would not perform any negative and wrong actions. But God is our merciful and loving parent, not someone to fear. Some people say that

the creation of the world is a completely physical process and God has no role to play in it. On the other hand, others have the view that God created the world and human beings.

However, according to spiritual wisdom shared by God, these ideologies are incorrect. Godly knowledge has revealed three entities eternal in the universe—God, souls (that means you and me) and nature, and all three have never been created and will never be destroyed. Out of these three, over time, souls and nature undergo changes in their qualities from positive to negative and negative to positive. Always constant in qualities, God, our eternal Father, never changes. His occupation as a spiritual Generator is to recharge us souls when our spiritual batteries have become flat and our light dim.

When we lose power, become impure and cannot see right from wrong, God transforms and purifies souls and nature.

This spiritual creation or spiritual rejuvenation makes the old world new again. By understanding deeply our true imperishable identity, this drama of eternal life and God’s unchanging presence, we are able to transform ourselves by connecting with Him instead of questioning His existence. Use this time wisely and see yourself as a soul filled with love, truth and peace and allow yourself to be transformed by this new knowledge and renewed relationship with our Godly Father.

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A THOUGHT FOR TODAY

Each person has a unique path, one they alone can follow. Although I may travel with others on the spiritual journey, our roads will bend and turn in different directions. How do I find my own path? I follow the subtle signals in my heart and listen to my longings. I pay attention to signals that reveal open doorways, where others see only walls. Today let me stay tuned to the subtle signals of my own path.