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BRAHMA KUMARIS PHILIPPINES

SERVICE NEWS

KEEPING THE MIND CLEAR IN ANY CRISIS

Difficulties are not always seen as the temporary obstacles as they actually are. How do I cultivate the practice of drawing from the correct standpoint a mindset that is free from predisposition or expansion, so that the course of action that presents itself is clear-cut, constructive and beneficial?



Humanity is in code red. In the midst of the layered crises happening in the world nowadays, there is hope to transcend and transform it.

The Brahma Kumaris Philippines, on its first national public program for 2022 invited BK Denise Lawrence, an esteemed teacher of the Brahma Kumaris spiritual university for more than 50 years who is currently based in southern France. She is a widely-read author and a much sought-after international speaker on various platforms. Her lectures either live or online on subjects accurately relevant to the times are acclaimed for their coherence and depth.

Sister Denise navigates both inner and outer crises that humanity is going through and offers guidance and clarity in order to keep the mind stable in any obstacle or difficulty through quiet reflections in between the talk.

Imagine you are a beautiful, fluffy caterpillar, going through a period of transformation. Your sense of self gradually fades, a new awakening...quite frightening but you eagerly await the metamorphosis - the emergence of a beautiful, delicate butterfly.



Butterfly: A Metaphor

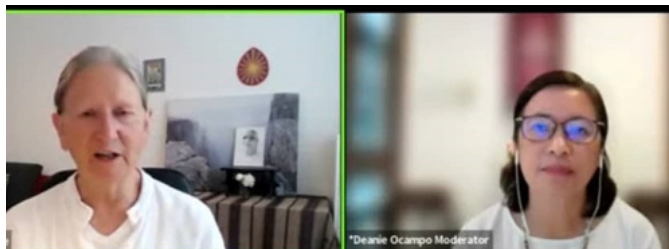
The image of the metamorphosis of the caterpillar into the butterfly, simple as it may sound, is actually a series of crises. The chrysalis is the deeper secret internal world of transformation. It is a very fragile subtle state where everything is totally melted down leading to a very upsetting feeling that causes anxiety.

An interesting word that describes this transformation in Hindi language is **PARIVARTAN**, which means a return to the pristine original condition and this return takes place in the midst of massive and multiple crises. This image is quite relevant for us because it helps us to understand what kind of a mindset we need to adopt in order to get through this crisis.

What happens inside that chrysalis is that there is something pulling up inside the insect which is future change. Change is something that can only happen when there is an intense crisis. People are afraid of change because they don't know it, because it is an uncharted territory.

The resistance that we are applying to the process of change actually takes away the energy that we need to get through the critical times and emerge like that beautiful butterfly. It is very important to build strength when going through critical times because the one who is strong can get through a crisis. Thus, meditation and spiritual study play an important role in determining the angle of change that one needs to work with. It draws spiritual power that cultivate adequate resilience to get through crisis and to protect us from losing energy. Meditation is so helpful in giving power into the self through connection with the divine source

Conversations



How do you help a family member overcome cynicism and weakness?

It's really the image of the conflict going on inside that caterpillar. I think it's just very important for those in the family who want to be part of that butterfly, who want to be part of that change to allow it within their own selves because it's a very powerful influence. We also have to bring in a little bit the idea of the law of karma and the law of karma is that whatever you do whatever you think, whatever you say, there are consequences. If you think, speak and act in such a way that you'll be producing that positive future and that you have faith in goodness within your own self and that you're not going to allow the negativity of others to take over, then you become the agent for change. It does require action. We cannot do this passively, we have to act. But there's a difference between acting to bring things into a positive condition and being so preoccupied with resisting the negative things that you give your power to the negativity and that makes it stronger.

How do you cultivate or sustain the butterfly of the essential self through time?

I think it's very important to make contact with and develop relationship with people who are also doing this because it adds power. Generally one candle is not as bright as 100 candles. We need to have so much faith in ourselves that we feel worthy and valuable because then we will seek the company of people who are also like that. We need to intensify our sense of self and this is why the study and the meditation practice, individually or collectively, help with that a great deal and then you keep going.

With crisis as the norm nowadays, how can one find enough time to do meditation practice and work on the self?

The key is to notice what you're thinking while you're doing things. Start by just deciding to check on the self. There's time but we waste time.

Can our empowered selves still do something in action on the world stage and then how do we also relate that empowered self with structural givens?

I think when you are empowering yourself constantly and you create balance. You have to act but you also have to make sure that you are not getting burned out, that you are filling yourself. I think it's quite important to realize that you are not responsible for making the world a better place; you are responsible for doing your bit but not for the whole thing. There is a greater power a greater force that is operating at this time; on the other hand, we need to take strings from that source and make ourselves sustained and maintain our ability to keep on going. So it's all to do with maintaining a very optimistic outlook and not overdoing it.

How do we navigate through realities where there are frustration over leaders who do not live out the values that are important to us?

I think we need to realize that whoever are in positions of power are mere human beings and though they may have the position that allows them to have the illusion of controlling events they don't control them totally. There is the force of destiny also and there is the force of human thought which is no small thing and then there is also the law of karma which is also absolutely incontrovertible. Knowing this, do not give your power to the leaders. Even if you didn't vote in the way that the elections turned out, your vote is your thought. Your vote is what you do moment by moment in the day and that has a lot of power and if you're doing positive karma on a continuing basis you're definitely going to accumulate the consequences of it. Remember your own power.

The rest of the conversation dealt with the crisis in social media which Sister Denise addressed as a form of addiction. We should look out for ourselves and not allow the algorithms to take away our freedom. With corporate/organizational crisis, Sister Denise stated that if you're in a leadership position in an organization, they will look at you and they will watch you they will feel your heart and your mind and that will either empower them or disempower them so it is a choice of making our minds our best friends or our worst enemies.

Thanks to all the translators who helped to make it accessible across the globe. The program can still be viewed at <https://youtu.be/u9zB6rbXbQk> under Brahma Kumaris PH.