

LISTEN



YOGESH SHARDA

How do we live happily and meaningfully, in a world where many do not have a place to live or enough to eat? The answer is to respond to the human condition. This may require some changes to the way we do things, to the way we think. When we have a heartfelt desire to live in a meaningful way, we will begin to hear the voices of change.

The first voice of change comes from the state of the world around us. We see and hear about, on the one hand a vicious war being fought, and then on the other a natural disaster, devastating landscapes and destroying ways of life. We call them 'natural disasters', but all of the calamities we see, result from humanity's interven-

tions. If we look at the root causes, we will see that it is all down to ego. Ego, based on attachment, revenge, possessiveness, selfishness, anger and greed. The seed is ego. To contribute in some way to the human condition, the first voice of change is to look at where I have ego, and all the ramifications of ego. To study spiritual matters systematically, and learn to look within through meditation is vital. To contribute to peace in the world we have to be peaceful, with no ego or anger.

The second voice of change is that of time. To listen to the rhythms of time, not just looking at the clock. We have almost become slaves of time. We see the time and say: 'ah, it's time for...'. We need to listen to what is currently going on in the collective human consciousness; we are not nurturing the best within us. We are not taking care of the inner self. We are addicted to our phones and devices. It is a kind of chaos. We need to make the return journey to order. That is the change that is needed.

The third voice of change is the voice of that inner self.



In an ordinary life we pass through natural changes. We try to prove ourselves in our teens. When we reach our 20s, we look to see who we are becoming, what our 'tribe' is. When we get older, we no longer want to do the things we used to do, petty things and trivial matters hold no attraction. So, we

are constantly asking ourselves, what do I need to do now? Taking this to another level, the inner being, the soul, we can ask again, what is it that I, the soul, need to do and change now? Meditation helps enormously in this. In meditation, we can make the mind quiet so we can really hear what the inner

voice is saying. The best time of the day for this, is in the early morning hours. Once we know how to tap into this inner wisdom, we can hear it all the time. This voice of change is calling us to listen and honour the inner guide.

The fourth voice of change is of listening to the Supreme Energy, The Highest Being, the Knower of all aspects of time, the Knower of all the changes humanity makes. Every single human soul has the right to experience the deep, fulfilling, experiential connection with the Supreme Soul, the ocean of love and peace. In fact, every soul has that connection

but it has been severed to some degree, because we have become more and more involved in the physical, or because God has been misrepresented in some way along the line. It is time for that change to happen now, the time for every soul to experience the divine care, protection and sustenance from that Being. The message is telling us that there is a perfect 'you' inside, and it is time to get busy bringing that perfect being to the surface. When we link the mind in meditation to that source, magic happens. We still go through life fulfilling our responsibilities, but maintaining this yoga link with God. For anyone who does

Every soul has that connection but it has been severed to some degree, because we have become more and more involved in the physical, or because God has been misrepresented in some way along the line. It is time for that change to happen now, the time for every soul to experience the divine care, protection and sustenance from that Being.

this with sincerity, life delivers exactly what is needed, automatically.

However, even if you hear the four voices of change, you might feel that it is not quite right for you, now. For change to happen, there are certain elements that need to come together. The formula is:

For those who can hear the voices of change, for those who listen and honour the voices, for those who can solve the equation, understand the formula, for them, there is a life lived as a soul, in partnership with the Supreme Soul.

Yogesh Sharda is the National Coordinator of the Brahma Kumaris' services in Turkey.

BE POSITIVE

FOCUS ON THE GOOD TO OVERCOME PROBLEMS



B.K. SHEILU

When we aim for self-improvement, to become a better person, we may take several steps, such as set a goal, identify the challenges on the way, and make a step-by-step plan to achieve our objective. There is a plethora of self-help books offering a wide range of advice on what to do and how to go about doing it. The volume and variety of recommendations and instructions can be confusing, and lead one to believe that becoming a better person is a complicated task.

Is that really so? Is there a simple way by which we can

improve the quality of our thoughts, attitude, and behaviour? Indeed there is such a way – just focus on the good in the self and others.

While going about our daily tasks and coming in contact with other people, we can have good wishes from the heart for everyone and receive good wishes from them. No matter what others are like, even if their feelings for us are not so nice, we can transform them into good wishes if we have the aim that I have to be a force for good and everyone should feel goodwill radiating from me.

If we remember that the one who has ill feeling for us is in the grip of a weakness, we would not have a negative attitude towards them. Someone who is too weak to overcome their defects and is controlled by them deserves understanding and support to help them conquer their weaknesses, not censure or rejection. When we keep this in mind, we would naturally



It is the law of karma that good begets good.

have empathy and try to help them.

We just need to be committed to one thing: In our thoughts, words, and behaviour, we have to give good wishes and receive the same. If adverse thoughts arise for anyone, we can remember

what our duty is. What do the firemen do when they see a fire? They know that they are the ones who put out fires. They do not blame others for starting the fire and leave them to their fate. In the same way, if someone does something that we do not like,

because they are under the influence of a weakness, can we remember our task: To douse the fire of negativity, and offer cooperation and good wishes?

We will encounter challenging people and situations as long as we live, and the challenges will be of various

kinds, with a different reason behind each one. If we get stuck on the problems and agonise over them, life can become miserable. On the other hand, if we focus on the possible solutions, the tests will feel like a game and we will enjoy overcoming them. We might have to tolerate a few things, but if we are determined to move ahead, we will find a way out.

Being solution-oriented helps us rise above petty issues, see the larger picture, and cooperate and reconcile differences. It fosters trust and a common sense of purpose, encouraging people to work towards a shared goal.

It is the law of karma that good begets good. If we plant flowers, that is what we will receive. Seeing the good in the self and others, and sharing and encouraging it, is the key to creating a happy future.

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

A THOUGHT FOR TODAY

There can only be peace of mind when the heart is happy. The feelings in my heart drive the thoughts in my mind. When the heart is hurt, the mind is distressed. To soothe and calm my heart I must access the spiritual love at my core and draw love from the Divine Source. Then my mind becomes calm and peaceful. Today let me soothe my heart and bring peace to my mind.

PURE LOVE

Following the middle path



SHIREEN CHADA

"For collaboration to work, we must follow the mid-path 'I', the elevated 'I' of soul consciousness"

For any undertaking to work, we need the three essential components of body, mind and wealth. I, the soul, have to take responsibility and commit with my time, wealth, good wishes and pure feelings. Let us call this the elevated 'I' of soul consciousness. Without this soul

'I' there is no unity, harmony, or happiness.

We can think of 'I' as a spectrum. One end of the spectrum of 'I' is the desire for recognition, credit and fame. 'I did this'; 'I'm the only one who can do this'; 'Without my input, this wouldn't have happened'. Let us call this the arrogant 'I'. At the other end of the spectrum is 'I' of 'I'm no good'; 'My contribution has no value'; 'I shouldn't even use the word 'I' because it is impure'.

"The mid-path is true, pure love. It consists of love for the self, love for God, love for a higher purpose, and love for all souls"

Love for the self: We nourish the self by sustaining hope. We do not blame others for our troubles. We transform by accepting our weaknesses and nurturing our virtues. Faith in my-



Without agenda or attachment, love becomes a power that enables all collaborations to succeed.

self is not shaken. I dispel doubts by seeing myself as a soul with peace, love, and wisdom. I accept my own strengths. I trust myself, for I have a pure and honest heart.

Love for God: We remember how much God loves us. For this to work we need to sustain a loving link with Him. This link gives power. This link with God is strengthened when we share our good fortune, good wishes, and blessings with others, when we help them move forward.

Love for a higher purpose: In this aspect of love, we are aware of the higher purpose, one that makes the world a better place for all. From shared higher purpose comes love; from love comes cooperation; from cooperation comes collaboration. We allow God to work through

us when plans are needed for this higher purpose. Right thoughts arise in our minds, and we receive God's cooperation.

Love for everyone: We have spiritual love for all souls of the world in this aspect. Relationship with others is by a soul connection that brings happiness and harmony. Also, in this aspect of love, there has to be a constant refreshing of the self through remembrance. This in turn gives me strength to collaborate effectively.

Without agenda or attachment, love becomes a power that enables all collaborations to succeed. I am love, and deeply loved by God. This love carries us on the journey and is the destination.

Shireen Chada is the Coordinator of the Brahma Kumaris Meditation Centre in Tampa, USA.