

HUMILITY

# Being egoless brings great pleasure

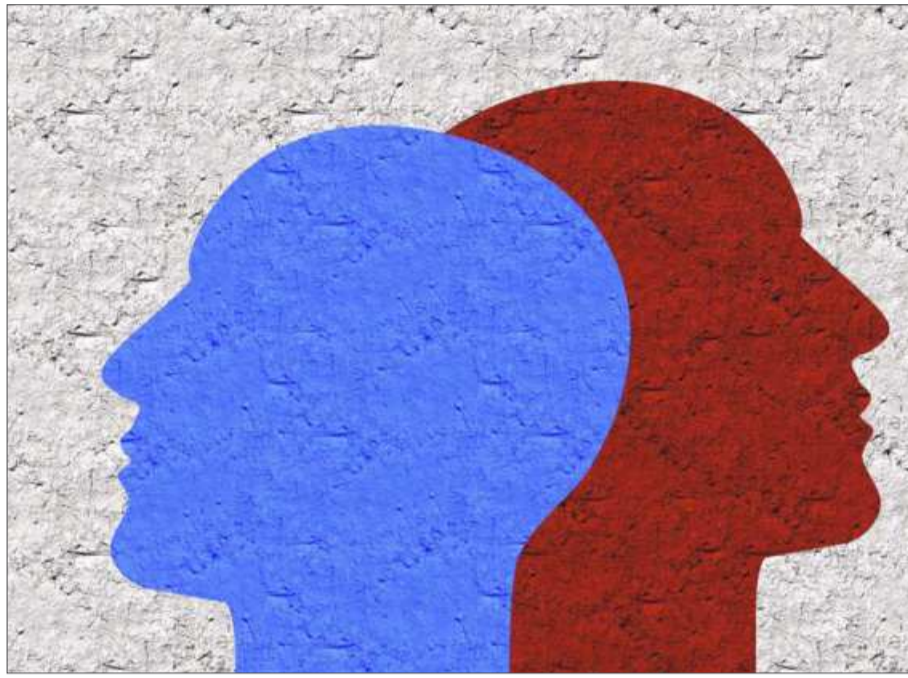


DADI JANKI

Nobody is an enemy to anyone else; our biggest enemy is the ego. The ego and truth are opposites—the truth is visible through the humility we have, and the ego does not allow us to reveal the truth. Even if you only have a little bit of ego, it will seem enormous—people will comment on it. Think about

coloured clothes—you do not know if there are any stains on the fabric because of the colours. But when you wear white clothes, you can see even the slightest stain. When we are not on a spiritual path, it is like wearing colourful clothes; we do not even know or realise that we have so much ego. But when you start along a spiritual path, a little bit of ego becomes all too visible.

In our thoughts, our words, our actions, and relationships there must be purity, truth and humility—then there is no ego, and then there will be divinity too. Ego means holding your head high. Humility means holding it neither high nor low. Humility does not mean bowing your head down, it



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means maintaining stability. Not to bow down physically but to say okay, maybe I am wrong, and you are right—that is humility. To be an embodiment of humility is to be truthful within and humble, expressing humility in the way you interact with people. This inner humility allows our inner divinity to emerge.

If I have ego, I think I have to teach everyone. If I have humility, I have instead deep feelings, pure intentions and the desire to learn. Think about this: If someone has the intention to teach, what tone of voice does she adopt? And if someone wants to learn, what is his tone of voice like? When the ego is stubborn, and we try to prove ourselves right, it

causes loss of respect. When there is truth, I do not need to prove it. Neither do I have to say you are wrong or cause sorrow to another—everything will work itself out. When there is truth within me and purity and cleanliness in my thoughts, then there is power. And then, with humility, I can bring other souls closer to God.

In fact, there is a great deal of pleasure in being egoless, because then we have the sense of being a ruler or a master. God is the Almighty Authority, and so His inheritance is that His children, too, should experience His power. The sun is egoless—it continues to do its work of giving light and heat no matter what. If someone

were to draw the curtains or close the windows, the sun would not stop doing its work. So, we, in the same way, have to continue doing our work. Every human being should think, “I must do my work, the things God is teaching me.”

Just realise what that truth is, and that truth will be in your life. It can never be hidden—a diamond will sparkle even in sand or dust. So, this is what we have to do; become flawless diamonds. A diamond does not say anything for itself, so a person who has a diamond life will not need to say anything; she is incognito.

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

SELF-AWARENESS

## UNLEASH YOUR TRUE POTENTIAL THROUGH THE POWER OF CLARITY



MAUREEN GOODMAN

When we are caught up in a dilemma, we tend to do one of three things. Either we sit and stew about it or we jump into action, without thinking at all or worst of all, we sit frozen in indecision. What is needed to reduce the anxiety and confusion in any predicament, large or small, is clarity. The seed of clarity is twofold. First, we need information or knowledge about the bigger picture, a 360-degree

view, and secondly, on a spiritual level, we need to develop our awareness.

This two-part seed then grows into confidence where we have no more doubts or questions. We understand exactly what we have to do. It is confidence tempered with humility because ego will always steal away any clarity. We must also have no bias, no taking sides because bias also blurs the truth. This confidence is based on an inner knowing, trust and faith that whatever I do will ultimately work out in the right way and for the benefit of all concerned.

So, what is the kind of information we need that gives us a 360-degree view? On a practical, physical level, we will need some basic information about who or what is involved. However, the most important knowledge is spiritual. Whatever is happen-



Through regular, daily meditation, we can develop the awareness of being the soul within the role, and then there is clarity.

ing and whoever is involved, are spiritual beings, taking part in a monumentally intriguing and wonderful movie, on this field of action, is a key compo-

nent to having full clarity. The second part of the equation is to develop a deep awareness of the self. We all play so many roles, even in this one body that we occupy now. We are born in a certain culture, adopt the traditions of that culture and become totally absorbed in that identity. We cannot have total clarity if we are carrying the baggage of this physical identity. There is an identity which is higher than any of the roles we play. Through regular, daily meditation, we can develop the awareness of being the soul within the role, and then there is clarity. The soul is intrinsically pure, full of peace, love, joy and wisdom. When we are deeply in this awareness, then any actions or decisions can only turn out well.

However, our connection with God, the Supreme Soul is crucial, especially in times of great

difficulty. We need our relationship with God because this is the absolute source of strength. If I understand and feel that my mind, intellect, talents and abilities have been given by God, then I will want to use them in the way that they were intended, when given, as a gift, for the benefit of humanity. Late Dadi Janki, who was Administrative Head of the Brahma Kumaris, always told us that the easy way to deal with any quandary or difficulty is to ask me three questions: Who am I? Who do I belong to? What do I need to do now? Three simple questions, with three deep answers, give us the knowledge and awareness to deal with anything at all.

*Maureen Goodman is the Programme Director for the Brahma Kumaris UK, and BK NGO representative to the United Nations in Vienna.*

OUTLOOK SHIFT

## POSITIVE ATTITUDE FOR SUCCESS Your mind is a beautiful world



B.K. DEEPA

What we think throughout the day determines what our day will be like. Behind our thoughts are our emotions and behind those are the attitudes we have created during the journey of life. The quality of our thoughts and the vibrations they create have an impact on our state of mind, physical health, relationships and the success of our tasks.

Success is not just a destination to be reached at some point of time in future. It is having the right state of mind whereby we can add value to whatever task we are involved in, we are open to learning, new ways of thinking and remain stable regardless of the outcome of our efforts. How we do what we are doing is what matters.

When we have the right attitude, failure does not put us down, rather we recognise that our efforts are not leading in the right direction and we need to change track. Learning in this manner, adding to our skills and incorporating values in our life, our way of thinking and



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behaviour, are the little successes that contribute to success in our tasks.

Listening is an important part of this journey. The more we listen, the more we can learn. Listening is seeking to understand the other person before we seek to be understood. When we recognise the fact that other people have ideas different from ours and those have worked for them, we are able to appreciate their point of view

and learn that there may be more than one way of doing something. Differences of opinion can exist between people, but when there is respect for others' ideas, relationships remain healthy and we remain open to learning.

In this process of learning, it also helps to leave the past behind, including painful memories and old ways of seeing people and situations. This can liberate us from sorrow, fear and anger and help

to refresh and heal unhappy relationships.

Tolerance and flexibility are two other qualities that keep us stable and progressing in the face of challenges. Both these qualities are rooted in silence. When we take out time for introspection and meditation, we are able to create the inner space, a powerful environment within that keeps us calm and enables us to adjust to the ups and downs of life.

This ability to face challenges prudently, take sensible decisions and then stand by them, in turn, strengthens our relationships and fosters cooperation in a team when others recognise that our approach is grounded in values.

*B.K. Deepa is a Rajyoga teacher based in Mumbai.*

MINDSET



ERIC LE RESTE

One of the aims of a spiritual journey is mastery of the mind. The essence of a yogi life is the transformation of the mind from mindless to mindful; the mind becomes one's best friend—all fighting is over.

The mind is meant to be as free as a bird, or, to use another analogy, like a plane. We do not want our plane to crash or to lose it or for it to crawl along at ground level. A plane is made to fly. The mind is meant to fly and not get caught up in a web of entanglement with the minds of others. We use expressions like the mind being blocked or paralysed, contaminated or poisoned or heavy—'a lot on my mind'. If I regain sovereignty of my mind, I am able to fly free.

The mind thinks and feels and is constantly active. It cannot stop thinking for very long, or it can, but only under special circumstances. The mind creates thoughts at different speeds, to a greater or lesser depth. It has the ability to focus, or it can be scattered in many directions. When we

'lose our mind' we lose the ability to think properly.

The kinds of thoughts that confuse the mind, take it into some kind of maze, are thoughts like 'I cannot', 'I wish I could', 'I should have', 'I would have, if...'. Thoughts like these weaken the mind. We need a very healthy cycle of thoughts to keep the mind full. It is the quality of thoughts, not the quantity of thoughts that makes it full. We need thoughts of understanding and meaning, which come from spiritual knowledge. We need thoughts full of colour; virtues bring colour and variety, like those of peace and love and joy. Thoughts of this calibre bring great power to the mind. When the mind is full in this way, with the awareness of spiritual consciousness, then we can have access

to the highest, purest form of energy from the mind of God, the Supreme Source of peace, love and power. God emits the highest frequency. A living being coloured with the deepest truth, the ocean of bliss.

My mind is my world. If my mind is full of confusion and craziness, that is what I will see in the world. If it is full of peace and love, that is what I will experience. If my mind is tuning in to the Supreme Mind, a mind of benevolence and power, then that is what I will receive and bestow, and what a wonderful world that will be.

*Eric Le Reste is a journalist and producer for the Canadian Broadcasting Corporation and coordinates the activities of Brahma Kumaris Centres in Canada.*



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**EDITORIAL DIRECTOR**  
Prof. M.D. Nalapat

**MANAGING EDITOR**  
Pankaj Vohra

**EDITOR**  
Joyeeta Basu

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Mahesh Chandra Saxena  
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