

ENJOYING PRESENT

# LETTING GO: LEAVING THE PAST BEHIND



CHARLIE HOGG

**W**e live in an extraordinary world of eight billion people living in 195 countries, speaking over 6,500 languages, and participating in more than 4,500 religions. Each one of us contributes to all the stories, the collective memories, that are intertwined with one another. These stories are in the psyche of all. The memories are held, repeated, treasured or recalled with bitterness. To heal the pain of the memories, we need spirituality.

Spirituality can be defined as coming to terms with my own story. By understanding my story, I become free of the hurt, pain, and anger stored within. This collective pain hangs over the whole world and stops us all from moving forward.

This coming to terms with the past has a double layer of memories. The first is that of the memories in the conscious mind, and the other is the weight of memory in the unconscious mind. It is in this sub-conscious mind that the habit patterns of thinking are stored. These patterns are so strong, that even if we consciously decide we would like to behave differently, better, when one of the old habits is triggered, we react, almost against our conscious wish. So, we develop strategies to deal with it all. On the one hand, we may suppress the feelings that bubble up, and end up



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having a public persona and an inner persona. I speak to the world in one way, but it is not what is really happening inside. Another strategy is to go into complete denial and refuse to see what is

going on in the mind. Or, we project the pain and use blame, which is the utmost ignorance, and puts my life in the hands of others.

The first step to letting go of all of this is to reconnect

with the original self. This original self is a wonder. I am the soul, spirit, consciousness, a point of spiritual light that has no dimensions. The soul is eternal. I inhabit the physical body in

the centre of the forehead. As I rebuild this understanding of the self, I can influence the sub-conscious mind with the realisation that the intrinsic quality of the soul is to be in deep peace. It is through

meditation that this is possible. In meditation I am able to release the hold of the story recorded within. That is the first step. The more I meditate, the more the story loosens its grip. However, the force of past memories is very powerful. Some things change during meditation, but some things are more permanent and harder to eradicate. So, I need greater strength to face and heal the past. For this I need love. This brings with it such a dilemma because no human relationship is permanent; the object of my love will leave, one day, one way or the other. Sub-consciously we know this and there are deep scars within us, of loss and abandonment, overlaying the present, bringing an uneasy fear and anxiety. The love that is needed has to be love of such a power that for-

giveness and healing are possible. Love of this magnitude has only one source. This love is only possible when I forge a true, loving relationship with God.

God, the Supreme Soul, is beyond all our stories. This soul is full of compassion. To connect with this soul, I must use the power of pure thought. I must connect with this being of total love, through thought energy. In meditation, my thoughts reach God, the Divine, and I can download as much love and power as I wish. The more I remember who I really am, the more I am able to connect with the Supreme Soul, and the more my story gradually diminishes. It is then I can let go and live in peace, and share that peace, to help diminish the pain of the stories of others.

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CONTROLLING SELF

# TAKING CHARGE OF YOUR MIND, AND YOUR LIFE



B.K. SURYA

Cases of mental disorder are growing exponentially across the world. This is happening in many ways. Some people get a disturbing thought and are stuck with it; they torment themselves by repeating it over and over again in their mind, unable to control their thinking. Fear, anxiety, depression, insomnia, and several other ailments rooted in the mind are spreading particularly fast among the youth.

Medical science has so far been unable to find a definitive cure for these conditions. These ailments afflict the mind, while the treatments that are being attempted target the brain, and the two are very different. Scientists have so far not clearly understood the distinction between the mind, intellect, and the brain. The mind and intellect are faculties of the soul, while the brain is a physical organ that serves as the body's computer. The mind and intellect operate this computer.

It is important to understand how the mind works, in order to lead a healthy, peaceful, and happy life. We may achieve a lot in our career, but if we lack peace of mind, are often distressed, and easily become irritated, what kind of life would



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we have? Those around us would prefer to avoid our company. This is happening with a lot of people, and it is the result of their thinking. Once we change the way we think, our attitude, behav-

our, and our whole world is transformed.

It helps to know a few things about the mind. There is a constant flow of thoughts in the mind. Earlier, psychologists used to

say that a normal individual has, on average, 25 thoughts in a minute. This figure has now reached 40. In studies, some people have been found to have up to 70,000 thoughts in a day. Such a

high volume of thoughts can be very harmful because the more we think, the greater the expenditure of mental energy; in other words, the weaker our mind becomes.

Every thought we create generates subtle energy, which flows through the body and also radiates from us.

That is why when there is a joyful occasion, people's faces light up. That light comes from the happy thoughts they are having. Similarly, when we have negative thoughts and feelings, they not only darken our mood, but cause wider damage, triggering the release of hormones that harm our physical health and, if repeated over time, can lead to mental health issues.

To strengthen the mind, we need to slow down the speed of our thinking. We

can begin by reminding ourselves every day that we are masters of our mind. Thoughts do not arise randomly - it is we who create them. Once we recognise this fact and make it a regular practice to sit quietly and watch our thoughts and emotions as they arise - which kind of thoughts and feelings are passing through the mind, and what triggered them, then we will begin to gain control over our thinking.

We can consciously create powerful, happy thoughts that will generate positive energy. When we wake up in the morning, the subconscious mind is active for a while, before the conscious mind becomes dominant. The thoughts we have at that time leave an imprint on the subconscious mind, forming a sort of blueprint

that determines the kind of thoughts we will have the rest of the day. We can change the direction of our thoughts, and our life, if we make it a point to create purposeful good thoughts during the first ten minutes after we wake up, every day.

This is not some kind of magic - we are merely tapping into the powers latent in the soul. We have forgotten these powers, with which we can overcome any problem. We just have to remind ourselves, every day, that I am powerful, fearless, successful, and healthy. Do not look at your present condition - that is the result of your past thinking. Just create these positive thoughts, with full faith, and soon they will become your reality.

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PERSPECTIVE

# BRINGING IN A BEAUTIFUL WORLD



JUDY JOHNSON

They say that beauty is in the eye of the beholder, and it is true that through time, what has been considered beautiful has changed as the centuries have rolled by. Most of us have around us things we find to be beautiful, attractive or remind us of beautiful times. We perhaps, though, do not realise what a profound effect beauty has on us. It is very easy to have our attention drawn to what is ugly in the world at present, as so many things that are happening are often devoid of beauty. Yet, if we are to change our world to one of peace and happiness, then I must give myself permission to notice only the beauty around me. I, the soul, am shaped by how I see the world, and we are very touched by beauty. My potential to create something new begins with the ability to see beauty. It is time to refine our lens



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of beauty. When we turn our thoughts to the kind of world we would like to live in, the pictures in our minds are full of beauty, abundance, colour, warmth, and of lovely nurturing environments. When I see beauty, my mood upgrades,

my thoughts become more positive, and my attention is filled with appreciation. This happens in three ways: It affects my mind, with awe and wonder, and this gives a boost to my mental health. A sense of wonder brings more strength, hope,

and resilience to my mind. It affects my attitude. It inspires me to rise above my ordinary, mundane thoughts. I become lighter and more optimistic. When we see beauty, we create more of it. It affects my immune sys-

tem, which is nourished by a positive state of mind. It is up to us to choose whether to see beauty or pay attention to the ugliness around us. Even on the darkest day, if we look closely there will be something beautiful to appreciate. Al-

though physical beauty has a powerful effect on us, the deeper kind of beauty is to be found in an act of kindness, a smile, a gentle word. The beauty of the human spirit is expressed through virtues. There is nothing that attracts more than a person of virtue. Whatever is noticed that is beautiful will always bring me back to my own inner beauty. We all have done beautiful things. We have created, inspired, encouraged someone, somewhere, at some time, and it is this we must remember and build on, so that we can walk ourselves back to the inner beauty of the soul. Then we can claim back the dignity, modesty, simplicity, that we have forgotten how to express to the full, because of trying to survive in a world that seems to have lost direction.

As we use our inner eye to see beauty in and around us, we naturally become more beautiful. In meditation and quiet contemplation of the intrinsic qualities of the soul, we strengthen our ability to express our virtues and be beautiful. In this way, we can bring about a beautiful world.

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## A THOUGHT FOR TODAY

Balance requires an understanding of the fulcrum, the point of maximum strength and stability. Being out of balance puts strain on my body and mind and topples the carefully constructed parts of my life. The fulcrum of human life is the soul. When I am too externally focused with little healthy attention to my inner world, my being experiences strain. To stay balanced in life, I must return to the centre-point of awareness. When I hold this fulcrum, I am at my strongest and can carry weight more easily. Today let me create exquisite balance by focusing on the fulcrum of the soul.