

WORD POWER

POWERFUL WORDS CAN ENERGIZE AND HEAL

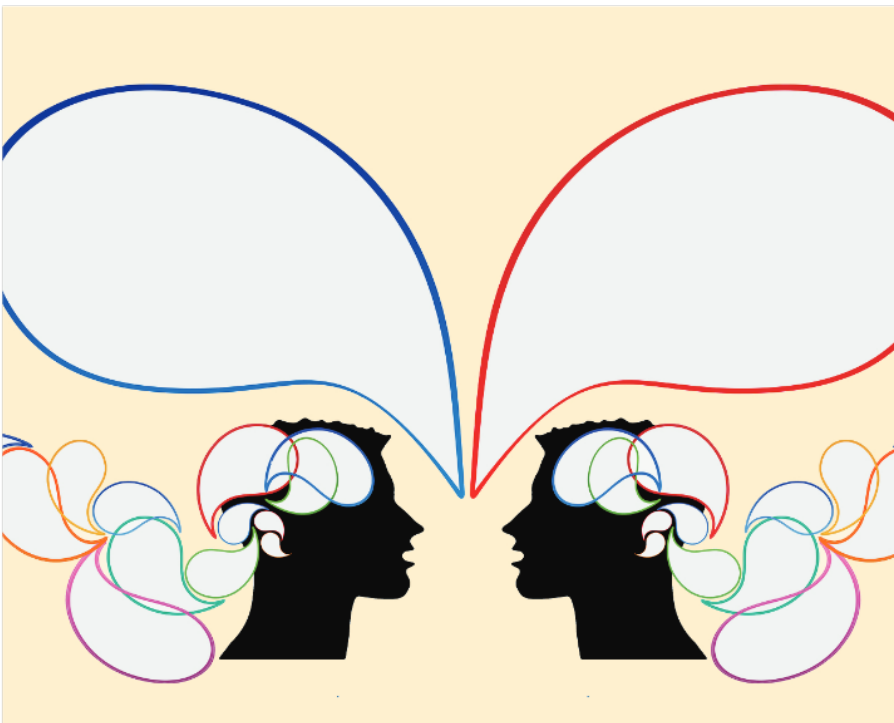


CHIRYA YVONNE RISELY

Words are so much more powerful than we realise. Each word has an impact, a vibration, and can affect the self and others in deeply felt ways. Whether it is our inner conversation or a conversation with someone about our health, relationships, career, finances, or whatever we talk about, we must

learn to use the highest vocabulary we are aware of. If we speak about what we would like to be and to accomplish, although it may not be our current reality, wonderful changes can take place. Every day, we can choose and speak aloud a positive, pure thought, and visualise ourselves as this thought. We can learn to use only powerful thoughts for our inner dialogue, such as... “*I am a special soul*”, “*Changing habits is simple for me*”, “*Everything is perfect*.” “*I am on time*”, “*I am successful*.” “*Of course, I will do it*.” “*I will complete it*.” “*I always do it well*.” “*My body is perfectly healthy*.” “*My meal is healthy and tasty*.” Such powerful, positive words energise us and have a healing effect on our

mind and body. The longer we concentrate and merge these kinds of thoughts within, the more energy we acquire, which is quite amazing. Every thought and word we have becomes a blessing and a reality for us. Others are inspired to be their best after hearing our words of appreciation and congratulations. However, our behaviour and speech are 80% unconscious; only 20% of the time do we have conscious awareness of what we are thinking and feeling. As we talk, listen to something, speak on the phone, and so on, our free space of awareness is often used up with limited things, and we continue to lose spiritual energy. We may then look for solace in old habits, substance addictions, over-



Most of the time, our behaviour and speech are unconscious, and we are unaware of what we are thinking and feeling.

working, and attachments to external things and people. When we lose confidence, we become downhearted and demotivated. We need to learn to pay attention, but without tension. We can learn to be conscious and build inner strength. Recognise useless thoughts and replace them with a spiritual perspective. We can free ourselves from attachments. Our minds get disturbed when we do not live with integrity, which is when we behave contrary to what we deeply believe. Mahatma Ghandi said, «Be the change you wish to see in the world.» We turn inwards when we realise our true identity as the separate inner being sitting in this physical body, which is the soul. We take time to rest

and centre the mind, heart, and emotions, as well as connect with the divine, the Highest Soul, God, and fill ourselves with His spiritual power. Our inner space becomes clean with meditation; a peaceful, safe place of comfort is experienced within the self. We see ourselves moving forward and changing. This is the greatest gift I can give to myself: using the power of thought to be how I want to be and to live how I want to live, with integrity. When I begin to live like this, I have confidence in myself. My head and heart are in sync. My thoughts, words, and actions are all consistent. Chirya Yvonne Risely is a Rajyoga meditation teacher, based at the Brabma Kumaris Peace Village Retreat Center, U.S.A.

SELF IMPROVEMENT

QUALITY OF CONSCIOUSNESS SHAPES OUR LIFE



DR. SACHIN PARAB

When we aim to become a better person in order to add value and meaning to our lives, we often start by trying to acquire all the knowledge we can. Knowing what to do and how to do it is important, but simply knowing is not enough; we must implement or practise what we know in order to achieve our goals. That requires power, which may come in many forms, such as determination, correct discernment, and judgement. Lack of adequate power is what leads people to complain that they know what they have to do but are unable to do it, and they cannot stop themselves from doing what they should not do.

We need to spend time with ourselves, introspect, and identify our purpose in life. What is it that I am really looking for? We will find that money is not what we are after; ultimately, it is peace of mind and happiness that we want. We also realise that selflessly serving others brings greater satisfaction and blessings than constantly accumulating wealth and possessions. The first thing we must recognise is that we already have what we seek: peace and happiness. We have not lost them; we have simply forgotten how to be peaceful and happy. To regain peace and happiness, we can begin by examining our priorities. What are we chasing—money, power, fame? When we get tired of chasing these, we start looking for deeper things. But again, we look outside, and some people even turn to intoxicants to experience a few moments of lightness and pleasure. That is a slippery slope to self-destruction. The key to self-improvement is self-awareness. Meditation is a powerful way of knowing and



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empowering the self. It helps us recognise and understand our true identity: I am a soul with a goal. Then we can tap into our spiritual resources, such as peace, love, and happiness, which are natural qualities of the soul. We experience these

qualities when we become soul-conscious. When we become soul-conscious and our way of thinking, emotions, and behaviour are guided by the soul's innate virtues, then old attitudes, beliefs, and habits are easily dis-

carded as we recognise them to be harmful. We begin to live more consciously, aware of the kinds of thoughts and feelings we are creating and the likely consequences thereof. We also begin to accept responsibility for our thoughts, emotions,

and actions, and we realise that we are the creators of everything we experience. This self-acceptance leads to self-respect, which then brings self-transformation. We start paying more attention to the way we respond to people and situations. The higher the quality of our thoughts, the better our experiences will be. When our consciousness is elevated, our vibrations change, and the universe responds accordingly. If I am peaceful inside, I am the first to experience that peace, and others will also feel it as I radiate this quality. On the other hand, if I am agitated, I may be sitting in a very quiet place, but I will not enjoy the silence because I am vibrating at a different frequency. We shape, create, and attract situations according to the kind of vibrations we radiate. This is how, consciously or unconsciously, we create our lives. Dr. Sachin Parab is a counsellor, hypnotherapist, and corporate trainer who has been practising and teaching Rajyoga meditation for the last 27 years.

A THOUGHT FOR TODAY

Many of us stare at computer screens for hours during the day without moving our bodies. Yet we find it difficult to sit still even for a few minutes in meditation. Why? When I work on computers, my mind is actively engaged in some form of creation. My mind is filled with images of what I am creating (even spreadsheets). And my focused concentration gives me a feeling of power. For meditation to be equally engaging, I must use my intellect to think of something that interests me. I can create images to entertain the mind and generate a feeling of inner power through concentration. Allow me to practise meditation today.

TRUE HEROES

The hero's journey



JOANNA KITTO

Ancient myths and legends, from many cultures across the world, tell stories of battles and monsters, victories and defeats. It is as though, in the human psyche, there is a memory of the spiritual journey we all take. This is each at our own time because all souls awaken at their own pace. Once we are spiritually awake, our journey begins and we return to our original, pure state of being. It is a journey of heroes—we be-

come our own heroes. Like in all good heroic stories, the hero needs gifts from a benevolent power to battle through the obstacles to be overcome. The obstacles are all in our own minds; when we let go of the negative narratives we all carry and use the gifts we are given, we become heroes and victory is guaranteed. Off the west coast of England, in the Irish Sea, is a small, self-governing island called the Isle of Man. Its heritage is rich, its stories are ancient, and one of them holds the symbolism of all a hero needs. It begins as all good stories do, with a king, a prince, and an enemy of the kingdom. The king sends his adopted son to fight the enemy that threatens their land. As it awakens, the soul, the true hero, can remember that it is eternal, not of this dimension, not a body, just

THE KING BESTOWS UPON HIS SON FIVE GIFTS TO PROTECT AND HELP HIM IN HIS QUEST

- 1 The first is a **Magic Helmet**. On the front of the helmet is a precious gem, and there is also armour, a breastplate. Neither of these can be pierced by any weapon. This represents the power we have within us. The gem represents the eye of wisdom, developed through spiritual understanding. The armour is a form of protection. When we face external challenges, we must be able to shift our focus away from them and rediscover the fact that we are spiritual beings with all the power we require within.
- 2 The second is a **magic boat**. This boat can only be steered by the owner's will. This represents the strength that our convictions hold. Remaining true to our values and disallowing anyone else to steer the direction of my life for this, we need to be aware of exactly what our values are. We need to find the time to meditate and recognise what values we treasure, and we need to ascertain whether we are steering the course of our lives according to what we believe to be important. Values are what we live by, not what we try to force others to live by.
- 3 The third is a **magic horse**. This horse can ride over land and sea. This is the ability to adapt, be flexible, and generate new ideas and responses. In this way, we remain in charge of how we respond to the challenges we face.
- 4 The fourth is a **magic branch**. When the branch is waved, then no one on earth would feel any want or tiredness. This represents the ability to detach and see clearly, the place within, the soul that is pure and eternal, beyond all the programming we have acquired. It is the ability to see the spiritual learning that is hiding within every situation we face.
- 5 The fifth is a **Magic Sword**. This sword can deliver a wound from which no one can recover. This symbolises the power of unconditional love, which is so rare in this world that once experienced, we are never the same again.



The journey of the soul, the true hero, is based on its connection with the Supreme, who helps each one reach their purest state.

occupying a body, and that through meditation, it can access spiritual powers and virtues to use in daily life. It is in meditation that these realisations surface, and it is in meditation that the soul can connect to the Supreme Be-

ing, who inhabits another dimension beyond this physical world. The hero's journey is based on this connection with the Supreme, who provides the unconditional love and all the other spiritual gifts to help each one attain

their purest state once more. As in all the best heroic stories, victory awaits. Joanna Kitto is the Brabma Kumaris Environment Initiative Coordinator for the UK and Co-ordinator of BK activities on the Isle of Man in the British Isles.