

FULFILMENT

Contentment brings freedom and joy



DADI JANKI

It is part of human honour to be content. In India, the Goddess of Contentment is worshipped and the one who stays content is considered as a god. His hands may be empty, but the heart is content. Some people have everything, and yet, without contentment, it is as if they have nothing – they become like a pitcher without water. What I have to do is fill my own pitcher (the intellect) with the cool, clear water of contentment and then offer it to others

to drink. I need to learn to stay content. To stay content is sensible. How do we give others contentment? With a couple of words of love or simply by looking at them with love. If we are not content, however, we see others as not being content, either, and this makes the soul restless. If we are restless, everything is affected; even the quality of the voice will suffer. If we remain discontent, it becomes a habit always to complain. Someone who is discontent does not like to see others happy, nor do such people like to help someone who is unhappy. Those who are content will share their fortune with others. Those who stay content have gratitude and give thanks to God. Such a soul is never jealous. They avoid making anyone dependent on them, but also learn not to be dependent on anyone else.



With honesty and good wishes and pure feelings for all, the soul can reach the highest destination and leave the past behind.

In order to remain content, we need the power of tolerance. We also need God's love. It is God's love that makes the soul clean. When the intellect is clean our work can be honest. With the power of honesty and cleanliness, we can achieve a great deal. With honesty and good wishes and pure feelings for all, the soul can reach the highest destination and leave the past behind. This is not a matter of superficial contentment, but a very deep contentment. When the soul is honest, God gives blessings. When there are blessings, the tasks we do will be successful. Contentment follows. Contentment brings happiness, health and spiritual wealth, and those who are content bestow blessings on others. There is no need to talk about how much you have done or given. In fact, where did it come from

anyway? It is God who has given us divine wisdom and divine insight. Contentment makes the face sparkle. Contented souls are like God – they have everything and need nothing. Such a soul will dance in happiness. Once I find contentment, my experience will be that my heart is honest, my head is cool, my vision sweet, and my nature easy-going. I will still use the same ears, mouth, and eyes but my attitude and my heart will have changed. That inner beauty will then be visible from my eyes and through my eyes. This is not something I am going to do alone. The power that is created in the atmosphere when we all do this together brings forth vibrations of contentment that reach far and wide.

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

POSITIVE ATTITUDE

ENTHUSIASM IS CONTAGIOUS



MARGARET SHIRES

Spiritual enthusiasm is a pure energy that is unstoppable in the face of any circumstances. When I imbue all the tasks I have to do with pure enthusiasm, not only is the task completed with power, but any adverse circumstances bow down in front of such enthusiasm and those around me are also infused with the same enthusiasm and it continues to increase. It starts with me. We all have some days when we find it hard to get energy moving, but when that happens, I have to be honest with myself and find what I can do to ignite the enthusiasm for the day to come. This is where pure and positive thoughts come in. What is it that is making me feel as if I do not have the power to feel alive and happy? Where am I letting

my thought energy go? Is it vibrant energy flowing through my mind or dead energy, flattening me and making me feel lethargic and under the weather? Every second gives me an opportunity to enjoy something. It is my life, and I can direct the way I want it to unfold. So, by really seeing what motivates me, I can build on those feelings of inspiration. By using our thoughts in a worthwhile way, we can bring about a new way of living for ourselves, and for others and ultimately for the world. It is not down to someone else to motivate me; yes, sometimes they sow a seed or ignite a spark, but actually it is the self that is using thoughts, words, time and energy to create something beautiful in my life. I have to be able to see and recognise the potential of what is within and in front of me. When I have an idea and then I share it with enthusiasm, it grows. Where thoughts go energy flows. It does not matter whether the thought brings immediate fruit or not because I have used my creative ability which has inspired me to create wonderful things.



There is no more powerful a way to clear sluggishness and make way for pure enthusiasm and joy of expression than meditation.

Those who feel that pure joy and enthusiasm ignite the spark in others. Everything but everything is created through thought. I the soul am a powerful creator of pure thoughts filled with enthusiasm. My body is the way I express all the enthusiasm, compassion, love and creativity. Any pure thought I have will give rise to hundreds more, enthuse others around me, inspire creativity and transform any kind of circumstances.

With spirituality, accessed by the practice of meditation, life takes on a new dynamic, filled with endless possibilities. There is no more powerful a way to clear sluggishness and make way for pure enthusiasm and joy of expression than meditation. Margaret Shires is part of the coordinating team at Inner Space Meditation and Personal Development Centre in Bradford, UK.

ENRICHING EXPERIENCE

EMPOWERING OTHERS COMPASSIONATELY IS TRUE SERVICE



B.K. USHA

The more powerful a person is, the greater their influence on others. One of the forms this influence can take is that of service. A strong soul is a source of inspiration and support for many, and they can serve others materially as well as spiritually. The subtle foundation of service is having good wishes for everyone. Service does not just mean giving advice, saying a few good words, or giving something to the needy. Perhaps the best form of service is to serve in such a way that others experience a sense of fulfillment—from receiving help, hope, courage, or good wishes. Only those who have enriched and empowered

themselves spiritually can serve in this manner. We can share with others only what we have, and when a soul is full of purity, peace, happiness, and compassion, they radiate these qualities, much as a lighthouse sends out a beam of light that guides sailors to the right course. Those who come in contact with such souls experience these qualities in their company, from their words, behaviour, and vibrations, drawing succour and inspiration to empower themselves spiritually. The other signs of a true server are renunciation, humility, determination in faith, and contentment—with the self, and with others.

Just as purity, peace, and happiness are related—the first is the foundation of the other two—there is a connection between meditation and service. Regular practice of introspection and meditation enables us to look deep within the self to identify, and then remove, the defects that are entrenched within the soul – the vices that result in harmful ways of thinking and behaviour. Connecting with God, the supreme source of purity, by remembering Him, brings His cleansing energy into the soul, which gradually removes all flaws. Someone who has cleansed them-

selves in this manner can serve by their mere presence. Their look, their face, and their saintly demeanour bring peace, joy, and comfort to the hearts of many. Some would imagine that such an elevated soul would shun the company of 'lesser' mortals, preferring to keep to their rarefied spiritual pursuits. But true service does not mean abhorring the weaknesses of others—it means understanding them with compassion and tolerance, and giving them courage and strength to inspire change. To tolerate means to fill the self with power and share that power with others. Tolerance enables us to live in everyone's heart. No matter how much opposition one may face, tolerance brings a sweet and lasting fruit in the form of positive change. But there should be no desire for any return for tolerance—it should be informed just by mercy. This is what is meant by doing service. B.K. Usha is a Rajyoga teacher at the Brahma Kumaris headquarters in Abu Road, Rajasthan.



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EXPLAINED

WHAT ROBBS US OF HAPPINESS



B.K. MRUTHYUNJAYA

Everything we do, including the hard work, the sacrifices we make, and our acts of selflessness, are aimed at ultimately being happy. Yet, when we look around, we find suffering everywhere, and it seems to be increasing with the passage of time. Why do we suffer when our aim is to be happy and our efforts are geared to that end? The reason is that often, in our pursuit of happiness, we are short-sighted and make choices or act in ways that bring us

sorrow, regret and even a lifetime of guilt and repentance. This happens when we violate laws to get quick results, forgetting the inviolable law of karma—we reap what we sow. Nearly everyone is aware of this law, then why do we act against its principles? That happens when we are in the grip of a weakness. Any weakness or defect is a form of impurity. The human soul is originally pure, and anything that violates its purity robs the soul of some of its value, which can only result in sorrow. Impurity comes in many forms. If we are selfish, we may do things the way we want, ignoring the problems it may be causing for others, but we will have to pay the price for this one day. Selfishness will harm our relationships, rob us of the goodwill and cooperation of others, and leave us isolated. Selfishness can be driven by vices such as lust, anger, greed,



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attachment and ego. Lust makes us possessive, dependent and insecure. It erodes our self-respect and robs us of purity and peace. The soul then seeks fulfilment in gratification of desires, becoming a slave to the senses. Similarly, anger burns the self, destroying one's peace and

strength, leading to loss of control over one's thoughts, words and actions. Angry people often say or do things that they regret the rest of their lives. Greed, similarly, makes us dishonest, self-centred, possessive, and exploitative. The desire to acquire, accumulate or consume may bring tem-

porary gratification, but one soon starts seeking more of the same or something else to feel happy and fulfilled. The soul is always discontented, no matter how much material resources it has. Attachment makes us dependent on the person, place, object, idea or circumstance

to which we are attached, and when any of these is taken away or changes, we suffer. Ego makes us callous and hurtful, ultimately leaving us isolated. An egotist quickly feels slighted, and so is rarely in peace. These are just some of the forms in which impurity manifests itself. Jealousy, laziness, hatred and fear are some of the other forms in which it harms the soul. All these, one might assume, are but natural to experience in life. That is not so. When we understand that negativity of any kind causes suffering, it becomes easier to put in the necessary effort to keep ourselves positive in the face of testing situations or people. We must remember that we are doing it for our own sake and not to please others. B.K. Mruthyunjaya is Executive Secretary of the Brahma Kumaris.

A THOUGHT FOR TODAY

Perfect balance is found when two strengths come together. When a weakness attempts to balance itself with a strength, the result is known as compensation, not balance. The most stable balance is created when two strengths come together to complement and reinforce each other. Today let me express my strengths in balance.