

ENERGY

MAKING SENSE OF A CHAOTIC WORLD



MIKE GEORGE

“What’s really going on?”

Things seem to be getting more and more chaotic, and it helps at times like these to try to understand what is really going on. In a nutshell, it all comes down to energy. Everything is energy. There are two types of energy – one is material and the other is non-material. Material energy takes a physical form, and this is what we see all around us and what appears to be in chaos. The second law of thermodynamics states that energy moves from order to chaos - entropy. What we are seeing around us now is the entropic state of our

physical world, which has been in process in very slow motion over thousands of years.

Up until now, the sun has been replenishing and refreshing the world, in such a way that we have not really noticed what has been happening. But, in the last 100 years or so, we have been releasing energy faster than the sun can replenish. This is now creating chaos in the physical environment: global cooling, global warming, climate change, water pollution, air pollution. Everything expands from order to chaos and the only thing that keeps the process slow or re-energises, is a source of energy from outside the system.

The natural state of matter is form. However, the natural state of non-material energy or consciousness, is formless. The soul, spirit, psyche or consciousness, is what I really am, and my natural state is formless, radiant. We have over



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thousands of years learnt to identify with the forms we

occupy. Because we identify with the body, we become

attached to it and our possessions and others. Any

perceived threat to these attachments results in emo-

tions. Whenever we become ‘emotional’ we are experiencing chaos in consciousness. If we are attached to anything, a person, an idea, a belief system, we are going to suffer emotional chaos. Emotions are addictive because we have become dependent on the five senses and believe that happiness is to be had from something outside of ourselves, but intuitively we know that it is not, because happiness from the outside is so short-lived. This is why we continually go searching for more sensual stimulation. Or alternatively we look for reasons why that happiness is so short-lived, and we have the stress, fear and anxiety in between. Love, joy and peace are not emotions – they are natural states of being and are to be found within. This is why meditation has endured through thousands of years, because it is the way to transcend, become formless, become aware of being free.

What is going on is exactly what is supposed to be going on. Form is becoming chaotic, consciousness is becoming chaotic, but everything is unfolding exactly as it should. It is all the way it is meant to be – like the climactic point in a beautiful symphony. Little by little, individuals are beginning to think differently from the masses who think that the world is all there is, and becoming aware of consciousness and setting themselves free. They are working on their own consciousness, embrace everything as it is and everyone as they are, and changing the level of vibration of energy that they are emitting. The effect will be dramatic. It is all part of the game we are playing – formlessness is the ultimate freedom of consciousness.

Mike George is an author of 16 books focussed mostly around self-awareness and spiritual intelligence. His new website is at www.relax7.com

TAKING CHARGE

CREATING OUR DESTINY



B.K. SURYA

What would we want our final moments to be like? How do we feel when we look back on our life? Is there satisfaction that our time in this world was spent in a worthwhile way, or is there regret and remorse at all the things that could have been otherwise - what we could have done but did not do, and the things we wish we had not done?

How we spend our last days is entirely up to us. It is not fate or destiny that rewards us or gives us a raw deal – we create our present, and future, by our actions.

When we survey our past and present, and ponder over the future, we can check a few things, which will give us a fair idea of what we did right and where we went wrong.

What have we chosen to fill our mind with? Do we see the

good qualities of others, or spot only their faults? In other words, have we made our mind a store of treasures or a garbage bin?

If we were, or are, in a position of authority, how have we used it – to help people, or to throw our weight around? Have our talents, achievements, or socioeconomic status made us vain, or are we humble, caring, and generous?

Such introspection shows us where we stand, and enables a course correction. This is important because what we think, speak, and do shapes our future. We reap what we sow – that is the inviolable law of karma, and it is wise to keep it in mind.

If we try to get ahead by acting in ways that put others at a disadvantage or cause them sorrow, we may succeed in getting what we want, but at what cost? Will we earn any goodwill? Rather, our selfishness will cost us our respect. If we earn a lifetime of disapproval in this manner, can we expect to be happy?

Even when we do something good, what is the intention behind it? A lot of people calculate what they stand to gain – in terms of publicity, prestige, money – before agreeing to do



We fly on the wings of joy and blessings when we have served others selflessly.

a charitable act. As the motive, so will be the result – they do not experience the inner peace and satisfaction that come from serving selflessly.

On the other hand, we fly on the wings of joy and blessings when we give courage to the hopeless, fill the weak

with strength, forgive others’ mistakes and inspire them to learn and do better the next time.

It is easy to think of oneself as a nice person, but we can check if we truly are good: Deep down, what are our feelings for others; do we truly

wish them well; have we rid ourselves of selfish desires so that we are always calm and content; is our heart really clean?

This is the subtlety of being a charitable soul. When we honestly look within and change ourselves for the bet-

ter, then when our final moment approaches, we will be able to leave this world with a clear conscience, borne on the good wishes of those we have served.

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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.

AWARENESS

Does my pride hold me to ransom?



NINA BUCHANAN

Since we live in a world of opposites, everything we think, say, and do is about balance. Therefore, to define ‘pride’ it is important to understand the level of awareness from which ‘pride’ is being expressed. True pride is when I come from the understanding that I am a soul and the things I am proud of are based on inner awareness. Whereas, false pride is influenced by outer awareness. So, our identity and self-image is our GPS which directs us towards

false or true pride.

What is false pride and how does it hold me to ransom?

False pride influences our behaviour when faced with difficult situations. It is a subtle feeling rather than a thought process that triggers conceit, smugness, superiority or arrogance when dealing with challenges. It is a mindset of being better than others and is often created as a compensation for feelings of shame that we may be trying to hide. All feelings of fear and anxiety are based on some element of false pride, and this holds us to ransom, keeps us imprisoned, prevents us from having truly loving and liberating relationships, and the higher we place ourselves above others, the steeper the fall into shame, which has a greater impact on our self-esteem.

Pride is the seed that



If I am not in alignment with my true self, I will not align with others.

grows into a tree called shame, and being different sides of the same coin, neither can exist without the other. An awareness built on false pride will always be generating condi-

tions and circumstances that will trigger shame. For example, pride in being separate from others, being better, will trigger a situation where, at some point in the future, that

person becomes dependent on the very people they are avoiding. When I have a mindset of being separate from others because I feel better than them, it means I am out of alignment with

my true self, and if I am not in alignment with my true self I will not align with others. The very thing I am resisting will persist as the drama of life will always ensure that we experience whatever we are running away from.

As we become more self-aware, we can see how in order to let go of old, outmoded patterns of thinking based on false pride, we consciously see, accept, and bid farewell to behaviour traits which no longer serve us. Feeling ashamed of things we have done or things that happen to us is a natural part of climbing the ladder of self-awareness. However, the root cause of pride are the secrets that we hide inside because there is fear that we will lose love and attention from others.

Unfortunately, shame feeds on secrets; disclosure pushes us outside our comfort zone and is a signifi-

cant part of the challenge to consciously see and feel the emotions of pride and shame and calmly say ‘no, thank you’.

The remedy is to have the humility, transparency, courage and honesty to share whatever ‘secrets’ we are holding within. Sharing our ‘secrets’, with a special someone who we trust and have empathy with is a liberating experience. Having the courage to choose the person, the time and the place to shine a light into the darkness of the ‘secret’ – is a powerful way of changing a mindset and helps to avoid making the same mistakes over and over again.

The basis of true pride is the awareness that I am a soul, a spiritual, eternal being of goodness and beauty. Meditation is a wonderful way of getting to know this eternal and amazing self. The act of sharing, with a

carefully chosen someone, can be a special and magical process. If I feel there is no-one around me that I feel comfortable with, but only those who I think will judge and criticise me, then it is a very powerful message that I am separating myself from life and people, because I am afraid of being hurt. It is a message to get to know myself really well, and become the compassionate and understanding person I would love to share my secrets with. I can begin this relationship with myself in conversation with the Divine, who is only love and who can shine the brightest light upon any inner darkness that is causing me sorrow. It is through this beautiful relationship that all other relationships develop.

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