

SPIRITUAL PATH

# Uncovering my blind spots



CHARLIE HOGG

One of the main aims on the spiritual path is to gradually re-form my character. Through meditation and a simple lifestyle, we come to know what our weaknesses are, and we can begin to change them into strengths.

There comes a time, however, when we come across defects that are deeply embedded, and because we find it too difficult to change, we deny the fact that we have that defect, which becomes a kind of inner blindness.

This self-deception can seriously erode any progress on the way to becoming our pure and powerful self. There is, though, an even trickier element to deal

with. That is the 'blind spots' in our personality. Those are the habit patterns and weaknesses that are simply unseen by me, but they are very obvious and clear to others.

I need to be an honest observer of the self. How clearly do I see myself? How clearly do I know who I am? I need to be objective, not emotional, and not permit fantasies of how I would like to be to blind me to the way I really am.

There are three different states of 'blindness'.

a) Partial blindness – I can see a little of my weaknesses, but I feel hopeless about them, so I pretend they are not part of me.

b) I feel unhappy and confused and afraid, but I cannot put my finger on why. I keep analysing and ruminating about it but cannot get to the root of it because I am afraid to look that deeply.

c) Then there is complete 'blindness'. I have all those confused and unhappy feelings, but



in any situation with others, I am simply unable to see my part in the problem. I can have a razor-sharp intellect which is able to see the weaknesses of others and analyse their personality in great depth and with great skill, and even convince others of the truth of it. This is the ultimate state of ego; this attitude, 'I'm fine – you're the problem'. This is the sign of a major 'blind-

ness' within me. This will follow me into every relationship and every job, where the same difficulties will keep appearing, and I am unable to see that I am part of the problem.

There are two major blind spots for everyone. The first is my ego; it refuses to see the weaknesses. The second is my lack of self-respect, which refuses to accept the goodness inside me.

To tackle the first, I need to be really able to listen, with humility, to any feedback I am given about the way I am, and very often this is freely given! However, I can also find someone I really trust and ask them, knowing that there will be no hidden agenda on their part.

The way to deal with the second is through meditation and a connection with the Supreme Being. The Supreme Being is totally aware of all the power and goodness within me.

When I become aware that I am a spiritual being, I understand that through time I have accumulated, deep in the subconscious, habit patterns that are negative and which cause me and others a great deal of sorrow. I also become aware that through the connection with the Supreme Being, these negative personality traits can gradually be eradicated.

It is a painless process, and as I progress along the spiritual path, I will notice how my relationships change, little by little, so that more lightness, peace and happiness become present in my life and in those around me.

The courage and honesty I show in removing the layers of self-deception bring the beautiful reward of discovering who I really am.

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DISCOURSE

# WHAT THE SOUL NEEDS MOST IS POWER



DADI JANKI

Most people do not understand themselves. There is not the patience to understand themselves or others. We need to make time for this. We get too impatient. Very often, because we are not willing to take this time, misunderstandings continue. We do not take the time to listen to someone quietly and try to understand them. Then we start inventing things about them, because we simply have not taken the time to understand.

To focus solely on myself, without any concern for what is happening to others, reflects a weakness in my effort.

Cultivating humility will allow souls

to come close. From there I need to balance, maintaining a certain formality or quietness – so that relationships do not become too casual or familiar – and giving love, with ease and lightness.

Right now, what the soul really needs most is power. Having been through birth and rebirth, accumulating rubbish along the way, the soul is burdened and depleted, and therefore unable to perform to its greatest potential.

Power is gained, enabling us to stay with God and reach the destination, when we use our inner resources in the right way. Wasting the mind on ordinary, mundane, conditioned thinking is a waste of time and energy.

Souls leave the path; they leave God, because they have wasted their thoughts, words and breath in this way. Blaming others and complaining are just making excuses. This is another mistake which wastes more energy and causes more loss of power. There is not time to behave in this way any more. Understand that we need power and start cultivating it. As power develops, so will love.



INNER STRENGTH

# The easy way to progress spiritually



B.K. SHEILU

Those who take the spiritual path to self-improvement sometimes come to a halt when they lose sight of their goal. Doubts and uncertainties begin to trouble them, due to which they slow down.

They lack courage to remove the obstacles before them, or to bypass them, and tire of their efforts to progress. Some become disheartened, lose hope and feel helpless.

They forget the easy way to overcome obstacles, which is to remember one's spiritual identity – that one is a soul playing a role in life, and that the role is not one's identity. Remembering this frees us from the bonds created by identifying ourselves with roles, places, possessions etc.

Instead of bypassing an obstacle, such souls try to break or remove it, and become exhausted in the process. They forget that they can just bypass it, and thereby turn an easy journey into a difficult, tiring one.

They create a storm of waste thoughts, and then begin to shake in that storm. They weaken their own faith by wondering whether or



not what they believe is right, whether or not God is true and they can share their beliefs with others.

These doubts create

uncertainty in their mind about the future, and their spiritual efforts falter. Just as a storm makes travel difficult and blows things far

away, the storm of waste thoughts slows them down and carries them away from their path.

At such a time they need to ask themselves if

they trust the Divine and believe that they will be successful. One who has this faith will be free of fear and worry.

One who is progress-

ing spiritually, becoming a stronger, wiser, more mature person, will enjoy their spiritual journey instead of being wracked by doubts.

A spiritual life, lived the right way, is a life of learning and growing. There is an increasing sense of fulfilment as one acquires virtues and inner strength, and problems begin to look like trifles. As the clutter of vices is removed from the mind, it becomes clear that the right way to overcome hurdles is to remain courageous and enthusiastic so that one can help oneself and others.

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## A THOUGHT FOR TODAY

'Letting go' is the power to walk away from situations that hold me captive. Bad habits get me into limiting situations, which can feel like a cage. Over time, even a cage can become a comfort zone as I adjust myself and learn to cope. It requires courage to leave a comfort zone that I have called home for so long. Today let me free my mind and heart from cages.

TRANSFORMATION

# HOW YOUR THOUGHTS CAN CHANGE YOUR LIFE



B.K. SURYA

Defeat, failure and mistakes are a part of life, but wise is the one who finds the path to success through all these.

Our thoughts shape our life, and the quality and direction of our thoughts are decided by our beliefs and goals. If someone decides that they will remain happy, no matter what, they will see and react to people and situations accordingly. Similarly, if we resolve that our relationships are more important than our ego, we will relate to people positively. So, we need to check our attitudes and beliefs, and change them if necessary.

Our thoughts create vi-

brations, which spread all around us. These vibrations first affect our brain. If someone creates a lot of negative thoughts, they are supplying negative energy to their brain.

Some people hold on to a hurtful comment made by someone, brood over it, and sink into depression. Coming out of that depression is just a matter of checking if there is any truth in the comment, learning any lesson it offers, and moving on. We can choose to be miserable or powerful; we all possess the energy of thoughts, and it is up to us how we use it.

Spiritual principles help us in this. Spirituality is not something esoteric. It is about knowing the self, recognising and using our powers, experiencing our inner peace, and having harmonious relationships.

All souls are the children of the Supreme Soul, the Almighty. We are powerful, like our Father. When we



recognise our inner powers, our problems shrink.

What we see as a problem is, in fact, the creation of

a weak mind; we magnify trifles by overthinking

them. Once the mind becomes strong, the problem

ceases to exist.

Our thoughts also need to be pure and positive. What is our attitude towards others? The way we see them determines the way they respond. The universe, too, responds to our thoughts, creating situations that reflect the way we think. If I often think, 'I have so many problems...', I will always have problems. On the other hand, if I am determined to be stronger than my troubles, they will start melting away.

Happiness and love also fortify the mind, as well as the body. Where there is a lack of these two powerful energies, emotional and physical illnesses begin to develop.

To keep the mind healthy, it helps to accept what we cannot change. Acceptance brings contentment and stops futile thoughts of frustration.

If we are in a situation we do not like, why not shift our perspective and decide to make the most of it rather

than drain our energy in grumbling and cursing our fate? For example, when there is too much to do, we can complain and drudge through it, or have a go at it with gusto. We all know what our state of mind will be like in either case.

Waking up every day lamenting over our rude spouse or despotic boss will keep us in low spirits. It does not help in any way. Instead, if we become sanguine about it, focus on their good qualities, and then relate to them, the relationship will start to change, as our positive vibrations elicit a like response from them.

This is how we can use the power of our thoughts to transform our life. Think only of what you want, not what you dislike, and that reality will start taking shape.

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