

DETACHMENT

A matter of life and death

The relationship with the Divine plays a very important role in preparing for both life and death. In the moment of transition - ‘death’ - God’s remembrance supports the soul, and gives it the experience of flying to the light - to God. the soul is eternal. It never dies. It simply passes on from one bodily ‘costume’ to another, carrying its experiences with it.



B.K. JAYANTI

My mother began meditating with the Brahma Kumaris in 1957, when I was eight years old. So, I grew up with the influence of meditation and spirituality, although only in 1968 did I start to take it seriously myself. On 26th August 2001, my mother passed away. A fellow meditator told me at the time, how much deep gratitude she felt for those who come and use their lives to serve. My mother’s faith in God was central in her life and influenced the whole family.

My understanding and experience are that the soul is eternal. It never dies. It simply passes on from one bodily ‘costume’ to another, carrying its experiences with it. When we remember someone who has died sim-

ply as a human being, there is sorrow. But, remembering the soul in the awareness of God, we can send God’s love and light to that soul. Our thoughts reach the soul and the connection carries on beyond death. Seeing death as a natural transition into another state removes fear, and enables us to respond to the situation more calmly, with appreciation rather than regret.

The soul’s strongest relationship – and attachment – is to the body. It is understandable, therefore, why the question of ‘leaving the body’ brings trauma. A meditation practice that prepares us for moving on is what we call ‘soul consciousness’: experiencing the spiritual being as a being of light, quite separate – detached – from the body. This detachment is not cold or distant but one of benevolent freedom. Aware of the soul and its intrinsic value, we start to perform actions based on kindness, generosity and compassion. These actions accumulate good fortune for the soul, which it carries with it. And, when it is time to ‘leave the body’, the soul understands it is not



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the end. This ‘detachment’ also allows the soul to cope with illness and pain more calmly and positively and draw God’s power and light to bring comfort.

The relationship with the Divine plays a very important role in preparing

for both life and death. In the moment of transition - ‘death’ - God’s remembrance supports the soul, and gives it the experience of flying to the light - to God. Soon afterwards the soul will go to its new home – a fetus in a mother’s

womb. Meditation each day brings the experience of God’s love and power, enabling us to experience help and guidance from the Divine. The practice of meditation is the preparation for the final moments, so that the mind is able to stay

focused and concentrated and experience the connection with the One.

In the process of ‘detaching’ from the body, relationships with others continue but they are not relationships of possessiveness or demand - because we

recognise that the other is also a soul, playing a role through a body.

The practice of letting go and surrendering to God the hurt and pain that others may have caused and genuinely forgiving them means that I carry no bur-

den of pain inside me and nothing holds me back in the final moments. If I have made mistakes, let me seek forgiveness – from others, myself and God, so that I can change and move on.

Detaching from the body enables me to let go of position, possessions and even the pull of the senses that bind me and hold me back. The next step of mastery is to be able to discipline my mind to serve me well and enable the soul to express its original, eternal nature of purity, peace, love, truth and joy.

This journey, holding God’s hand, engaged in good actions and settling all the negative actions of the past, moves me to a state of freedom, a state in which all accounts have been settled and I then truly know I will fly to God. It is a journey of a lifetime and the destination is to be at one with the Divine, but the journey itself can only be in the companionship of the Divine.

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THOUGHT PROCESS

DETERMINATION IS THE FOUNDATION OF WILLPOWER



CHIRYA YVONNE RISELY

Determination is an essential quality to nurture to make life successful. On my spiritual journey, no matter how much enthusiasm I have or how clear my aim is, without determination I will give up sooner or later. In times of challenge, we need to take care that determination does not lead to stubbornness, which is a form of resistance. If we take time to connect to God’s light in meditation, we can let go of resistance and quietly listen for the most compassionate way to deal

with the situation. An approach or an answer will present itself.

The quality of our thoughts affects the quality of our relationships, our words and our actions. One way to take charge of our thinking, and regain loving rule over the mind, is to practice affirmations. Affirmations are promises we make to ourselves, that are helpful to strengthen the mind. We can do this in order to break negative habits or weak thoughts created as a result of conflicts and mistaken attitudes.

We could, for example affirm that:

- Today I will see the good in others and not think about what is negative or harmful.
- I will see others in the way I would like them to see me.
- From now on I will not judge others.
- I will speak peacefully, slowly and softly.
- I will stay calm and in peace



If we are determined to nourish the mind with uplifting concepts, ideas and powerful affirmations, we will see wonders.

and not react.

If we think, or better yet speak the affirmation out

loud, at least five times a day, it becomes recorded in our subconscious. We need to say

them with feeling, believing in them and not in a monotonous and impersonal voice.

When we listen to something repeatedly, we begin to believe in it. Advertising and songwriters use this technique constantly. They create a phrase, a slogan, and repeat it over and over again in the media until finally, people believe it.

Contentment comes when we are thinking in a pure and uplifting way. If we are determined to only consume healthy information, and to make sure we nourish the mind with uplifting concepts, ideas and powerful affirmations, we will see wonders. There may be success, there may be failure but neither are the end of the story. As Winston Churchill said:

“Success is not final, failure is not fatal. It is the courage to continue that counts.”

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A THOUGHT FOR TODAY

There comes a time when the soul wants to go home; home to peace, home to my true self. This is known as the spiritual pilgrimage. It is a silent internal matter of the heart and mind, not a physical trek across landscapes. The yearning for peace, love and silence becomes so great that I must travel beyond the physical to find them. Then I discover meditation, solitude, contemplation and reflection and rediscover the pathway back home to myself. Today let me honour my deep desire to come home to myself.

SPIRITUAL LAWS

EVERY VIOLATION IS AN ACT OF VIOLENCE



B.K. SHEILU

A violation is generally understood to be an act that breaks or fails to comply with a rule or formal agreement. Some people consider certain forms of violation acceptable, such as jumping a red light when the streets are empty, or holding a noisy late-night party that keeps the neighbourhood awake.

Whatever the justification given for such actions, they constitute a violation

of laws or norms that are meant to uphold order and safeguard the rights of everyone in society. Breaching these norms, as also natural and moral laws, is as much an offence as breaking laws made by governments.

At a subtle level, every violation amounts to violence, be it against the self, others or a virtue. The origin of the word violation reflects this – the word is derived from ‘violate’, which in Latin means ‘treated violently’.

We do not recognise the violence we commit when we act impulsively, thoughtlessly or under the influence of a need or desire, but we pay a price for it one way or another.

Take our daily routine. There is a right time for everything, determined not



Laws and regulations will create a better world when we begin to respect spiritual laws.

only by the demands of punctuality but also by nature, including our biological clock.

When we respect the signals given by our biological clock, the body functions smoothly, but when we ignore or override the messages, we begin to suffer the consequences. Unhealthy daily routines, such as stay-

ing in bed too late, having irregular hours for meals, and skipping or avoiding exercise altogether, takes a toll on the mind and body.

As with our daily routine, we cut corners in other areas of life as well. We put off important tasks because they are tedious, or uninteresting. When we can no longer postpone them, we finish

them in a hurry, ending up doing a sloppy job, which could have been done much better if we had scheduled time for it earlier.

The failure to recognise and respect the relative importance of different tasks ultimately has the effect of putting us and others under pressure, fraying tempers, spoiling relationships, and producing poor results. Those who habitually work like this never learn to be systematic, and end up being seen as careless and unreliable, which has an effect on their personal and professional lives.

Disorderliness and disregard for doing things at the right time, in the right place, and in the right manner can lead to problems and misunderstandings. When such

lack of consideration for norms becomes ingrained in someone, they may begin to engage in various forms of misconduct and transgressions, such as violating someone’s peace, privacy or rights, treating someone or something with irreverence or disrespect, and more serious offences like fraud, theft and physical assault. They justify their actions with arguments such as “everybody does it”, “this is nothing; there are people doing much worse”, and “you can’t survive in this world otherwise”. Such thinking is a slippery slope that can lead to even criminality.

Climate change, which is engaging so many minds all over the world, is also a consequence of violence -- committed by man against na-

ture. It may have been done unknowingly in the past, but even after it became clear that consumerist lifestyles and the industrial and commercial activity that support them are having a devastating effect on the planet, we have not changed course. This amounts to a wilful assault on the environment.

At the root of all these infringements lies the subtlest violation – of spiritual laws. Whenever we do something wrong, or even contemplate such an action, our conscience alerts us, by making us feel uneasy, fearful or guilty. Any thought, word or action that stems from anger, ego, greed or selfishness violates the sanctity of the soul. An action influenced by such vices will certainly give sorrow to others, and is akin to

attacking them. It will also disturb the atmosphere. When large numbers of people behave in this manner, as is happening across the world, the result is misery, violence and disasters.

Laws and regulations will create a better world when we begin to respect spiritual laws, which tell us that truth, purity, peace and love are the energies that power each soul and are the basis of happiness -- the goal that guides almost all human actions. If everybody starts living on the basis of these virtues, the world will no longer need man-made laws to ensure peace, security and order.

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