

TRUTHFUL

A CLEAN AND HONEST HEART EARNS BLESSINGS



B.K. MOHINI

money is not earned in the right way, there could be nagging concerns or worries, because underneath, there would be an awareness of the lack of honesty when earning it.

When it comes to how to use the money we earn, in that too there should be honesty and caution, sensible economy, and of course, no greed.

"Honest money," earned and used in an honest way, becomes a blessing, because then matter, nature and resources all cooperate. It is very interesting that the vibration created by earning and managing money in an honest way is felt by others. Things done from a place of kindness and thoughtfulness, even when someone only has a little money, will be experienced as kind and thoughtful by the recipient and their heart will want to respond in the same way. The energy of purity and honesty is so beautiful.

It has abundance and brings prosperity. If we live in a simple way, and eat sim-



The energy of purity and honesty has abundance and brings prosperity.

ple, good, fresh food, cooked

if we keep our surroundings

very good feeling to anyone

there. More subtle still is the ful-

filment of our responsibilities. It is sensible to give the

body what it requires, in terms of nourishment and rest.

But if someone has given us something to do, even if we are tired and need rest, we should find a way to do that task ourselves and not ask someone else to do it. If it is something I must do, then I should feel fortunate to be able to do it and should do it honestly and happily. Truth brings cleanliness.

If someone's character is clean, then relationships are also clean. Someone with that inner and outer cleanliness would never accept a bribe, for example, or do something dishonest just to please another. Everything is transparent.

Accounting is transparent in those who owe nothing to anyone, and who never deceive others.

When we hold the thought that God is watching us, we remain clean and very honest.

B.K. Mohini is Additional Administrative Head of the Brahma Kumaris.

OPTIMISM

CREATING A POSITIVE STATE OF MIND



SUSAN BALMFORTH

ing, and to channel it in a different direction. By focussing our attention within ourselves and exploring the inner landscape, we begin to understand and see ourselves in a different and more positive way. By looking at the quality of our thoughts, we can filter out those which are non-beneficial and negative and which drain our energy. As we reduce the number of thoughts produced, we experience and enhance the true positive qualities of the self, tapping into the positive resources that have always been there but that we have lost touch with.

We have lost touch with the true qualities of the self because the memories of all our past experiences influence us to a greater or lesser extent, depending on how deep the initial impact was. External influences such as situations, circumstances or relationships, act as catalysts to trigger these memories.



Through meditation we are able to access the true positive qualities that each soul possesses.

These memories then emerge as thoughts in the mind and on the basis of this we act or react accordingly and thus reinforce a habit. The type or quality of thoughts created determines the particular feeling or emotion we experience. Our reactions to

daily events are connected with our thoughts and our attitude to those things. We all have the ability to create the types of thought we want, whenever we want. Solutions to all our problems are found within the self, and therefore we need to work

from the inside out rather than the outside in.

We can start to play with the idea of being the creator of our thoughts. We create the habit of wasteful or negative thinking by bringing non-beneficial thoughts into action. At the

same time, we hold on to them and go over things again and again in our minds. This fuels and energises them, making huge 'mountains out of molehills'. In this way we create negative states of mind.

Our body then becomes a reflection of this, and we become more prone to illness due to the chemical and hormonal changes triggered by stress. However, just as negative states of mind are created, so too we can create positive ones. The mechanism is the same. Just as the body requires good food to keep it healthy, so the food of positive thoughts will keep the mind healthy.

Initially, there is a process of stepping back and observing what is happening in the mind. Secondly, we evaluate the thoughts that come into the mind. Positive thinking is experimenting with the idea that there can be an alternative

solution to the problem. We do have a choice, and once we experience this choice, put it into practice and see it working for us, we develop faith in our ability to be more positive. Feelings of hopelessness and despondency decrease. Thirdly, we filter out unnecessary thoughts, and fourthly, we actively search out, create and most importantly, use our positive qualities.

It is through meditation that we are able to access the true positive qualities that each soul possesses. The more we access these and use them in our daily lives, the stronger they become and faith in our abilities grows. Inner peace develops as we begin to feel that we can tap into this source of strength, peace and positivity any time we want to.

Susan Balmforth is a retired nurse and midwife, and a teacher of Rajyoga with the Brahma Kumaris, based in Leeds, UK.

UNIVERSAL

Can God be omnipresent?



B.K. USHA

pervades the whole body with consciousness, God can be everywhere and in everything with His spiritual energy even while remaining in one place, it is argued. One example used to illustrate this point is that of a power station that supplies electricity to a large area while remaining in one place.

These arguments, while true about the omnipotence of God, are unconvincing. A power plant can supply power to a large area, but that is evidenced by the power, which may be used to produce heat or light, run machinery, and do various other things. Similarly, when the sun is shining in the sky, we can experience the warmth and light it gives.

The presence of any person or element of nature can be experienced by their qualities, which influence the surroundings. If there is fire, there will be heat and light, if there is water, it will cool its surroundings, if there is an incense stick burning, it will spread fragrance. Similarly, if there is a kind person, their kindness is felt by others, just as an irritable person's prickly nature keeps others away.



God is omnipotent, which is misunderstood by some, who think He is also omnipresent.

If God were present everywhere, His qualities would be evident in all places. God is known as the ocean of virtues such as peace, love, and compassion, and as the comforter of hearts and the remover of sorrow.

If He is present everywhere, why are these qualities rare

today? Our world, in fact, seems far removed from anything godly, with violence, suffering, and sorrow a daily experience for millions of people.

Every year, reports inform us of the sorry state of the world, listing all the problems facing the denizens of

this planet, including crime, corruption, inequality, and environmental degradation. If God is omnipresent, why is the world in such a state? Can we tell the millions who do not have enough to eat that God is with them, or in them? And how do we explain to the families of the thousands

of people killed every year that God, the ever merciful, is present everywhere?

Curiously, along with an omnipresent God we are told to believe in the law of karma, which says that we reap what we sow and our sufferings are the fruit of our actions. If that is the case, what purpose is served by God's omnipresence? Is God present in the sinner who is suffering for his sins? Why is He suffering if God is in him? And why did not God stop him from sinning at the outset?

If karma determines our fate, what is God's role in our life? Why think about God at all if, despite His omnipresence, we are solely responsible for our joys and sorrows?

These questions point to the fundamental question: Can God be omnipresent? Or is it that we have misunderstood His omnipotence and developed false, even romantic, beliefs to conveniently absolve ourselves of accountability for our actions and place all blame for our condition on Him?

B.K. Usha is a Rajyoga teacher at the Brahma Kumaris headquarters in Abu Road, Rajasthan.

A THOUGHT FOR TODAY

Chasing after a desire is like chasing after a mirage. It is impossible to catch a desire. When I have a desire, it owns me and I am compelled to run after it. When I allow myself to be quiet and still for a few moments, I discover I have what I need already. When I experience being content, I can stop chasing mirages. Today let me be still long enough to discover and appreciate the deep fulfilment within.