

INTERCONNECTION

The secret to inner strength is natural enthusiasm



B.K. MOHINI

When we remain enthusiastic, even in the face of difficulty, it is a sign of our inner strength. When we listen to the news and look at situations around us, our enthusiasm can drop. But if we can pull the mind away from outer situations and focus instead on what is in front of us, we preserve our enthusiasm. Enthusiasm

is evidence of our ability to focus the mind. It is also evidence of a clean mind, an unadulterated mind. When our thoughts are unadulterated, they have power and manifest as enthusiasm. In this state, we do not allow weak thoughts to emerge. Enthusiasm is also connected with courage. We may feel something is impossible. Weak thoughts of self-doubt come from adulteration in the mind. They come from memories of past experiences, when I was not able to achieve something or when something did not work out the way I had hoped. This memory can cause me to lose courage in the present. A secret to maintaining a steady flow of enthusiasm is to have a kind



A key to an unadulterated mind and to maintaining internal enthusiasm is purity.

of mastery of the mind that keeps it pure and powerful. All of us have a part to play.

The part we play dictates what we have to do, and what we have to give. We

adopt different roles. You may, for example, be given a role of a "hero," some-

one whose decisions affect many. You may like that role but be unsure how to play it. As you prepare yourself to play it, that "hero role" becomes your part. There is a subtle difference. A role has been given to us, but we play our part according to our particular specialties. Our ability to play our part with natural energy and enthusiasm requires preparation and very subtle, quiet contemplation in the mind. Whatever the assignment you receive, if you stay connected with your internal self, you will feel natural and satisfied. Otherwise, you would be playing a part externally, but internally you would feel restless and uncomfortable. Know yourself and acquire the quali-

ties and powers you need to play your part in such a way that you feel happy and satisfied. Again, this goes back to the condition of the mind. When our thoughts are adulterated, they confuse our thinking. We mix subtle things, so there is no power. Adulterated thinking makes the mind weak. An unadulterated mind is a quiet, peaceful, clear mind. Experiment with this internally and experience the clarity and peace of an unadulterated mind. A key to an unadulterated mind and to maintaining internal enthusiasm is a quality we do not think about too often—purity. When there is purity, there are no traces of anger, anxiety, or weaknesses, even

subtly. Complete purity is the state of someone who is free from influences of any kind and has no desires of any kind. Purity brings inner power, peace, love, happiness, and prosperity; purity brings everything. When we become free from the past, free from all influences and desires, we are truly free. We experience the lightness of peace and contentment. We are naturally enthusiastic, and our every thought brings benefit to those around us. The more we make our minds pure, the more our minds are pulled towards the mind of God, the Supreme Being.

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IMMUTABLE LAW

UNDERSTANDING KARMA AND TAKING CONTROL OF OUR LIFE



PARMJIT BASRA

In the west, the word 'karma' is not widely understood and often is used to imply a feeling of bad omens. In the east, the concept is much more readily understood. The law, while immutable, has very deep implications on our lives. More and more, we hear people saying, why are these things happening? Why do I seem to be in the wrong place at the wrong time? To answer these questions, we need to look more closely at the laws that govern our world.

There are three laws of governance. The first is physical, for example, the law of gravity, or motion, and these

physical laws are absolute. That means that whether we accept them, or even believe in them, or not, is completely irrelevant. We are all bound by them. It is a law of physical energy. Physicists study these laws and make thousands of things possible, with benevolent or malevolent end products.

Then there are the spiritual laws, of karma. They are also absolute. Whether we believe in them or not, or rather, whether we take notice of them, or not, is irrelevant. They are running in the background of our lives. A wise person takes time to understand how these laws work, so that they can work in their favour, and subsequently work for the betterment of their life and the lives of those around them.

The third set of laws are human laws which are constantly changing, and are different in each land and for each culture.

So, to take control of our lives and actions (karma) we need to understand how



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many types of actions there are. We can perform positive actions, negative actions or neutral actions. Neutral actions are only possible

to perform when I, and all around me, are completely full of spiritual attainment, which is clearly not possible at this time. This leaves us

with positive or negative actions. How do we know if the actions I perform are positive or negative?

To put it simply, the law of

karma functions, not based on the act itself, but on the intention behind the act. What is it that determines the intention? It is the level of

consciousness. So, any action performed in the awareness of only being a body with the labels it carries; male/female, rich/poor, belief systems, religion, then actions will always be negative. If I perform an action in the awareness of being the light energy, or consciousness, that inhabits this body temporarily, then those actions will always be positive.

Every individual is responsible for their own actions. To take control we need to understand that any negative actions we have performed incur a debt that we must repay. So how do we do that, and how do we ensure our future happiness? There are three ways to settle our karmic debts. The first is simply to suffer the consequences, and that is very obvious what is happening in our world at this time. The second way is by performing good actions to neutralise the effects of the consequences. The third way is to 'win the lottery'. Winning the lottery in spiritual terms means having

the means to download continual powerful energy that not only pays off any debts we have incurred but also helps us to accumulate in our accounts for the future. We cannot change the past. We must let it go. The most important time of all is the present. The past led us to now, the present clearly will lead us to the future. Connecting to God, in the correct consciousness, is the fastest way of settling any karmic debts. God cannot simply write off the debt, but the power received reduces the suffering of that debt and also gives the soul the power to incur no more debt. Little by little, my debts get nullified. I need to learn how to connect to the Supreme Presence and be on the same wavelength as God. I the soul, connecting with the Divine, the Supreme Soul, is the greatest karma I can perform.

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THE DILEMMA

WHEN ARE WE TRULY PROSPEROUS?



B.K. USHA

We all wish to be prosperous. Complete prosperity encompasses not just material success but also physical well-being, peace of mind, and a state of happiness.

It is now increasingly recognised that the pursuit of material wealth alone does not bring lasting happiness. Many people quit the rat race in order to lead simpler, more contented lives. This happens because in chasing riches many compromise their health, relationships and mental and spiritual well-being. If one measures success only in monetary terms, one would try to get rich at the expense of everything else. Someone single-mindedly devoted to making money as quickly as possible may

not hesitate to ride roughshod over others to achieve his goals. When faced with a moral choice, he might even stifle his conscience if in doing so, he stood to gain substantial wealth.

Once someone gets accustomed to doing this, they stop feeling any qualms about it. It is a slippery slope that can lead to insensitivity, selfishness and even crime. One may become very wealthy this way but lose the love and respect of others.

Many people compromise their health as they work relentlessly to make money. They get rich but suffer from diseases resulting from their unhealthy lifestyles. Some become victims of depression, anxiety disorders or other mental ailments. In short, they ruin their health to earn money and then spend that money to regain their health.

Prosperity, in its fullest sense, encompasses health, wealth and happiness. Such prosperity comes from purity, which is the foundation of peace. Purity here means freedom from corruption of any kind, including moral and financial.



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It is no coincidence that most countries with high levels of corruption rank low in economic development. This is despite the fact that some of these countries are rich in

natural resources. At the individual level, purity means having pure intentions and being honest and truthful. In a society that upholds these values, there

is less likelihood of people cheating others or companies committing fraud. This fosters mutual trust and strengthens social bonds that act as a deterrent against behaviour that harms the interests of the community.

Purity in thought and action contributes to our physical well-being. It is now recognised that the majority of physical ailments are psychosomatic, and their roots lie in negative thoughts and

emotions. Purity of the mind naturally predisposes one to a healthy and balanced lifestyle and a positive attitude.

Positivity enables us to learn from and appreciate others, inculcate virtues, overcome setbacks and remain happy in challenging situations. All this enriches our life, bringing a gratifying feeling of progress and fulfillment.

A positive attitude also translates into better productivity and relationships, which bring success at work.

These qualities constitute a person's inner wealth. They enrich our lives and the more we use them, the more they develop. It is a wealth that cannot be stolen or taxed. It does not get lost or diminish with age unless one neglects it.

Prosperity, thus, is a state of affairs in which the individual and society live in peace and concord for mutual benefit. It cannot be enjoyed by hoarding resources at the expense of others and living in gilded ivory towers.

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A THOUGHT FOR TODAY

The world is full of thorns, spikes, prickly people and sticky situations. It is sometimes difficult to see the best bits, the life-giving core of a situation or person. However, like a bee who knows how to get the nectar from even the prickliest plant, I can develop my capacity to see and take only the best bits. This requires the knowledge that nectar is found beneath the surface. Although outer layers may appear ugly, there is always something positive and life-giving at the core. Even the most negative situation can act as a catalyst to bring the best out in me. Today let me discover the positive in every situation.