

PURITY AND SIMPLICITY

Simplicity brings many rewards

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B.K. USHA

Simplicity is often misunderstood and underestimated as a virtue. It is equated with ignorance, naïvety or foolishness. Living a simple life is sometimes taken for a life of deprivation.

Simple living starts with simplicity in our thoughts. Simple thinking does not mean being gullible or lacking the ability to analyse. It is clear thinking that is free

from the tangle of unnecessary thoughts that arise from doubt, fear, worry and suspicion. Simplicity and clarity in thought becomes possible when the mind is free of the influence of ego and desires.

Many of us are conditioned to believe that it is necessary to analyse every situation, person and each word spoken by that person in order to understand what is happening. Convoluted thinking is regarded as a sign of intelligence.

That is why when we meet someone, we try to guess their hidden motives, read their body language, and decipher their words to find out what they really mean. All this mental effort is partly driven by ego, which gives rise to fear of appearing inferior, of being deceived or



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slighted.

Too much thinking is needed only when we are unable to discern, which happens when the mind is clouded by

impurities. Simplicity comes from purity, and a mind that is pure is free from the clutter of vices.

When there is no ego there

is no comparison or competition, and consequently there is no fear, suspicion, or jealousy. We accept others as they are, and since a

pure mind is also kind, we naturally have good wishes for all. With such a state of mind, there is no need for effort to analyse.

Since a pure and simple mind is calm and clear, it easily detects the vibrations emanating from others, and is thus able to discern the quality of other souls. Because of this the simple soul is not easily deceived by appearances. Also, the honesty and goodwill of the simple soul inspire others to respond in kind, while those of a less than honourable persuasion stay away from such souls. This is how simplicity protects one from harm.

A simple person, having few needs and expectations, also finds it easy to adjust to any situation and accommodate different kinds of people. The ability to mould

oneself according to the need of the hour keeps the simple soul contented and happy in both austerity and abundance. Such a soul neither takes more than what it needs, nor hurts itself through self-denial.

Being simple also means being natural and easy. Purity and simplicity are the natural qualities of the soul, and one is at peace and rest when one practises these virtues. Anything artificial, on the other hand, cannot be naturally everlasting. One has to make effort to sustain something that is unnatural, that is why any kind of impurity or complication agitates the soul and does not allow one to remain calm or happy.

Moreover, what is natural and pure is also powerful. Just as pure, fresh and

organic food nourishes the body and junk food damages our health, purity and simplicity help keep the mind strong by saving it from unnecessary thinking, which depletes our energy.

Thus, simplicity brings many rewards which can be appreciated only by experience. It is a quality that is beguilingly unattractive. One who adorns himself with simplicity goes through life easily, not distracted by deceptive lures, avoiding the pitfalls that lie on the path to attaining them. Such a person effortlessly finds the peace and happiness that more complicated people spend a lifetime chasing.

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SOUL AND NATURE

NATURE IS OUR ASSET TO PRESERVE



ARUNA LADVA

Mother Nature knows best. Look at the natural body clock. We live in a biological hormonal system. The body is stimulated by light, this is how the melatonin gets switched on and off, taking us into different states of sleep and wakefulness. That's why people who are connected to the land, like the traditional farmers and indigenous peoples, know how much healing the soul and body receive when they are in harmony with Nature, when we are earthed so to speak.

These people are naturally working with the energy frequencies of the soul and nature. We have a natural relationship with matter, we are soul and body combined. The soul is eternal, matter

is temporary and changing. By practising early morning meditation and silence this can help us to come back into alignment, to reset our inner balance. When we wake up early to meditate, we are syncing our body clock with the clock of nature.

The birds naturally awaken around 4:00-5:00 am and begin "singing". The roosters are cock-a-doodle-doodling first thing in the morning. So, we can visibly see and hear nature awakening. It is only we humans that are irritated by these noises, simply because we are the ones out of step with nature's rhythm. If we slept early and awoke early, we would indeed be fascinated by all the beauty and sounds of nature around us.

The ancient people could track their journey according to the stars! By the position of the Sun, they would know what time of day it was. Here we are in our high-tech world, and without our gadgets or timepieces, we are totally lost, disconnected from nature because we have forgotten how to use our internal sat-nav!

It is so important to keep the waking state and sleep time in



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balance, when we do not do this then the body falls sick. The ancient yogis and mystics knew the value of rising with the sun and sleeping when the sun went down. In fact, they knew that when we harmonised our natural rhythms, it was more efficient for the maintenance and repair of the body.

Everything in nature is subject to the powerful energy changes from light to dark-

ness. From the rising and setting of the sun and the magnetic pull of the moon. The perfect yin and yang of health depends on the fine balance of nature, between soul and body, which we call perfect health. Any imbalance within the soul will manifest as an illness in the body.

The yogis and ancient mystics, our wise elders had a greater sense of the bigger picture of the universe. There

were definite reasons why the yogis would meditate and pray between 2:00-5:00 am. This actually has something to do with the earth's alignment to the planets and stars. Every planet has its place in the constellation.

Of course, the yogis and mystics would not call what they did a science, but there was really a good reason for the specific timing of those rituals. Hatha yogis greeted the

day with their postures starting with the beautiful: "Salutations to the Sun..." Clearly, the best time to say good morning to God, the universe and nature would be first thing in the morning; when the vibrations are high and that pure golden globe rises on the horizon to grace us with another day. As they folded their palms, they pressed on all pressure points triggering new blood around the body.

We underestimate nature at a cost. She will always be here and find a way to survive even when we have long gone because nature works holistically and in unison with the five elements, with the earth, air, water, fire and ether. Our very name is humankind. What happened to the "kind" part? When we are merely human and disconnected from each other and nature, but we are not kind, then we will be damned by our own foolish thinking.

"If you only say one prayer in a day, make it: Thank you."
- Rumi

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A THOUGHT FOR TODAY

There is a great sense of joy when my attention is absorbed in stillness. In a world of constant movement and distraction, it feels luxurious to be still. Yet this luxury is necessary for the health of my mind. Today let me dedicate time to the luxury of focusing my attention inwards to stillness.

CONSCIOUS CONNECTION

FIGHT, FLIGHT OR FLOW



DIVYA SHAH

It seems like everyone in the world is fighting with some kind of struggle or experiencing some kind of fear from which they would like to flee. Very few of us are going with the flow, that is, flowing with the moment, in harmony, with love, enjoyment or even excitement. Flow is the exact opposite of fight or flight. When things happen, we wobble and go into resistance mode. We struggle and become afraid, or we do not know why we

are struggling. We want to fight or flee because we are afraid. Fear is caused by lack of knowledge, the feeling of not having enough, old beliefs, conflicts of opinion, misunderstandings, and anxiety about what might happen. Flow is synchronicity, when wonders and magic seem to happen as if by chance. However, nothing is by chance. Everything that happens has a cause, an origin. Whatever we vibrate, the universe reflects back to us as a reality. I, and only I, control my reality.

Each one of us, each unique soul or consciousness, has a vibration. The vibration is made up of all the feelings, that originate in thought, that the soul is constantly putting out into the cosmos. Feelings are the language of the soul; the body is the device of communication. Souls feel but can only act



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out those feelings when present in a physical body. However, once those individual vibrations have rippled out into the cosmos or universe, that vibration be-

comes part of the whole. Not only that, but the reverberation, or the flow back to the originator of the vibration, takes about 60 seconds. So, positive thoughts, full of love

and possibility flow back to us in one way or another within 60 seconds. Therefore, it follows, that thoughts of stress, harm, weakness, anger, and irritation, also

flow back to us. Thoughts of fighting a situation or a person, thoughts of fleeing from something we feel unable to face or handle, bring us disruptive events, small

difficulties, or large deficits into our lives.

To go with the flow, we need to, first of all, understand these truths and secondly, we need to step back and detach a little from what is going on and listen quietly to our feelings. In other words, check our feelings and if they are not in the flow, and we feel like fighting or taking flight, stop and stay quiet and still for a moment. If we react, then we create more stressful vibrations, and they will begin to accumulate. Struggles will always appear, in situations or relationships we find difficult but if we stay calm and send out vibrations to the source of all good energy, God, then what to do next will become clear even if only a tiny next step. In other words, our conscious connection with God brings us into the flow and natural

synchronicity. Gentle, clever and amusing resolutions, which in our state of stress we could never have thought of. If we struggle, we fight with the cosmos - which is like trying to swim up a waterfall. Spiritual knowledge tells us never to struggle or fight things out, but to be endlessly kind to people, vibrate love and peace, and be generous and tolerant. We need to take great care of our responses to people and situations and understand that others are dealing with their own.

Each one of us has access to the energy of the creator or the Almighty. This energy is unlimited and abundant. This infinite ever-flowing source, brings us goodness always, no matter what.

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