

CALMNESS

Be free from worry and illness



DADI JANKI

Whenever we speak of the mind and body, it is the mind that comes first. If we suppress the mind, it causes mischief. The mind cannot bear to be suppressed. Being suppressed, subservient or dependent are habits that have developed in the mind and do not allow us to see inside and who we are. Become free of 'I' and 'mine'. The feelings of ego and attachments, the ego of 'I' and attachment of 'mine' both have a big effect on the body.

There are various illnesses of the mind, yet these are the main ones that affect the mind and body a great deal. Ego is false pride in everything in the materialistic world. It does not allow me to stay in awareness of what is real. With attachment, we hold on to situations and things. It is a subtle and deep feeling within to become free

of ego and attachment.

For example, do not think what is going to happen to everyone around me if I die? Learn to meditate and create a beautiful atmosphere in the home. Develop courage. Meditation helps us to face situations. Anything can happen suddenly, so remain ever-ready in such situations. It is possible to go beyond worry, fear and sorrow. I may not be ill but if we have these three habits then I cannot help anyone in any way.

Honesty, faith and courage are the antidotes. Look at your purpose in life. I should have so much truth, faith and courage in the self that I am able to empower those that come in front of me. Remain free of tension and instead have total attention. Have good wishes and pure feelings for all. Go deep inside and see what type of feelings there are. Remove any negative ones. With good wishes, we can help others as these works from deep inside. Good wishes really empower and encourage people and they feel that they are OK.

What medicines are not able to do, courage and faith can achieve, and Inner strength develops. Illnesses



Ways to stop dwelling on negative thoughts.

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develop due to disheartenment. So do not allow the self to become hopeless in any situation and do not allow others to become disheartened. The main reason for illnesses arising is due to the ill-feeling inside. So free the self from these and then you will be able to help others

too. When there is tiredness inside this also does not help. In today's world, young and old will say they are tired. If a car has a tyre puncture, imagine the condition of the car. In the same way, when human beings get 'tired', what is our condition? We do not work very well. If someone

realises the reasons for the illness and removes these reasons they will become well again.

Take three tablets each morning—patience, peace and love—and the whole day will be empowered. When there is the pain of the body, the soul can still remain free from sorrow. Then we are able to move through it. Have patience and it will go away. To make a big thing into something small is the act of someone who has sense. When we make something big from small, there is no cure. Do not give sorrow to anyone or take it. Do not accept sorrow from anyone. Another cause of illness is from taking and giving sorrow. Constantly remain smiling and you will find nothing is difficult. Rehearse this and see. The situations are external, so feel the power of the smile inside. Let go of everything and move forward. God is my companion and in playing my role I am a hero actor. The Almighty Authority is my father, teacher and true guide and He tells me, do not worry.

The late Dadi Janki was the Administrative Head of the Brahma Kumaris.

TAKING CONTROL

SEIZING THE REINS OF YOUR LIFE



NEVILLE HODGKINSON

In today's world, most of us are led to think of ourselves as material, physical beings, with no soul. Science has claimed to explain how everything—even the utter miracle of a single living cell of our bodies, which is like a city in its complexity—arrived here through chance events taking place over billions of years. I used to subscribe to this belief myself.

Even most people with a spiritual or religious practice, such as meditation or prayer, think of themselves

in primarily physical terms. There may be an idea of some kind of afterlife, but it is often rather vague and does not protect against the fear of death.

I went to church as a child, but in my teenage years came to the view that religion did not make much sense. Although not a scientist, I felt for many years that science offered our best hope for a better future.

Now I see things very differently. I have come to the conclusion that materialistic science, which purports to explain everything in physical terms, is deeply unscientific. It misses out on the most important creative energy of all, which is spirit or consciousness.

A few years ago, the author and spiritual teacher Deepak Chopra co-authored an article with a Harvard medical school professor complaining that



Knowing the inner being.

although we live in a golden age of brain research, 99% of neuroscientists believe we are our brains.

They wrote: "In this scheme, the brain is in charge, having evolved to

control certain fixed behaviours. We are flooded with articles and books reinforcing the same assumption: the brain is using you, not the other way round." The real glory of human

existence is the mind, they said, and not the brain that serves it.

But what is the mind, if not a product of the brain? An answer emerging at the frontiers in science is

that behind the physical world, constantly putting it in place, there lies a consciousness of almost infinite power and complexity.

We can call it the mind of nature. It is a living, non-physical energy that creates and shapes the reality in which we live.

It contains within it the blueprints for everything we see in the world around us including our own being. It is as though each individual human self or soul splits away from the universal mind in order to enact its own part on the stage of the world, but ultimately all are connected in this web of life. And we are immortal.

This understanding is empowering. If the mind itself shapes material reality including the brain, it means we do not have to submit to negative patterns imprinted within our brain circuits

linked with such conditions as depression, addictions, and phobias.

We can identify these patterns, reflect on them, and remove them. We can reprogramme aspects of instinctive behaviour that we are finding unhelpful including habits such as being gloomy and judgmental.

In my own experience, the practice of positive mental states can bring quick and useful results. But sustaining them over time is not so simple.

I think this is largely related to the degree to which we really make the shift into knowing the inner being as a soul or spirit. This awareness allows you to seize the reins of your life, instead of being pushed here and there by factors outside of you. It carries an intrinsic power because the human soul has intrinsic virtues—love, peace, happiness, wis-

dom—which illuminates your life when you become more soul-conscious.

In my case, because of my previous materialistic beliefs, getting this deep awareness and the power to change that comes with it has involved a long spiritual pilgrimage.

A breakthrough came when I realised that not only am I at the root of my being a peaceful soul but that I can also connect my mind to a Supreme Being. I understand this Supreme Soul as being an ever-pure source of all that is highest in me.

I am now learning to keep that One with me in everything I do, and this is allowing me to move faster on my spiritual journey.

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

DECLUTTER YOUR MIND

AVOIDING A TRAFFIC JAM OF THOUGHTS



B.K. MRUTHYUNJAYA

Traffic jams are a fact of life in most cities. Almost everyone who has lived in a city or visited one has experienced being stuck in the middle of vehicles inching along at a snail's pace.

How do we feel in a traffic jam? We are powerless to get out of it or move as fast as we would like to. The helplessness causes impatience, irritation, frustration or despair, especially if we are going to an important meeting or to

catch a train or a flight.

A common reaction to such a situation is to blame others. We may blame the government for not building wider roads, dismiss the traffic police as incompetent for letting the jam occur or even wonder why the other motorists do not use public transport. We may also rue having taken that route or chosen that hour to travel. The result of all this is upheaval in the mind.

Something similar happens when we experience a traffic jam in our minds. Such a jam occurs when we think too much and have little control over our thoughts. The thoughts come fast and the mind is swept along in their flow, seemingly incapable of stopping the thoughts or changing their direction. When this ordeal ends, much time and mental energy have been lost and we feel exhausted.



Channeling our mental energies in the right direction.

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A traffic jam in the mind occurs when we have waste or negative thoughts. One example of this is worrying about the future. We start creating all sorts of negative scenarios we might possibly face, and get stressed by merely thinking about them. When the mind is mired in

such thoughts, we feel as if one is actually experiencing those negative situations even though they are just a figment of the imagination.

Even in the face of a difficult situation in real life, if one gets overwhelmed by it, one may get drawn into a whirlpool of negative thinking that will rob one of the ability to

discern correctly, think rationally, and arrive at the right judgment. One would be left confused, weak, angry or despondent.

What is needed at such times is the ability to see things as they are, decide on the best course of action, and take the necessary steps calmly, without being upset or upsetting others. Faced properly, no situation can really cause distress. It is when we get on the track of negative thinking that we are carried away by our thoughts and make matters worse. Positive thoughts, by their very nature, are slow, few in number, and empowering.

To avoid creating a traffic jam of thoughts, we need to learn the art of positive thinking, which will steer us away from the mental track that leads to negativity.

Rajyoga meditation teaches

us to create healthy thoughts and channel our mental energies in the right direction. The basis of Rajyoga is remembering that we are spiritual beings or souls, not bodies. All souls are children of the Supreme Soul, who is supremely peaceful, loving, benevolent, and almighty. As His children, we have a claim on His powers and virtues. When we remember Him with the awareness of who we are and our relationship with Him, we are able to connect with Him mentally. Through this mental link flow His love, peace, purity, and power, cleansing and empowering the soul. Regular practice of Rajyoga makes the soul capable of facing anything undauntedly, without creating a traffic jam in the mind. *B.K. Mruthyunjaya is Executive Secretary of the Brahma Kumaris.*

A THOUGHT FOR TODAY

When I feel powerless, ego pushes me to assert myself as better, bigger or stronger than others. This dangerous game guarantees that I will receive the karmic return by continuing to feel powerless. Only by stepping out of this vicious cycle and acknowledging my vulnerability will I find the spiritual strength to be gentle and honest. Today let me be spiritually powerful and refuse to play ego's games.