

HOLISTIC HEALTH

# Wellness: Healthy soul, healthy body



B.K. SUDESH

The real blessing of being healthy is to get the blessings of being ever healthy. What is health? For physical health, we go to the doctor for a check-up and for help. But can the doctors really diagnose the disease? Do the doctors diagnose the disease or do the machines do it? Whenever you go to

the doctor, even if it is for a blood test, the doctors give diagnoses according to the results on the machines. So, the machine is diagnosing 'the machine' (the physical body). The machine does not diagnose the sickness of the person; the machine diagnoses matter.

We recognise that the cause of sickness is the weakness of the soul. Just like any effect of matter, when we do not follow the laws of nature, immediately the body gets affected. If we are in cold weather and are not following the laws of nature, our bodies will be affected. If we are careful and respect the laws of na-



Healthy mind and soul.

ture, we are protected. So, in the same way, when we are respecting the laws of spir-

ituality, the soul remains healthy. According to the WHO, there is an increasing

number of psychosomatic diseases. The symptoms come from the soul; they

come from the mind. Psychology tries to provide the right awareness for this in order for patients to regain health.

The cure of the mind is possible with three medications to be taken daily:

1. Take the physical medicine — whichever type of medication suits the body. This could be via traditional medicine, or Ayurveda, homeopathy or naturopathy. The body is a gift made up of the five elements, so harmony is needed between the five elements that make up the physical body.

2. The second medicine is having pure thoughts and good wishes, for the self and

the healing of the self, and especially to create harmony in all our relationships. These good wishes and pure feelings create trust, self-respect and loving and honest respect for others, including the food and drink we consume throughout the day.

3. The most powerful medication is meditation. Meditation empowers the mind through having a sweet conversation with the self and the Supreme Being, the Supreme Soul. This conversation is at the heart of Rajyoga. Yoga power enables souls to regain their awareness of peace, love, and inner spiritual joy which stabilises the mind and brings

inner and outer harmony.

Remember, in essence, I am a soul, the child of God. I am the child of the Almighty Authority. I am the child of the Purifier. The truth is, the soul is sick, and not the body. But because the soul becomes sick, the body also becomes sick. This is why it is important to heal the soul and the body, and not that because the soul is sick, I only take care of the soul. No. The body is also affected. So, both, the driver, the soul, and the car, the body, have to be looked after carefully.

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SPIRITUAL GIFTS

## SERVING BY EXAMPLE BRINGS MANY REWARDS



B.K. SHEILU

When we move on the path of self-improvement, several challenges come along the way. Most of them stem from our ego, desires, fears, and ignorance. One way to protect the self and overcome the challenges is to engage in service.

Service, when done with the pure intention of bringing benefit to others, elevates our consciousness. We can serve by sharing in-

spiring ideas and thoughts that help others uplift the quality of their thinking and live a more meaningful life. Another way to serve is to be a living example of what we tell others; to inspire by our conduct, words and way of thinking. If our life helps others recognise that there is a better way to think, speak, behave, and live, that is perhaps the best way to serve.

Giving advice and expounding noble principles may give us some satisfaction, and the feeling of having done something good, but often this is just pleasing oneself. We can be truly of benefit to others when our life reflects what we say. Advice is best when it flows from benevolence and empathy arising out of a pure and powerful mind, and

not from mere theoretical knowledge.

A clever mind and impressive oratory will earn us praise, but the satisfaction that brings is short-lived. When we serve by being an example for others, we often do so without being aware of it, as others take inspiration just by watching us, from our conduct and vibrations. "They are so good. I wish to be like them", they think. Such thoughts, and the goodwill they carry, are like blessings for those who serve. The positive energy we receive from others in this way empowers us, making us fulfilled and content.

There is another aspect to service. Some people think that engaging with many different people in service is challenging due to dif-

ferences of opinion, temperament, and habit. Such challenges disturb them. However, true service does not disturb anyone; rather it is a means for becoming free from disturbance. If any kind of service causes us to become upset, we can check if we are serving selflessly, with clean intentions.

When we rise above the desires, prejudices and fears that limit our way of thinking, we can serve everyone equally, with love and care. The return of that is a constant joy and a life of contentment. Success always follows such souls; they do not have to chase after it.

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Spiritual service.

MINDFULNESS

## TAKING A SPIRITUAL STEP TOWARDS HARMONY



B.K. ATAM PRAKASH

The world is inhabited by more than seven billion people who belong to over 5,000 ethnic groups, follow about 4,200 religions, and speak more than 6,900 languages.

Differences of nationality, race, language and religion have given rise to conflicts over the ages. People of the same country quarrel over language; those who speak the same tongue fight over religion; those professing the same religion kill each other over sectarian differences; and those of the same race are riven by class or ideological conflicts.

People involved in such strife identify themselves by their nationality, religion, race or sect, forgetting who they really are.

We all have more than just physiology in common. Ancient Indian scriptures speak of the world being one family. The holy books are expressing a spiritual truth. It is the spirit or soul that animates a human be-

ing. Consciousness resides in the soul. Without the soul, the body is a corpse. The soul is an infinitesimally small sentient point of light. Souls take birth in different places and circumstances. Accordingly, they acquire labels of nationality, race, religion, and gender, and come to be identified as Arab, Chinese, or Indian; Christian,

different attitude, culture, or physical appearance.

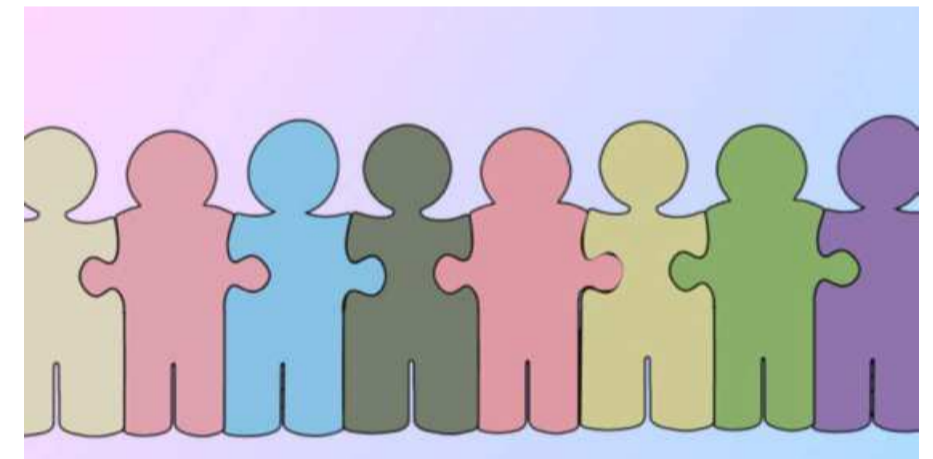
The same happens when we identify with any of the other labels we get from our physical circumstances — a mental divide is created between 'us' and 'others'.

When we dwell too much on the differences between us and others, feelings of superiority, inferiority, like or dislike arise, often lead-

ing. Consciousness resides in the soul. Without the soul, the body is a corpse. The soul is an infinitesimally small sentient point of light. Souls take birth in different places and circumstances. Accordingly, they acquire labels of nationality, race, religion, and gender, and come to be identified as Arab, Chinese, or Indian; Christian,

these virtues — as babies and small children do, bringing joy to themselves and others. But once we start identifying with our physical circumstances, we begin to suppress these virtues.

Physical differences provide variety in this world. We can appreciate and enjoy the variety only if we see ourselves and others as



Harmony.

Hindu, or Muslim; white or black; rich or poor; male or female.

The soul is beyond these classifications, which apply to the body. Once we identify ourselves with such labels, we begin to think accordingly. Thus, if we see ourselves as citizens of a particular country, we tend to look at those from elsewhere as 'others' and focus on how they have a

ing to hatred for those who are different from us. The negative feelings fuel religious, racial, and international conflicts.

The root cause of this is forgetting the fact that we are all souls, children of the same Father, who we call the Supreme Soul. All souls are innately peaceful, loving, and pure. That is why we all like these qualities. We naturally express

souls and are aware that as children of God, we are part of one spiritual family. This awareness fosters love and respect for our fellow humans, which encourages cooperation and sharing. This is the first step towards global harmony.

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VALIANCE

## FINDING THE COURAGE TO BE



GOPI PATEL

One thing that the pandemic has engendered for many people is a shift in focus from what I have or own, that is material things, to what I value in terms of relationships. They were put in the spotlight because everyone was cocooned with those relationships. For a smaller number perhaps, what came into even sharper focus was the primary relationship with the self. We discovered what resources we had to deal with

a completely unprecedented set of circumstances. For some it heightened levels of stress, for others it highlighted abilities that had not been called on before. But for most, it required varying degrees of courage.

Courage is a quality of spirit and not a skill. It is easy to be courageous when I have wealth at my disposal, or a strong team of people around me, thinking in the same way. Real courage is the ability to face the self, deeply understand the self, which is the only way to be able to relate well with others. Without this knowledge of the self, we have expectations, demands, and a wish to control situations or other people, which is very violent energy. We need the courage to look at our attitude and see that the blame game is only a reflection of the pain we are feel-



Courage to be yourself.

ing. We have to let go of the stories we tell ourselves to try and out-think and intellectualise what hurts us. The stories make us feel better for a time, but ultimately the stories will break down one day and we will have to face the uncertainty and instability at the root. Those stories are not

who I am.

The first act of real courage is to open the door to the awareness of who I really am. To understand who I am at the core of my being. I am the extremely subtle, fluid life force, the soul. This is the energy that supports the functioning of the body. The

more I meditate and experience the stream of this life force the more I experience the extremely subtle effect on my thinking. Thoughts are a component of the life force. The mind is only a function of the deeper life force of who I am. Real courage is to arrive at this quiet sense of

consciousness. Such a soul is happier in their being, more relaxed and can conduct the affairs of their lives with no edge to their behaviour, no pushiness and with a quiet internal trust that makes things work out. It is like coming back home inside. Home in the sense of knowing the self, where there is clean stability, clear determination. Determination brings a sense of conviction to what I do, and that brings with it a successful conclusion. The more we meditate regularly, the simpler the journey becomes, until it is not a journey anymore. I am in that space, operating from that space and then my life fundamentally changes — I am living from the inside out.

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### A THOUGHT FOR TODAY

When I have a clear aim, I am inspired to achieve it. The more I love my aim, the greater will be my determination to continue in the face of challenges and storms. My aim makes me strong and determined. When I keep my aim in front of me, it will inspire me to keep going. Today let me remember my aim and take strength from it.