

HIGHER CONSCIOUSNESS

TRUE UPWARD MOBILITY



B.K. SHEILU

Upward mobility is defined as movement towards a higher social position, usually in which you become wealthier. A lot of people wish to be upwardly mobile, to improve the quality of their life, social status, and financial security.

Education is one means by which many people try to improve their lot and that of their family. They burn the midnight oil, studying hard to earn good grades so as to qualify for well-paying jobs. Others start a business and toil at it, saving their earnings and investing them to

enhance their income. A few are blessed with an exceptional talent, or are simply lucky to find a golden goose, which brings them untold riches, transforming their life.

When their financial position improves, most people are content to live a comfortable life free from the deprivations of the past. Some others, however, yearn for a higher social status. They want to be noticed, acknowledged, and respected for their upgraded economic status. They may move to an upscale neighbourhood, buy an expensive car, or patronise the arts in order to gain more respect in society.

In some cases, newfound wealth can lead to undesirable consequences, such as a nouveau riche lifestyle that attracts scorn. Can it be called progress if we thrive financially but then start living in a way that invites disapproval?

True upward mobility is not about climbing the social



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ladder; it is raising the level of our consciousness so that

we rise above selfishness, fear, anger, and other weak-

nesses that limit and burden the soul, causing sorrow.

The first step in the upward mobility of the soul

is to know, remember, and then live with the awareness that we are immortal souls, not perishable bodies. We are sentient beings of light living in the body, lending it life and functioning through it. It is the soul that thinks, feels, and acts through the physical medium of the body. The soul never dies. It simply leaves one body, causing the latter's death, to begin a new life in another body. All that the soul experiences in life is the result of its thoughts, words and actions - the higher their quality, the happier life is.

Purity, peace, love, and happiness are natural qualities of the soul, that is why we like experiencing them. On the other hand, anger, greed, ego, lust, and attachment are vices that distort our perception, pollute our thoughts, and bring sorrow. When we live by our innate qualities, there is joy and bliss, which we can share with others. All souls, after all, are our brothers, as we

are all children of the one Father, the Supreme Soul.

Knowing, accepting, and living by these truths elevates the quality of our life. When the soul recognises itself and its Father, and communes regularly with Him by thought, His abundant virtues and powers flow into the soul, cleansing and empowering it, further raising its quality.

This is true upward mobility, when we rise above the limitations and deceptions that come from identifying the self with the body and its labels of gender, nationality, race, religion etc. The soul that has freed itself in this way is able to see other members of the human family as its brothers, and serve them selflessly as an instrument shining the Father's benevolent light on its spiritual kin.

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SPIRITUAL IDENTITY

SOFTLY SOUL AWARE



GOPI PATEL

Human beings are trapped in an emotional matrix of being 'too human', a sea of varied emotions; self-doubt, worry, jealousy, disheartenment, excitement, anxiety and fear to name but a few. Even when we know we should deal with situations without anger or attachment, even if we attend courses telling us how to do that, all it does is just deal with the symptoms. Confusion reigns and love is mixed.

The root of all that negativity is held by the consciousness of the body. To return to balance and well-being, there is no need to try to manage the polarity of symptoms, we simply need to change the context. Along with the human part of us, we need a deep realisation of the 'being' part of us - the soul, that is eternal. The

moment we realise this spiritual identity, we come home - uncertainty fades, emotion evaporates and stability rules.

This is the first and basic lesson in our spiritual journey - who am I? When that awareness of who I really am is compromised, everything else is compromised. In the awareness of being the soul, body consciousness dissolves, because I am no longer defined by outwards appearances or roles. Stepping into soul consciousness is quite literally a switch, into another dimension of being, a space of being light, soft, true, clear, and powerful. A deep joy prevails, one that is beyond sensory stimulation.

It is a portal to new possibilities; a true way of being, to recreate a new way of living. It is like flicking on the light switch. Being light illuminates everything, then I do not have to put up a front or prove anything. I can express who I am as I am, peacefully and honestly. It is a return to 'dharma' - that which is unchanging inside me - as I move through life's ups and downs. In a human being, that 'dharma' is the deep inner peace that always remains. It may be suppressed, depending on the consciousness I am in, but the eternal qualities of the soul -



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peace, love, wisdom, joy and purity - are always there.

Becoming soul conscious is an awareness. I must look within and feel that I am inside the body, something other than all that I appear to be on the outside. A thinking, living being, a subtle point of light, the soul,

that is making this body move. Then we can use spiritual intelligence in our lives. How does this affect the way I relate to people? My interactions will be peaceful, I have no need to be right, to prove someone else wrong. Peace is their dharma too, even if they are not in that awareness in that

moment. It brings patience into relationships.

It is only the connection with the Divine, the Supreme, and our own individual practice in relation to that, that can free us from the sea of emotional upheaval. It is only the Supreme Soul, the One who is eternally liberated, who

can ever liberate another soul. This is why we underline the crucial importance of remembering the Supreme Soul. The more I choose to engage my mind, heart and intellect with the Supreme, the more I can experience being liberated in life.

This awareness of who I am and

the connection with the Supreme, softens me and enables a release from past conditionings, so that my suppressed eternal qualities and virtues can start working for me. Being soul conscious and remembering God in this way are very deeply connected, because if we could have liberated ourselves from the web we have created by being body conscious, we would have done that by now - but we have not. We all have strings of attachment to one thing or another, pulling us, tying us, influencing us. The moment we remember God, we experience a liberation from the pull of those strings.

It is God's power that awakens and sustains the soul's power. But this has to be done over and over again. It is not a case of one powerful meditation and connection, and it is all done. Daily practice of meditation is essential, because we have to build a reservoir of honesty, clarity and cleanliness inside. We have to keep our feelings clean for a long period of time. Then, drop by drop, day by day, we become so full of power that the mindset shifts completely.

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GRACE GIFT

The power of the intellect



GAYATRI NARAIN

Discernment is the core power of a divine intellect.

In times of conflict and anxiety, many find themselves questioning the deeper meanings of existence, grappling with questions like:

- Who am I?
- What am I doing on this earth?
- What is my purpose in life?
- Why do we suffer?
- Why do we keep repeatedly making the same mistakes?

Exploring these questions,

the fundamental 'meaning of life' questions, requires 'discernment' and that is a vital power of the intellect. A discerning intellect means to be able to see what is not evident to the mind and what is invisible to the physical eyes.

The Universal Declaration of Human Rights states:

"All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood."

The spiritual teachings of Rajyoga state:

"Each soul is given the grace gift of a divine intellect at the time of spiritual birth, with which the soul writes its lines of fortune."

So, what is this 'grace gift', a God-given gift, called a divine intellect that is central to the soul's journey? The gift of the divine intellect helps us to cultivate and develop greater spiritual understanding and discernment. The rewards for doing so are great. The divine

intellect's power to discern frees us from the manipulations and deceptions of others, and also of the self, returning the soul to what is authentic and true in our original and eternal self.

Each one of us is responsible for how we see, and how we see determines what we see. This is why the intellect is referred to as the third eye. Clear insight is a process through which an individual uses wise discernment to reach the best decision. The power of the intellect is responsible for our decisions and their underlying motives. If the intellect does not take responsibility for its motives, whether positive or negative, the potential for harm is much greater. Our negative thoughts and emotions are the source of wrong and weak decisions, which only occur because we did not take the time to discern.

To nurture the intellect, to empower it, requires spiritual teachings that help the



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intellect to concentrate on the deep peace within the soul. The clearer and more concentrated the intellect becomes, the easier it is to connect to the source of all wisdom, clarity and tranquility, the Supreme Soul, the Intellect of the Wise.

With this connection of the soul to the Supreme Soul, the intellect develops the power of love, and uses kindness, compassion, patience, toler-

ance and forgiveness in discernment. Decisions are then based on contributing to the well-being of the whole. A powerful intellect is broad and has far-reaching insight, and the ability to foresee the results of whatever decision it may reach.

A life built on this kind of decision-making power and this depth of discernment ignites the light of self-respect

with which we understand our inner worth. With such dignity we live without prejudices, judgments, biases and other forms of discrimination. In fact, wise discernment is never used for the judging of the self or others. It is the ability to discern what is right and wrong, true and false, wise and ignorant. If the intellect passes judgment on the self or others, it is no longer wise.

A divine intellect shines a light in the darkness of ignorance. It moves us to a place of courage and gives us the confidence to see with love and understanding. It is when we go into silence that we understand. It is then that we can connect the intellect with the Supreme. It is this connection that builds the spiritual capacity and inner strength that gives power, wisdom and discernment to the intellect.

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A THOUGHT FOR TODAY

Honesty makes it possible to see my specialties as well as my weaknesses. When I am able to see myself with appreciation and compassion, I develop a loving attitude towards myself. This softens my vision of others. Then my ability and capacity to love grows. Today let me be lovingly honest with myself.