

DETACHMENT

COMPLETELY DETACHED AND LOVING



CHARLIE HOGG

Life is a journey and we each have our own journey and our own story. When others enquire about us, we usually paint a portrait of ourselves based on the story we have lived so far. But that is not the whole story, nor the most important part. It is the inner journey that we all travel that tells us who we really are. That is the true self, the inner being, the thinking, feeling, spark of consciousness, and it is often the only time we feel truly comfortable, when connected with this truth. It is when we begin a spiritual search, when we begin to

meditate, that we are able to look at the mind, and realise that my whole world happens in my mind.

When I began to meditate, and began to observe the mind, I was shocked to see how little control I had of my mind – I was a slave inside my own head. As Rousseau said: “Man is born free but everywhere is in chains”. So much overthinking, thoughts triggering emotions that no matter how hard I tried to control them, I simply could not. I realised that everything was influencing me. I had no power over my thoughts. I was not able to be detached from everything around me.

Gradually, by understanding who I really am - a spiritual being - and then in that awareness of soul consciousness, learning how to connect with the Supreme Soul, I began to take more control of my thoughts and emotions. I realised that one of the highest spiritual achievements is to be completely de-



Like an angel, I can serve others, give love and encouragement, while being free from any entanglement.

tached from the influence of circumstances, situations, people and relationships and yet live in this world, participate lovingly and fulfill all my responsibilities. It is an incredibly powerful place to be. Being detached, and yet loving is very much misunderstood. People say that it sounds cold and unfeeling. It is the link to real love that is the secret. Detachment is a shifting of my attention from all the temporary things connected to the body, that will change, move away or disappear one day, and connect to the permanent things of the soul. Most especially develop a deep and real, living relationship with the Supreme Soul, from where all love flows. As I develop this relationship, I become less influenced by the things of the world, and yet can be lovingly engaged in all I need to do. I can gauge how far I have walked on this part of the spiritual path, by the natural evolution in five areas:

1. Detachment from the body and sense organs. This is the first step of meditation and the “bread and butter” of spiritual effort. The sign that I am achieving this will be that I will never take sorrow from anyone or any situation. If I am getting upset by one thing or another,

I can understand that I still strongly identify with the body.

2. Detachment from my role in life. We are what we are, not what we do. Signs of attachment to our roles, are jealousy and competition. Play the role and let go.

3. Detachment from relationships with others. The more I am detached the less other people’s opinions, behaviours, vibrations, facial expressions will influence me. The law says that the more I am detached from someone the more I can love them.

4. Detachment from my story. I no longer remember the things said and done. I have a new story now. I am on a spiritual journey as a soul and have found my companion in God. My original state is pure.

5. Detachment from the fruits of actions. Or put another way, remaining detached from all outcomes. No feeling of disappointment when things do not

happen as I think they should. We have no control over outcomes, only over our thoughts and feelings and our inner world.

To become deeply detached means I can have a living, loving relationship with God. I can be benevolent and serve others and give love and encouragement to those around me. The most beautiful image, which represents this stage of spirituality, is of an angel. An angel is portrayed with wings because they are completely detached, flying beyond – constantly giving.

Religion says become pure and you can know God, but true spirituality is: Know and love God and you will become pure. I have a right to be loved by God. With wisdom, as I step into soul consciousness, the wall between myself and God dissolves, and God is there, loving me.

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SPIRITUAL JOURNEY

POLARIZE, BALANCE OR BLEND?



JUDY JOHNSON

has been wronged or an injustice has occurred, a quick flash of emotion arises, often blended with judgment. When my feelings become charged in this way, they add to the polarization in the world.

Meditation helps me rise above intense energies to become a detached observer of my own reactions. Like an owl sitting in a tree high above the forest floor, I can look down at the intense and conflicting energies beneath me and choose wisely how to respond.

I am even able to detach from my own story in these moments and begin to dissolve the hard feelings that have been absorbed from past hurts and injustices. This is known as healing. Connection with the Divine source brings pure healing energy into the soul in these moments of detachment, so I can heal.

Balance: My journey of meditation continues as I rise above polarizing energy, only to discover myself pushed and pulled in many directions as I try to do the right thing in all domains of my life. Then I strive to achieve balance. This quest can make me exhausted



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and further out of balance. In meditation we discover the practice of being centred. This brings the focus of my attention inside to the core of my spiritual centre – the soul. It is a relief when I find my centre and my daily practice is to stay

centred, even, and especially in activity. This practice creates a natural balance, a centre point from which to pivot like a fulcrum and maintain equilibrium in the midst of my daily life.

Blend: Ultimately my spiri-

tual destination is to fully integrate all the best parts of me, so that I become a fully whole and blended human being. Interacting with people, I see their different personalities and notice qualities that I do not share. Perhaps I react to

those personality traits that are opposite to my own, either by being attracted, or irritated by them. Sometimes I even develop a dependency on someone’s strength, rather than developing it within myself. Resisting the temptation to polarize, I check to see how I might benefit from awakening this quality in myself. When I discover that my full and complete state of being is one of wholeness, I realize that I have all the qualities within me blended in a beautiful way that is uniquely me. Then instead of seeing polar differences and falling into the trap of attraction, rejection, or subtle dependency, I discover that I can be inspired to integrate these qualities into myself. Then my character becomes well-rounded. When I am full, I do not react to the polarizing energies around me. We can dissolve polarizing energies by becoming centred and appreciating our own unique blend of qualities. I can do my part in restoring wholeness to the world.

Judy Johnson coordinates the activities of the Brahma Kumaris in Atlantic Canada.

A THOUGHT FOR TODAY

The ‘detached observer’ practice is the act of stepping back slightly from the situation or person I am interacting with. This ‘stepping back’ happens in my mind and creates a small mental space between myself and the other, giving me a chance to see clearly. It creates a protective distance, an emotional buffer, in which to check my reactions and transform them into the most accurate and elevated response. Today let me create a little respectful space between myself and the world.

FULFILLED LIFE

Maintaining happy relationships



B.K. SURYA

Relationships and happiness in relationships are necessary to live a fulfilled life. No one lives alone – we have a family, and wherever we work we have a circle of colleagues and friends. If our relationships are full of love, life seems joyful and worth living. But if there is conflict in relationships and people feel no joy when they see each other, then we may start to hate life and our attitude towards others is negative.

There are some people who think that no one in the

world is good – all are selfish, evil, and untrustworthy. As their attitude so their experience – they find no joy in meeting people and are unable to trust anyone, due to which they remain unhappy. This is how our attitude creates our happiness or sorrow.

We live in stressful times; people are self-centred and expect a lot from others, and many are conceited or temperamental. Having too many expectations is a big reason for conflict in relationships. We have to limit our desires and expectations. This calls for being a little considerate. We may expect respect, good behaviour, love, and cooperation from others. Suppose the other person is tired after working hard all day and has had to deal with difficult people and is in not too good a mood, we need to be considerate about his situation and give him some time to relax and cool down and



The words we speak can make or break relationships.

approach them accordingly. When living in a family, we also need to spend some time with ourselves. This does

not mean watching television or chatting with friends on the phone. We can introspect – what are my feelings for others... what is my behaviour like... do I speak harsh words? I expect a lot from others, but can I fulfill everyone’s expectations? We will come to realise that we cannot do all that others expect of us, and that brings the recognition that no one can fulfill all our expectations.

Our words play a vital role in our relationships. Some people speak harshly and justify it by saying that they are straightforward and cannot speak in a roundabout way. I ask them, what if others are similarly pitiless with you, and scathingly point out your faults? How does it feel? We do need to speak the truth, but we can do so sensitively, having regard for the other person’s feelings and state of mind. If we say something for the good of the other person but use

bitter words, the bitterness renders our good intentions futile. Our words should encourage and inspire others, and our conduct should help them learn and grow. But we have to check if we operate with the conviction that “I am right”, or “I know better”. It is a mistake to think this way and flare up every time someone does something that we believe is “wrong”. Ego and a short temper are two big reasons for the breakdown of relations. Excessive pride in our intelligence, qualifications, and achievements colours our behaviour, often without our knowledge, and distances us from others.

Our talents are a gift from God, to be used for everyone’s good. Remembering this helps to save us from a lot of trouble.

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