

## INNER STABILITY

# The power of humility

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B.K. SUDESH

Humility is the real spiritual power of the inner being. It is a manifestation of greatness, even though often perceived as some kind of a weakness. A humble person always wants to remain incognito, in silence, not making a show of themselves. In a world of noise and thousands of opinions, that kind of power is not easily recognised.

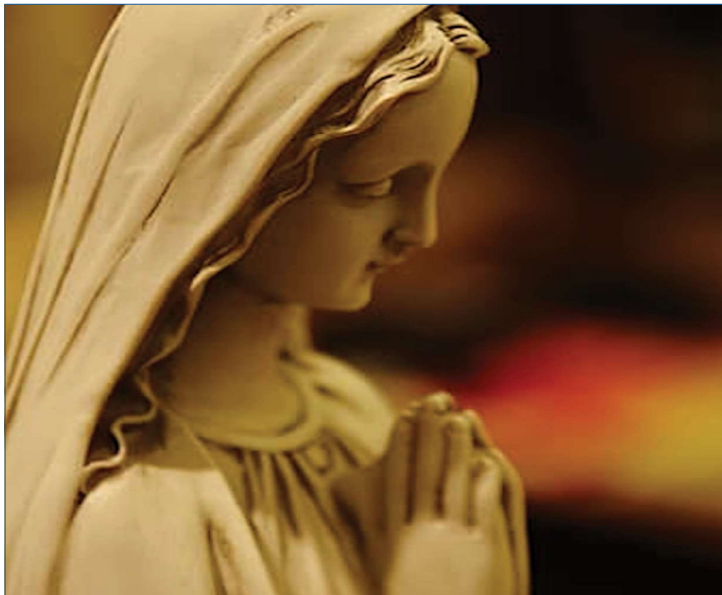
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beautiful tree that bears the fruit of many spiritual values and virtues. An egocentric person could view that seed with arrogance, "I am the creator of the tree", but a humble soul recognises and acknowledges the support and invaluable help of the earth in which it grows, the blessed rain and light of sunshine. A humble person deflects all praise to the others that made all things possible. A humble person also gives time to help and encourage the growth of others, while maintaining their self-respect, and has only benevolence in their hearts. If they perceive some weakness or another, they make it known with great love and with only the growth of the other in their mind. If someone approaches a humble person with some criticism

or correction, they check first to see if what is being pointed out is true. Then, if it is true, they feel grateful for the signal and make efforts of their own, to improve.

A humble soul is detached and knows that some fruit takes time to mature. The sweeter and more virtuous a soul is, with genuine concern for others, the more that soul becomes detached. Detached from fame and defamation, praise and criticism, success and failure. The humble soul knows that they are still learning, and ego of any kind is like an insect eating away their real honour, and the sweetness of the fruit.

An egocentric soul, on the other hand, wants to be recognised, and raises their voice loud. They can appear powerful, and often are, but it is the wrong kind of power



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and will end in sorrow. They are stubborn, want to be right, and defame others in order to appear more virtuous or better. They depend and thrive on praise, and when praise is not forthcoming, they wilt and blame, and point a finger to the outside. Little do they realise that three other fingers are pointing back at them.

There are three qualities that a humble soul values most highly - truth, love and inner silence. They never give sorrow to others, nor do they take sorrow from anyone or any situation. They understand that freedom is the birthright of each person. They live with mercy and compassion. They have a caring nature and give respect to everyone, whatever their station in life. They constantly uplift others, so that

after being with a humble soul, the other feels strength and courage to move forward. The humble soul has inner stability and is a source of support and wisdom for others.

The egocentric seed gives rise to a tree that is tall and imposing, but the fruit of the tree cannot be reached, as it is too high. The tree that has grown from a seed of humility bows down to the earth, laden with sweet fruit for all to reach and be sustained from. A humble soul is not deceived by the role, position or status, for they know the secret to true humility is the understanding of being the soul within, and not the physical body.

*B.K. Sudesh is Director of the Brabma Kumaris' services in Europe.*

## SPIRITUAL FOCUS

## A NEW APPROACH TO LIVING



CHIRYA YVONNE RISELY

The most important thing that is going on today is a move from a material focus to a spiritual focus. It is a move from the external to the internal, to the awakening of self-awareness. This resurgence of the awareness of the human spirit is quietly growing amidst the current breakdown of external social, economic and political systems of the world. By drawing power from in-

ner spiritual resources, a critical mass of human beings is empowering a new approach to living. Self-awareness is easy and begins with simply taking a mental step back and observing our thoughts, feelings, attitudes, and actions. This observation slowly gives way to the awareness that I am an eternal being of light energy. My form is an invisible point of pure light. I was never born, and I will never die. I am imperishable. I am peaceful. I am powerful. I feel renewed and no longer ordinary. I feel delighted as self-awareness continues to grow.

When I am full, complete, having put aside selfish needs, then I can be naturally generous. Natural generosity is like that of a tree, whose fruit is available to anyone for the picking. My being is open to



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others to share the fruits of my good wishes and pure thoughts without any hidden agenda.

"Only a powerful soul can offer love. Only a powerful soul can afford to be humble. If we are weak, then we become self-

ish. If we are empty, we take; but if we are filled, we automatically give to all. That is our nature." - Dadi Prakashmani

Actually, the whole of humanity is like a tree; each human being is connected with the Seed of this tree. With the

awareness of being part of a beautiful tree connected to a master Seed, we appreciate how we are connected and what we have in common. We understand how to be in community and conversation with each other, so with a

unified front, we are ready to mobilize for the next situation and move forward together.

Just as we make it a priority to keep our phone battery fully charged every day, we must also make it a priority to keep the battery of the soul fully charged. To be unified, filled and sustained by God, we must take time to empower ourselves daily. We sit quietly and connect our mind to the One Source, the Master Generator. In this awareness we allow the self to recharge and renew. Success is measured by others, but satisfaction is best measured by our own soul - a mind and heart blessed by God.

*Chirya Yvonne Risely is a Rajyoga meditation teacher, based at the Brabma Kumaris Peace Village Retreat Center, USA.*

## A THOUGHT FOR TODAY

When you build a house, every brick counts. When you build a character, every thought counts. Who I am comes from what I think. Thoughts that build the highest quality character are based on love, purity, peace and wisdom. The more my thoughts are filled with these qualities, the more my character is shaped around them. Today let me think high-quality thoughts.

## WORDS AND ACTIONS

## SILENCE THE SENSES



ANTHONY STRANO

The tongue works as a needle or scissors. A sweet voice can mend the heart of others, while harsh words can hurt or even break another's heart. The words we speak must be filled with blessings and good wishes. When we receive blessings from others, we gain the power to progress through whatever lies ahead.

But how do we achieve a sweet voice? Human beings talk the whole day long - just listen to the way you talk to yourself in your mind. Just as, when we speak, the voice echoes, so it is with subtle thoughts - they reach others. Indeed, we often speak more with the mind than with the lips - the mind has a deep connection with our words and actions. The secret to having control over your words and actions, then, is to become peaceful, have self-respect, and remind others of their own self-respect; then all your words will be sweet and well

considered.

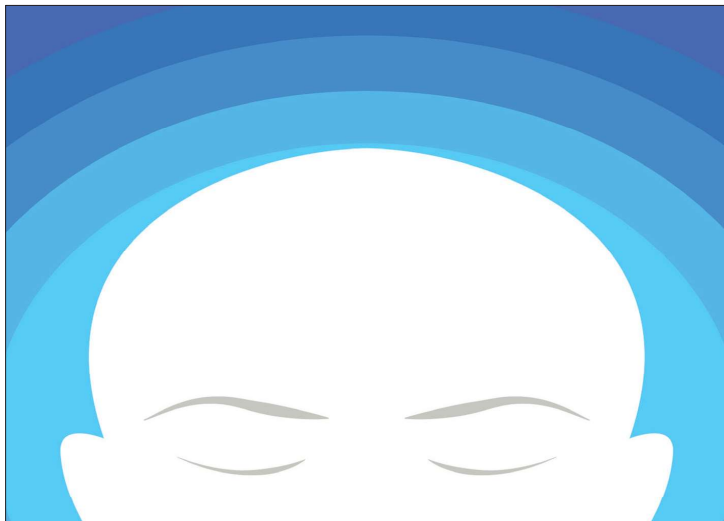
It is easy to fall into the habit of criticising others. But if you defame someone or agree with someone who defames another, there will be consequences. The one who sows the seed of defamation receives the fruit accordingly. So be aware and cautious. Anger also makes the tongue bitter. We can

speak less and do more, so that others see that you show by doing.

Just as we can train the tongue to talk only when necessary, so the ears, too, can be trained to hear. Nothing wasteful, no matter how small should enter the ear; it is said that an ant in the ear of an elephant can make it fall. If you hear something

truth, we understand what changes we can make to benefit others.

Sometimes the mouth is quiet but the eyes or lines on the forehead reveal a lack of peace within. The face is the index of the mind. Simply turn within, and you will find that a powerful silence will emerge as you begin to see yourself as a soul and



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remedy this by remaining aware of God; this makes the tongue very sweet! Fill your words with significance, benevolence, and thoughts of service. Otherwise, there is no need to speak. Aim to

about another person, this clouds your perception and affects your thoughts. How do we train our hearing? By developing the ability to listen and absorb only good things. When we absorb the

those around you as souls, too.

Extract from 'Seeking Silence'.  
*The late Anthony Strano was an author and Rajyoga teacher with the Brabma Kumaris.*

## SPIRITUAL POWER

## BEING MERCIFUL WITH THE SELF AND OTHERS



B.K. ATAM PRAKASH

Most people in the world today, for one reason or another, need mercy and compassion. Because of this, many of them remember God or those in whom they have faith - often in sorrow, and out of desperation.

Do we feel mercy for such souls? They are our brothers and sisters. True mercy arises from the heart, not just for others but also for the self. Mercy for the self is needed if we wish to overcome our weaknesses and become a better person. It enables us to detach and not identify with the defects in the soul.

Many pious people are merciful, and for this reason they are afraid of doing anything wrong or sinful. They do not fear God, but they are afraid of doing anything bad, and this



Mercy for the self and others helps in self-improvement and inspires others towards the same.

saves them from sinful actions.

Those who do not have mercy tend to become influenced by three things - carelessness, jealousy, and dislike. When we are merciful, there is a genuine desire not to harm ourselves or others in any way, and consequently we are not careless. The mercy in the heart finishes carelessness, and it does not allow any feelings of jealousy or dis-

like for anyone to emerge. Together with mercy, spiritual power is also needed so that we do not become impressed by others, attached to them, or influenced by their weakness. Someone who is merciful and powerful will not be impressed by someone's virtues, achievements, or the cooperation they receive from them. Being merciful means not being impressed even by ourselves: 'I have a sharp

intellect', 'No one can do this work better than me', 'I am more virtuous than others'. When we have mercy for the self and avoid falling into these traps, we can be free from both, jealousy and dislike.

Some people say that they want to be merciful, but they cannot be so because of what others do. "I do not like it when someone tells lies. Otherwise, I do not get angry." If someone is lying, it is clearly wrong. However, if we react with anger, is that right? Can someone who is wrong correct another who is wrong? What impact will our words make on the other person? To have mercy on the other person and correct them, we first need to be merciful with the self and not succumb to anger. The other person will be receptive to what we say, and our words and conduct can have the desired result. This is how mercy for the self and others helps in the task of self-improvement and inspires others towards the same.

*B.K. Atam Prakash is a Rajyoga teacher at the Brabma Kumaris headquarters in Mount Abu, Rajasthan.*