

INNER SELF

# The way to make communities stronger, more supportive



B.K. JAYANTI

I am often asked how an individual can contribute to making their community stronger and more supportive, especially now when so many in our communities are suffering in so many ways. One of the difficulties is that everywhere, people are not in touch with their inner self and so they have lost contact with their own values. That is why it is so important to be able to go inside and connect deeply with the goodness and peace within the self, and when I am able to do this, then I can

see the beauty of the self and give value to the self. Then it is a small step to valuing others.

This has nothing to do with the country I live in, wherever it is, or whatever the conditions of my country because it really begins with the individual. I do not think it can happen generally across a country, I believe it really has to begin with one individual, and if one individual is able to do this then the original values of the self, which I believe to be peace, purity, love, truth and joy, are expressed, but not only that, also the associated values.

It is similar to taking the three primary colours, from which you can mix a rainbow. These five basic qualities, inherent within the soul, can be merged in different proportions and a whole spectrum of values and qualities



can be expressed. For example, compassion is in fact a combination, a merging together, of love and truth, which gives rise to mercy on seeing the plight of another. If I have compassion for

those around me in difficult circumstances, this will lead me to a tremendous sense of empathy and harmony with everyone. It is then possible to be creative and find solutions for any situation.

If a group of individuals come together in their community and foster this compassion, things really are able to change.

When a person is able to practise a meditation of deep silence, they are

able to connect not only to their own inner goodness but also the mind then becomes very clear and creative, and then they can find solutions they could not even have imagined otherwise.

When one individual allows a state of self-respect and dignity to emerge, they attract others towards them, because people are drawn to the positive and the beautiful, and before long there is a small group, whose positive energy is able to make a difference to their immediate community.

If you want to make a difference, it has to start with the self; you cannot ask anyone else to start to be compassionate, but you can do that yourself, and if you do, it will have an immediate impact on others.

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

DISCOURSE

## SPIRITUAL STRENGTH BUILDS CHARACTER



DADI JANKI

Spiritual strength is necessary if you want to grow spiritually and help others grow, too. It is an inner kind of strength which builds character and allows you to discipline your mind. A disciplined mind means a

peaceful and happy one.

A strong mind never gets disturbed. To develop this strength, cultivate honesty and deep love and regard for God. This will allow you to protect yourself from being negatively influenced by your surroundings – both physical and emotional.

Blessings from others are another source of strength for the self. Blessings come to you from those you have served, and a very good way to serve others is to share this kind of inner strength.

Those who have incorporated God's virtues in their outlook and activities are the ones who can give strength to others. To give guidance and wisdom like this means to give the gift of life.

LIFE MANTRA

### A THOUGHT FOR TODAY

Silence and creativity are partners. A quiet mind relaxes me and allows me to concentrate. Then creativity flows. To increase creativity in my life, I must set the right conditions through silence. Today let me nourish creativity with silence.



B.K. SURYA

Humility works as an armour that shields us from many troubles. A humble person, by virtue of their modesty, rarely arouses jealousy or faces undue criticism and hostility. Suppose

your car happens to touch another vehicle on the road. If you step out and apologise for the mistake, the matter will most likely end there. Instead, if you start arguing with the other driver about whose fault it was, you can get into a row. Humbleness nips many a problem in the bud, and it prevents the maelstrom of thoughts that can arise from injured pride.

We all like humble and polite people. Does anyone love an arrogant, overbearing or boastful person? When we like those who are devoid of vanity, we can make an effort to be like them.



After all, everyone, including us, expects to be treated with respect, so we can start by giving respect.

If you have people working under you and you keep shouting at them, they are going to resent it and not put in their best effort, or they may become injured to your words and cease

to be bothered about what you say. On the other hand, if you show them care and respect, they will go out of their way to ensure that the work is done well. Love and humility bring cooperation, which makes even huge tasks easy.

It helps to pay more attention to our words, as it is through speech that we mostly interact with others and get many things done. The way we look and speak reveals what is in our mind. If we are jealous, conceited, or angry, it will show in our face and words, and damage relationships. The language

of humility, however, is gentle, happy and encouraging; it gives joy and comfort to the listener.

On the spiritual path, if we are not humble, we cannot inspire others much, as people will detect any subtle ego we may have, and it will put them off. In a family or organisation, discord and conflict usually stem from a lack of humility – people do not value what others say, and they put across their own views in an abrasive manner. On the other hand, if they are humble and polite, it creates strong and harmonious relationships.

It takes just one humble per-

son to change the atmosphere in a family. Sometimes we may feel that others take advantage of our humility, they do not value it, or they see it as our weakness. But there is hardly anyone who does not appreciate a lack of pride in others – it is a quality that touches people's hearts and earns us their good wishes. That is why many religious traditions enjoin service on their adherents, and millionaires sweep and mop temple floors in order to develop humility.

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

MIND MATTERS

## WHAT IT MEANS TO HAVE A POWERFUL MIND



B.K. GEETA

The success of our efforts in any task depends to a great extent on how strong-minded we are and what we do to achieve our goal. Even on the spiritual path, one cannot improve the self or serve others without a firm resolve that is translated into effective action.

But what is a strong mind? It is a mind free of negative influences; one that is full of good wishes and elevated feelings. Those with a powerful mind can help a distressed person calm down; with their elevated feelings they give courage to the hopeless, turn cynics into optimists, and even enable others to change their outlook, thus giving them a

new direction in life.

With elevated feelings one can serve everyone, and this kind of service – giving others subtle support to help them face challenges – is very much needed now. But only those who always wish others well can do it. Such souls are not choosy or discriminatory in deciding who to help. They try to uplift even those who hurt others, by encouraging them to give up damaging patterns of thinking and behaviour.

Since they aim to do more than just live a good life, they look to contribute to society, and their generosity inspires others to do the same.

Because they do not have selfish expectations of people, they are not upset by the defects in others. Their conduct remains kind, cooperative and supportive. They do not make deals in their relationships: "They should first do this, then I will do something for them" or "This one should at least

do something."

Since such souls are free from the graspingness that comes from wants and desires, others naturally gravitate towards them, secure in the knowledge that they will become richer from the relationship. This is the easy and effective way of serving others through a powerful mind.

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



GO INSIDE

## HOW TO MAKE YOUR LIFE MEANINGFUL



YOGESH SHARDA

To make our life meaningful we need to understand the self. Each person has two lives; an outer one of study, career, family and so on and also an inner life, which is of thoughts, feelings and beliefs. Most people today spend their time in the outer life and this is why there are all the stresses and strains in the world today; they are a reflection of each individual's stresses and worries and anxieties, all concerned with the outer life.

It has been observed that humankind has travelled far into space, deep in the oceans, but not even an inch within to the understanding of the self. It is by understanding the inner self that we can bring greater meaning into our life. It has also



been said that each one sees the world not as it is, but as they are. We see the world according to how we think.

There are three main categories of people in terms of how they approach life.

1. The greater majority are in the first category, that of Passengers. Their approach is, wherever life takes me is where I will go. Good things come, bad things come, feelings go up and down – 'what can I do, that's the way life is'. These people feel like they have no control and are just dragged along through life.

2. A smaller group belong

in the category of Fighters. They fight with life. They come into confrontation, point fingers of blame at life in general and other people. They have an air of aggression; they are always unhappy about most things and this creates a palpable tension that can be felt in their company. They seem to be at war with life.

3. The third category is much smaller. These are the Explorers. They may not be totally content, but they want to explore how life works. They want to understand the mechanism of why things happen the way

they happen. They want to explore the hidden principles of life.

It is this smaller group of people who embark on this journey of discovery, who learn about, understand and put into practice the hidden spiritual principles of life that develop lives of real meaning. They begin to live a life of a rich and interesting adventure. Meditation is one of the first steps on the journey towards this kind of fascinating life.

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