

## PATH TO TRUTH



DADI JANKI

I draw love and power into myself through a relationship and connection with the Supreme. I make that love and power my own so that it constantly radiates into the world. This is the royal path to real, lasting peace.

It is through God, who is truth, and gives me the aim of making my life truthful and valuable, like a diamond. As I move towards this goal, my thoughts and feelings become very light. I feel like a free spirit, still part of this world but not bound by it. I can fly, like an angel, in the

service of humanity.

Before there can be such complete truth in my life, there has to be purity. Purity underpins the entire process of restoring truth into my character and relationships. Purity enables me to make my thoughts and actions free from the negativity, waste and weakness that were created when I ceased to understand myself as a spiritual being and thought of myself only as the offspring of my physical parents and circumstances.

God shows me real, true, love, and through that teaches me to understand the difference between truth and falsehood. This creates an inner light and warmth, a rekindling of the flame of the soul, that forms the heart of the process of purification. Care is needed to keep the flame burning strongly and complete the job of becoming free.

Purity and truth are different states. Purity means free



Purity within the soul is essential for peace, true love, and contentment.

of impurities. Truth means whole, without deception or falsehood.

I would not say a glass of water was true, for example, but I would want it to be pure. It

would then be good to drink and would help to keep the body healthy, functioning

true to its purpose; in other words, fulfilling its potential. When thought is pure, it enables my life to be truthful and valuable and my potential as a human being to be fulfilled. Purity clears a path for truth. It makes space inside my mind in which truth can be experienced.

In fact, originally the soul is truth, so when I clean my mind of thoughts and desires that cause disturbance, I can begin to comprehend and recognize what truth is and appreciate its value in my life. Purity within the soul is essential for peace. When purity is lacking in even the slightest way, there cannot be peace.

Love, also, cannot remain true and honest if physical desires are mixed in it.

Some people think they have peace in their lives, and others that they have love. But if purity also is not there, there cannot be contentment.

When I embrace purity in my life, it serves to finish all

traces of the physical from my thinking. A human being has a body, of course, but the point of purity is to become free of the hold that the body has on my consciousness. This is what makes it possible for me to live and serve as an angel.

When someone really understands this, and puts it into practice in their life with honesty and the power of truth, that is wisdom.

Purity comes through relationship and connection with God. Without the power of this connection, there cannot be complete purity.

The renunciates of India, who follow celibacy, do so with great difficulty. They leave their homes, hide in caves, and suffer dietary and other privations.

But God injects purity deep into the soul. Actually, what this relationship really does is to give an injection that extracts the impurity that has infiltrated the soul. The soul is truth, and so with purity

you are able to experience that truth.

God gives us the knowledge of our original state of purity, but the knowledge is not just for the intellect. It is not just information; it is a deep and beautiful experience. When you make this connection, you are able to taste the sweetness of real love, like nectar. This sweetness draws out the poison.

Then there is the feeling of new blood being inside the soul. It is as though you awaken. You become aware of what is real within you and around you. Peace comes. The heart feels so comfortable.

For a long time, it has not been in human consciousness that it is possible to experience such peace, love, and happiness — such reality. The peace, love and happiness that come as a result of purity are filled with truth.

*The late Dadi Janki was administrative head of the Brahma Kumaris*

## SPIRITUAL POWER

## FINISHING FEAR AND ANXIETY



B.K. JAYANTI

*"Fear is beyond logic and reason"*

It does seem like a time of uncertainty and darkness in the world today, and it would on the surface be natural to be afraid. However, fear is totally debilitating, and it interferes with all understanding so that we are not able to think clearly. It can very often be so debilitating as to leave us paralysed and unable to decide where or how to move. It is then that danger becomes more real.

At a time of darkness, the most important thing is to have our eyes wide open, to be alert and to be careful. If I am generating fear, it reaches others and makes matters worse. We need to finish fear and anxiety and to do so, we need to deal with the under-

lying causes of fear.

There is a distinct connection between fear and loss. When there is ego, there is fear of loss. I may be afraid to lose my position in society, from where I derive respect and esteem. When I have attachment to the body, then I am afraid of death. When I have greed, I am afraid to lose all that I have accumulated. When I am addicted to anger, which is often seen as a natural response to fear, I am flooding the body with toxic energy. The heart rate zooms higher, my complexion changes colour, adrenalin pours through the blood stream - all of this is anything but natural. All these negative feelings are so destructive to the body, the soul and to relationships. Dealing with these underlying causes of fear and anxiety can sometimes be managed for a short time, but under stress or dramatic triggers, they will all emerge again. The way to permanently let go of destructive and negative thinking patterns connected with fear, is to accumulate spiritual power.

Spiritual power comes from the understanding of the spirit, the soul. When I learn and understand that I am not



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the body at all, but a conscient being of light, combined with the body, but separate from it, then fear begins to diminish. With spiritual power I can direct the intellect to control the negative patterns of thinking in the

mind. These patterns have been influencing the brain for a long time, and the neural pathways are well used. However, the brain has plasticity and new pathways can be formed with power from the intellect, which is an attribute of the soul. This power is derived from a connection with the Supreme Soul, the Divine energy, God. This

Divine Source, this point of light, will flood my mind with love, joy, peace, purity and truth, the moment I make a connection. When I do this, then I experience a love that is totally stable and constant to such an extent, that I feel that everything I need is coming to me.

The deeper this practice of soul consciousness and connection with the Divine, the more fears begin to dissolve. I stop bringing the fear of the past into the present and stop being afraid of the future. The future is totally dependent on the present, so if my thoughts are of a powerful quality, that is what the future will hold. Thoughts are seeds, words are even more powerful seeds, and actions are very, very, powerful seeds, all of which bring a harvest in the future. If today I understand the laws of the spiritual dimension, understand the self and understand the Divine, then I will know how to deal with fear. The more I trust and the more I love, the more I can be sure that that is what I will receive. I do not need to be fearful of the future, just attentive to the present.

*B.K. Jayanti is Additional Administrative Head of the Brahma Kumaris.*

## A THOUGHT FOR TODAY

The energy of thinking is precious. When collected, it can be channelled and used to create a quality life. When my thought energy is scattered, I am unable to concentrate and act effectively or efficiently. Casting a mental net outwards, I can pull my thought energy into a concentrated still point. Collecting thought energy gives me power. Today let me collect my precious energy of thought with the net of determination.

## PERSPECTIVE

## SPIRITUAL AWARENESS MAKES A BIG DIFFERENCE



B.K. DR. SAVITA

The second chapter of the Bhagavad Gita tells us that we are all souls. "He is not born nor does He ever die; after having been, He again ceases not to be. Unborn, eternal, changeless and ancient, He is not killed when the body is killed", God tells Arjuna in the Gita. The Gita has been translated into several languages

and read by people across the world. The knowledge of the soul given in the book is, therefore, well-known. In India, countless numbers of devout people read the Gita every day; it is part of their daily routine. Therein lies the rub. Reading the holy book is merely a ritual for them, and its message, it seems, is forgotten the moment the ritual is over.

It is easy to read every day that one is a soul, the soul is indestructible, it takes rebirth, and so on. But the implications of these facts are huge, and if we live by them, our perspective on the world changes.

The soul is a spiritual entity independent of the body, which is the physical costume it assumes on taking birth. We are used to iden-



When we are spiritually aware, our world is full of light, and when not, darkness descends.

tifying people by their body and all the labels that it carries – of gender, nationality, race, religion, and more. But the soul is on a journey, during the course of which it plays various roles, wearing

different costumes. It is obviously a mistake to identify it solely by its current role. But that is what we do all the time. It is like forming an opinion about an actor not on the basis of the person

he or she is, but the role they have played in a film. Such an opinion would be erroneous. How would we feel if we are judged and labelled on the basis of one mistake we have made in life? Would that be

fair? We certainly would not think so. Then, how reasonable is it to classify and label people without knowing their full story?

The journey of each soul is unique. We go through various experiences, make mistakes, learn, and grow. The choices we make shape the circumstances we face, and we are responsible for everything that we go through. When we remember that we are immortal souls, on a journey through several lives, we also come to recognise the fact that our past actions have created our present circumstances. This teaches us to live in such a way that we create a better future for ourselves.

The realisation that other souls too are travellers, each on their own individual

journey, during the course of which they interact with each other, encourages us to empathise rather than criticise. And when we acknowledge the fact that all human souls are children of one Supreme Soul, the spiritual kinship of the global human family becomes clear. Then, when we look around at our spiritual brothers and sisters, we begin to feel that each and every one of them deserves respect. We understand that it is better to inspire rather than admonish, to reconcile differences instead of dwelling on them, to heal rather than condemn.

Doing all this is not as difficult as it seems. It simply calls for having the same consideration for others' needs and desires as we have for our own. This is enjoyed

on us by all the great scriptures, which contain what is known as the Golden Rule – Do unto others as you would have them do unto you. It is possible to do this when we remember that we are all spiritual beings, composed of the energies of purity, peace and love. These qualities are innate to us. They may have been suppressed in some because of their experiences in life, but that does not make them any less human than we are – it only makes them deserving of greater understanding and love.

The switch of spiritual awareness is what makes all the difference – between love and hatred, peace and conflict, happiness and sorrow. When it is on, our world is full of light, and when it is off, darkness descends.