

INEVITABLE

# UNDERSTANDING TIME



B.K. ASHA

Time is the most powerful factor that affects our life. Time never stops, and people, places and circumstances change as time goes by. There is a right time for everything, and when we act according to the time, the desired result is achieved easily.

As farmers know, there is a time to sow, a time to water crops, and a time to harvest the produce. The best of seeds sown at the wrong time will only produce disappointment. In our life too we act according to time. A baby cries, babbles, plays, sleeps

and does little else, but that is alright, for the infant is not expected to do otherwise.

But as the baby grows up, its behaviour and activities change. It goes to school, learns to interact with others, and becomes more aware of the world. As time passes, the child matures, enters adulthood and learns still newer things, including how to manage one's feelings and deal with the emotions of others.

In every phase of life, we face situations specific to that phase. Some of the experiences of an earlier time are not repeated later in life, as they were linked to a particular time or place. We cannot relive those experiences even if we want to. An old man cannot become his infant self again, just as a tree cannot become the sapling it was years ago.

However, as we can see as we watch the cycles of nature, time is cyclical. Day turns into night, only for a



Renewal is inevitable as the wheel of time turns - we can be its agents, and benefit from it, when we understand this fact.

new day to dawn, and the seasons occur one after the other, each playing its role in sustaining the planet's ecological balance. When summer gives way to autumn and then winter, we cannot hope to have summer during winter. But summer will arrive again at the right time, after the cold winter has

passed. Because we ignore this fact, we often fail in our attempts to set things right. We attempt to stop time moving forward or to bring back an earlier time that was more desirable, but it is impossible to bring back the past because time moves forward, not backwards.

An old building can be repaired to extend its life, but it cannot be made new as everything in it is subject to the ravages of time. But once the building has reached the end of its useful life, it can be pulled down to build a new one in its place. Similarly, a tree cannot become a sapling, but it pro-

duces seeds from which a sapling emerges and grows into a new tree.

An old man also cannot become a youth in the same life. But after his death, the soul will take birth in a new body as a baby, which will go through youth, adulthood and old age before passing away to be reborn again.

The world similarly passes through various stages in the cycle of time, which begins with a time when everything was perfect and people lived in harmony with each other and nature.

Gradually, as time went by, the quality of human souls, and consequently their actions, deteriorated. The newness and goodness faded, and so did the joy of life. As souls became weaker, vices began to influence them, and they experienced un- ease, sorrow, guilt and fear. In the final epoch in the cycle of time, called the Iron Age or Kaliyug, souls are at their weakest, and are in bondage to vices. Their actions - selfish, cruel, and dishonest - reflect this bondage. The result of those actions is the world we see around us, with its myriad problems.

Universal peace, prosperity and happiness cannot be brought about in this world when the consciousness required for that does not exist

in the majority of people. The world can again become the peaceful and happy place it once was, but only after a process of renewal, just as a dilapidated building needs to be demolished to build a new one, everything that is old will have to be swept away for this world to be made new. Temporary fixes and piecemeal solutions can only extend the life of the old world with all its baggage of problems, and not create a new one.

This renewal happens as the wheel of time turns, starting a new cycle with the dawn of what is often called the Golden Age. So, instead of making futile attempts to perpetuate the old, we can work with time and usher in the Golden Age by acquiring the qualities that will create a new world of purity, peace, truth and bliss.

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FAULTFINDING

## THE UNHELPFUL HABIT OF BEING JUDGEMENTAL



NEVILLE HODGKINSON

Passing judgement on others sometimes seems like a national or global pastime. It takes very little for a conversation to turn to criticism of someone or another. Even given that people appear to be behaving in ever more outlandish ways, this habit of judging and criticising helps no-one, and must have a root cause.

From my own experience, I think the root cause of the habit is a lack of self-respect. There is a psychological or spiritual need at work here. Just as our bodies need good health, our psyche is the same. To function well in the world, we need a strong self-identity. When that inner strength is lacking, the ego tends to try to fill the gap by focusing on the weaknesses in others.



When I see myself as the pure being within, this awareness affects how I see others.

When people feel judged, they begin to feel a fear of engaging and resentment tends to build up, all of which blocks real and valuable communication.

When we give respect and regard to others, it is like oiling the wheels of life, and things run

more smoothly. However, there is also an actual physical effect on our health when we treat others with respect. If we could see our face when we think of someone with love and appreciation, or again, with annoyance and criticism, there is a vast contrast.

Those expressions are just an outward signal of what is going on inside. Depending on the strength of feeling, billions of cells in our body may be affected.

When we experience positive feelings, the vibration is healthy and sustaining, and those vibra-

tions of thought reach not only the one in question but also the atmosphere, and thereby any others around us. Seeing and dwelling on weaknesses in others makes our bodies go into a defensive mode. It does not help others, and if it keeps being re-

peated inside me, it will become part of my brain circuitry, limiting my capacity to love and thrive.

We do, though, need to see the reality of a situation, and not live in some imaginary world of well-being. We need to be discriminating in our dealings with others. Otherwise, disillusionment, mistrust and cynicism will set in - which is the price of naivety. Innocence is pure and powerful, and has the ability to see yet not to see, and discriminate without judgement. Krishnamurti said: "The ability to observe without evaluating is the highest form of human intelligence."

Throughout the years of studying of Rajyoga, I have learnt that the root of the habit of being judgemental is a false consciousness of who I am. It is when I define myself according to what I do and what I own and all the relationships in my life, rather than the inner being that performs those roles, that I feel entitled to pass judgement on others.

Once we have understood what is going on, we can deal with the tendency and reverse it. We can choose to feel good on the inside, regardless of what is happening on the outside. The power to do this consistently comes

when I shift from defining myself through the physical aspects of existence to an awareness of myself as a pure spirit. I may not be operating at 100 per cent purity of spirit yet, but each one of us, in fact, started out that way. Still more powerful is the understanding that we are all offspring of a divine source of pure consciousness.

It takes practice to see the self as the pure being within. When I adopt this positive awareness, then this awareness affects my habitual attitude, and ultimately how I see others. I am able to start focusing on their strengths, and appreciating the differences between us. I begin to see the real good in every person, and even have the faith that every circumstance holds some benefit, even though I may not be able to see it at the time.

It is not a question of trying to be better than I am, which implies being judgmental towards the self. It is more a matter of adopting the feeling of being much better than I thought I was! When I allow love to inform my life, I thrive.

Neville Hodgkinson is a UK-based author and journalist, and a long-time student of Rajyoga.

ESSENCE

## Let our vibrations touch people's hearts



CHIRYA YVONNE RISELEY

Each one of us is a walking radiator, and we radiate thoughts and attitudes. From deep within we radiate our state of being. The original and eternal essence of every being is peaceful and loving. Thoughts are positive or negative and everywhere in between. Thoughts are energy and they have power to elevate us and make us feel good or the power to sadden us and make us feel bad. Entertaining negative thoughts will change how you feel, and you will become saddened or depressed. Never



What thoughts you send out come back - what you sow, you reap.

allow your mood to be spoiled. If I have even a trace of sorrow inside, I will give sorrow.

"Raise your words, not your voice. It is rain that grows flowers, not thunder" - Rumi. Words spoken from the head

rarely touch the hearts of others and are soon forgotten. The solution lies in my vibrations touching the hearts of others. When I, the soul, speak with my heart as well as my head and fill my words with love,

then every heart will receive and understand.

However, the biggest disease of the mind is overthinking, especially too much thinking about others, what they did and why. All of these thoughts

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rob the mind of its inherent serenity as they create negative vibrations and feelings and cause us to overreact.

Too much thinking is like eating too much. The heaviness makes it impossible to remain light and flexible.

We get stuck on little things and gradually the little things become huge things which we cannot shake off.

Overthinking is the biggest cause of our unhappiness and tiredness.

"When we meet people, at what frequency do we connect? Level 1 - physical appearance. Level 2 - their position and possessions. Level 3 - their vibrations. Let us shift

our focus from how they look and how much they have, to how their energy feels." - B.K. Shivani.

Life is like an echo. What thoughts you send out come back. What you sow, you reap. What you give, you get. What you see in others exists in you. The task of this time is to create a pure world, beginning with the world inside and then that will purify the world outside. Spirituality is not about doing something or becoming someone. It is about being who you truly are.

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### A THOUGHT FOR TODAY

Let there be peace on earth -- and let it begin with me. There will be peace on earth when there is peace in the hearts and minds of human beings. When I make the effort to forgive, to let go, to offer generously ~ I contribute to peace on earth. Today let peace begin with me.