

FEELINGS AND ATTITUDE

LEARNING THE LANGUAGE OF SILENCE

When our attitudes and feelings toward someone are negative, we emit a repelling vibration that they pick up. This kind of energy is often found in workplaces and relationships where issues are not communicated.



ANTHONY STRANO

“Let us allow ourselves to become our own spiritual leader. Let our feelings be filled with love”

— Dadi Janki

The language of silence is the language of our eyes, feelings and attitudes. It has a powerful vocabulary that we all use, but most of us are not aware of it or use it in a negative way. For example, when we are angry or dislike someone, even if we keep our mouth shut, our eyes take on a critical or ferocious look – hence

the expression: ‘If looks could kill...’.

When our attitudes and feelings toward someone are negative, we emit a repelling vibration that they pick up. This kind of energy is often found in workplaces and relationships where issues are not communicated verbally, and festering discontent creates an atmosphere of non-cooperation and heaviness. This inevitably leads to misunderstandings; when we feel rejected or criticised, the mind always focuses on the worst aspects and actions of those we feel are judging us.

Instead of employing the language of the eyes, feelings and attitude in this destructive way, we can try out the positive language of silence. Next time you feel angry or negative toward someone, simply be still and quiet, and contemplate yourself, the other person and the present



moment. This helps to let go of that negativity and reveals the ‘grammar’ and ‘tense’ of silence. It is simply this:

I am: Contemplate the ‘I’ of the pure self – the soul. You are: Acknowledge the existence of the other.

Now: Acknowledge the present tense – we live in the present moment. By tuning in to all three ele-

ments, we use the language of silence positively. This language of respect, acceptance, appreciation and in-

clusiveness has its truest expression in non-verbal communication, particularly the body language of the eyes and face, for our body language is a reflection of our thoughts, feelings and attitude, whereas when we communicate using words, we often camouflage our real feelings and negative attitudes.

Practising silence is about being present in each second, in the *now*. When we have an awareness of the present moment, and of the thought created in that moment, we gradually learn to cancel out the past and future and be truly here in the present. Then we can recognise and take the opportunities that life is offering us. Using the language of silence equips us to see this, whereas previously our minds were cluttered with the noise of the past and the future.

This new language brings with it a new way of seeing and thinking; we find ourselves thinking far less and, with the energy we save as a result, can increase the quality of our speech, actions and relationships.

The biggest challenge in learning the language of silence is to let go of our innate human compulsion to incessantly think, speak and do.

By slowly focusing on and remembering the original state of the self, and not allowing the mind even one ‘what?’, ‘why?’ or ‘how?’ then gradually, and with little struggle or effort, you build inner contentment and a natural release from burden, stress and wasted energy.

The late Anthony Strano was an author and Rajyoga teacher with the Brahma Kumaris.

IN THE MIND

Use thoughts to change your life

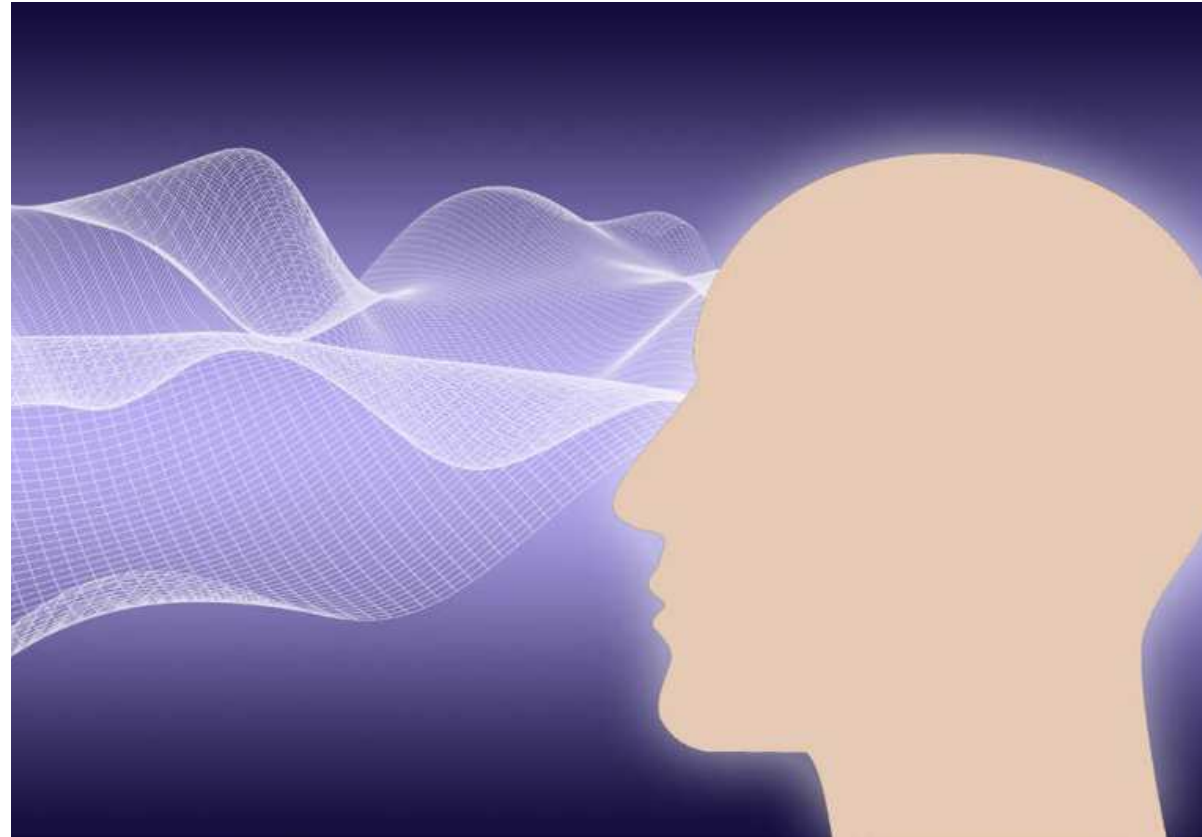


DR. GIRISH PATEL

When we are able to focus – that thought can become reality. In psychology, there is a ‘17-second law’ – if you focus on a thought for 17 seconds, it starts to become reality. This is the power of focused thinking. The space between our thoughts determines how powerful they are. The larger that space, the more powerful thoughts are. Nowadays, people think too much and there is no gap between their thoughts, so they lack power.

Why is it that some people think positively while others brood on the darker side of life? The reason is that the mind functions at different levels – the conscious, subconscious and unconscious ones. The subconscious and unconscious levels of consciousness control the mind most of the time and influence our thinking. It is as if we are on an automatic mode in which we do not create our thoughts, but they arise out of what is stored in the subconscious and unconscious levels.

A lot of people complain that they do not want to think negatively but are unable to stop doing so. One manifestation of this is



obsessive-compulsive disorder, which is a common condition now. Those suffering from it say that they cannot stop having certain kinds of thoughts, which compel them to act irrationally, such as repeatedly washing their hands even when they are clean. The problem lies at the unconscious and subconscious levels.

How do things get imprinted on the subconscious mind? When something happens in our life and we think about it emotionally, and do this repeatedly, it becomes a part of the subconscious mind. Our feelings can be negative or positive; the key is that some emotion

is attached to the memory of that incident or experience.

Suppose someone was brought up lovingly by their parents, who accepted the child as he or she was. The child develops the feeling that they are accepted by most people. This leads to a positive outlook. On the other hand, if a child repeatedly experiences criticism and rejection, they start believing that no one loves them, and this belief remains even after they grow up.

This does not mean that our circumstances decide the quality of our consciousness and our world view. The situations may not change, but if we change the

way we look at them, and develop mechanisms to cope with them, it can make a big difference. By adopting the right perspective, we can re-programme the mind so that we think and act differently.

For example, I was once stuck in a lift that suddenly stopped working. They managed to get the lift working again and I was out of it in about 20 minutes. Some people then advised me, “Don’t use the lift”. I said that was the first thing I was going to do, and I got into the same lift again. Why? Because I did not want to develop a fear of using lifts.

Suppose you are swindled by someone; you need

to learn your lessons from the experience so that it does not happen again, and remember that it is not something that happens all the time.

You do not start thinking that everyone is out to swindle you. You can even help others by sharing your experience and the lessons from it. With the right approach, you can not only face problems with a positive frame of mind, but also help others become positive.

Dr. Girish Patel is a well-known psychiatrist based in Mumbai, and a student of Rajyoga with the Brahma Kumaris.

HUMILITY

True and false humility



B.K. USHA

Humility is the mark of a truly great person. It is also a virtue of the honest and the simple, who do not feel the need to show themselves as what they are not.

Those who are humble are loved by all, and others do not fear approaching such a person. They also get help from others when required, whereas an arrogant person is given a wide berth by others, even in their time of distress.

But in order to be beneficial, humility has to be genuine. Some people sometimes go out of their way to be seen as humble, even when they are not so. In order to project an image of humility, they might dress austerely and demonstrably forgo some of the comforts of life, showcasing their apparent simplicity.

We can check if we truly wish to be humble or merely want to have a reputation for humility. In the latter case, paradoxical as it may seem, we might end up with a self-adoratory view of our supposed humility. While being outwardly simple, we would be not so simple in our heart. Pretentious humility can be distinguished from the



real thing by the fact that pretence seeks attention whereas the truly humble do not. Since pretence is motivated by some desire, which may or may not be fulfilled, it is likely to leave one discontented. The truly humble, on the other hand, accept their circumstances with grace and are at peace with themselves and others.

If we cover our conceit with the veneer of humility, we will easily feel insulted on not receiving the appreciation or attention we expect. Our superficial humility would be

seen by most people for what it is. The result would be that we would get only token respect from them.

It is better to be honest and open, even if it means revealing a few of our weaknesses, than to be full of pretence and superficially humble. Others will see through the superficiality anyway. Others will also love an honest heart... one that is on the way to being truly full of humility.

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LOVE AND LIFE

How to experience real love in life



NEVILLE HODGKINSON

It is impossible to desire something that one has never experienced. If you were to ask any number

of people what they really desire, the majority would probably answer, ‘to love and be loved’. A life bereft of love, is no life at all. That means that everyone you know has once experienced deep love. If you were to delve further, and ask them about what kind of love they would like to give and receive, some may answer ‘real’ love. It is the quality of love that really matters. We have all felt love in our hearts and feel the happiest when we feel that positivity and energy. But many

things can happen that can cause it to become hidden. When it does, we become dispirited, despondent and look for something, anything, to be the object of the love we want to feel and want to receive.

What is that real love? It could be called spiritual love. It is a flow of good wishes and positive, pure feelings that goes outward rather than inward and is unrelated to neediness, weakness or insecurity. It requires a strong sense of identity. Many find that



ability to love in this way because they have received love of this quality in childhood, and others often find it when they have gone through some unimaginable tragedy and find this kind of deep spiritual love to be the only way to make sense of what they went through, and find it heals the deepest parts of them.

It is there within all of us, but can become obscured and concealed when we begin a habit of negativity, criticism, cynicism, and even turning on the self.

These patterns of thought arise from loss, hurt, pain and sadly self-perpetuate. The more established these patterns become, then what is being said and done are based on them and the return, from others, is the same.

How can we reveal this real love that lies within and bring it back into our lives? It is very difficult to do until the mind is willing and open to have the awareness of the inner being, the soul. It is a very subtle awareness, and slippery to hold on to, but

it allows one to connect to a power source that fills the heart with happiness and contentment, and this spills over into our relationships and actions. Others see this fullness and sense the love behind it and feel safe as they recognise there is no neediness. They feel it as love, and it is reciprocated. Once this cycle of warmth and love begins, there is no other way one wants to live.

Neville Hodgkinson is a UK-based author and journalist, and a long-time student of Rajyoga.