

GOAL

Growing towards complete truth



B.K. DR. NIRMALA

The aim of life of spirituality is to grow towards complete truth. A state of being that is totally vice-less is a stage of complete cleanliness. Until that goal is reached, there continue to be traces of anger, greed, jealousy, and laziness. Some people behave well with good people but return evil for evil. Some people like to cheat

others, even to hurt others for no reason, for no benefit to themselves. Some do all this just to wield power and control someone, even to the point of murder.

When we are reaching a state of purity, of truth and cleanliness, then our behaviour becomes full of sweetness, based on love for each one. Sometimes people speak sweetly and act nicely but inside there is animosity or jealousy. Sweetness should be a natural way of speaking and interacting.

If we want the world to change the way it works, we have to reach this stage. When there is cleanliness, I do not even see the impurity of others.

When we are really truthful and clean in our minds, our words and actions will



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be the same. This stage of being brings fearlessness. There is no fear of our own thoughts, no fear of meeting or dealing with another, no fear of what might happen in the future.

There is the ability to deal with what comes along in our life, and there is flexibility and the ability to mould our characteristics with those of others, to create harmony and peace in our relationships.

There is the understanding that the future will be good because the seeds that we are planting are of sweetness, goodness, truth, and cleanliness.

This stage of complete truth and cleanliness is only possible with the power and strength absorbed in the soul through a connection

with and concentration on the source of all spiritual truth and goodness, the Supreme Source, the Supreme Soul, God.

In that concentration, all things become clear and transparent. We are able to see how far along the spiritual path to truth and cleanliness we have travelled and change that which is preventing us to reach our goal. We may not like what we see, but in a stage of open-hearted acceptance and with the understanding of what needs to change, with practice and determination, we come closer and closer to complete truth. Then, what is not possible?

B.K. Dr. Nirmala is Joint Administrative Head of the Brahma Kumaris.

PERCEPTION

FARSIGHTEDNESS REQUIRES OUR PURE SENSE OF INTUITION



SISTER JENNA

In silence, I am able to see far into the future so that I can make sure that the decisions I make will not create too many bumps in the road. In Rajyoga, we have the wonderful practice of pausing every hour in what we call 'Traffic control', where we check inside to make sure there is nothing going on inside that is not creating a sense of peace in the self, or am I serving my happiness? These are the most important 30-60 seconds we can spend with the self, on the hour, every hour.

Individuals who are not spiritually awakened yet make their decisions on where they are at right now, things they feel they need for their survival, food, shelter, clothing. But sometimes, when we turn on the switch of spiritual awakening, we want to feel at ease and pure at heart with everything we decide to do. When deci-

sions are taken based on that awareness, the outcomes will be very different. We will still get food, shelter, and clothing, but the return of it at the soul level will be different.

Farsightedness seems to be connected with the power of intuition. Many people connect intuition with a psychic ability, but actually, it is connected with the purity of the soul's personality. Where that intuition has a deep sense of self-trust, a deep connection to God, a connection with a deep awareness of experience and with faith, then in that energy there is something that is mystical, it is magical, it is automatic.

When a situation or circumstance appears in your life, and you have to make a decision, there are two places you can go. You can go just to the limit of your personality and ask yourself, will I lose money, will that person speak to me again, and so on. All that is fine, but also check the way your heart feels when you are going to make a decision that needs to serve farsightedness. If you have to make a decision and when you think about that decision your heart is racing, I would suggest, do not do it. Not right then and there; hold back a little. Because



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there is a struggle going on between the limited part of your personality, which means that there are certain things recorded in your subconscious that are making you uncertain. That energy has its own force, but the other part of us is innately intuitive. So, when a situation or circumstance comes and you need to make a decision and you want to be farsighted and you use that

element of your personality and those qualities and values, then you feel a very free flow of that decision and it is guaranteed that all will be fine, the journey will be really smooth.

Each of us must decide, do I want an easy-going, free-flowing life or do I want drama? There is an art in this, and we need to also apply the power to discern. In essence, farsightedness

is tapping into the power of our pure intuition. When we tune into our pure intuition for everything that we choose to do, we will find that the path is easy.

It is with the power of silence, in meditation, that I can access my deep innate sense of pure intuition. Sister Jenna is the Director of the Brahma Kumaris Meditation Museums and is based in Maryland, USA.

EMOTIONS

HEALTHY THOUGHTS AND FEELINGS CREATE PHYSICAL WELL-BEING



DR. JUDITH KOCKEN

During the last 30 years, as a paediatrician, I have seen more and more children suffering from chronic diseases. These diseases include abdominal pain, allergies, asthma, overweight, fatigue, depression, headaches, addiction, and other stress-related problems. In some countries, these diseases affect one in four children.

The effects of the symptoms are far-reaching. Children do not go to school. Their sleep patterns are badly disrupted, they take a lot of medication, and they become socially isolated from their peer groups. The family as a whole is also adversely affected, and stress levels are heightened.

The healing of chronic diseases is possible. This can be done when we become aware of the relationship of and the communication between the soul and the body. When this is fully understood, the way forward is to learn how to

apply silence to the mind through meditation, yoga, mindfulness and by developing an increased sense of self-compassion.

All thoughts and emotions are created in the soul. The soul knows what is happening in the body and the body knows what thoughts are being communicated from the soul. The art of listening to the language of the body, body language, is not as difficult as it sounds.

Children naturally read the body language of their parents and adults around them and act accordingly. The behaviour of children is a mirror for the family and of their environment. We all want to belong, to be loved, and fit in. We suffer because of not being seen, loved, valued or recognised. In an attempt to try to fit in, we develop survival mechanisms and become a people pleaser, a perfectionist, a rebel, or 'I do not need anything' experts. When the pain is too big to handle, chronic diseases arise. Health starts when we learn to embrace pain and learn how to heal ourselves.

Health means taking care of your body, being kind and compassionate to yourself, becoming aware of how you think about yourself, how you treat yourself when something

is going wrong and about the relationships you have with other people. When you become aware of your true self and understand how beautiful you are, you are able to see the beauty in everyone.

The number one priority for every human being who wishes to take care of themselves is meditation. To take full advantage of meditation we need to decrease the negative influences from the world outside; choose carefully what to read, watch, listen to and eat and drink. Find some 'me' time. Spend time in nature, eat fresh and nourishing food, meditate—all this promotes deep and relaxing sleep patterns and meditation helps empower our inner balance and strength.

When we become role models possessing the inner happiness of the soul and an appreciation of a healthy body when we focus on our qualities and our potential when we connect to our own inner power and share that with the children in our lives, we vibrate positive and healthy energy to the whole world.

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ELEVATED THOUGHTS

A CLEAN INTELLECT BRINGS GREATNESS



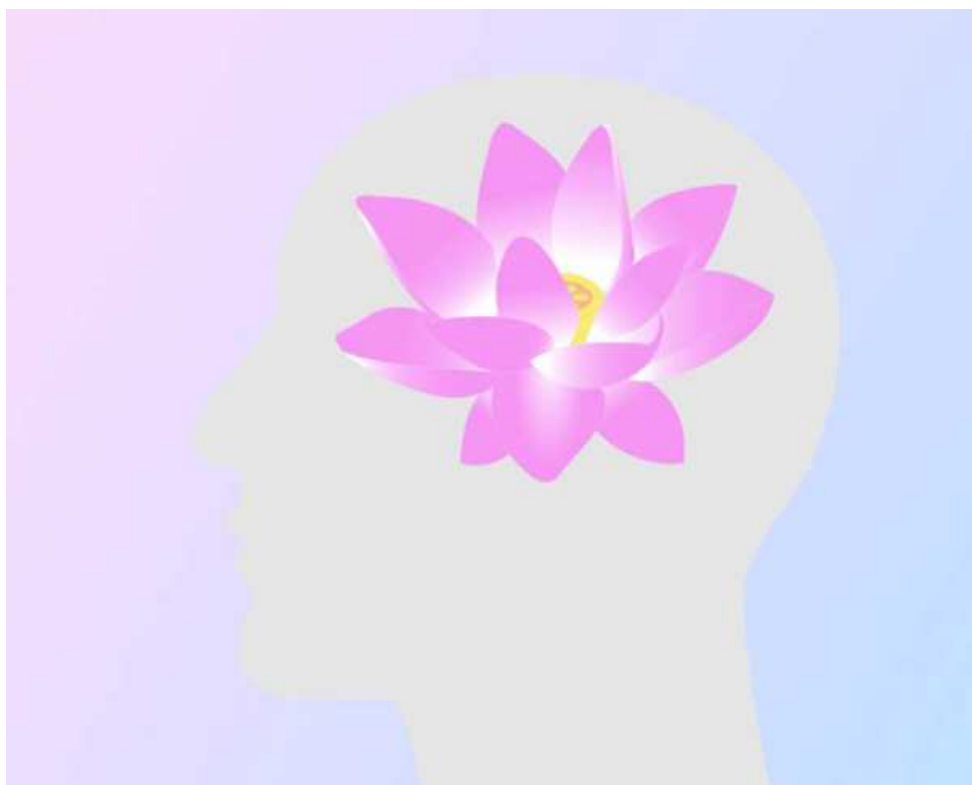
B.K. USHA

Intelligence is a highly rated quality; it helps us function rationally and achieve success in life. However, intelligence alone is not enough for us to live a happy life, and if we really wish to rise above the ordinary, we need to have something more—a pure intellect.

Such an intellect would have elevated thoughts and good wishes for everyone. Free from the clutter of desires and fears, it can clearly discern what is valuable and what is

not. One with an untainted intellect can see people as they are but is not influenced by their defects because they are able to discern the intention of each soul and interact with them accordingly. Instead, they note the good qualities of others and learn from them. A pure intellect creates a like attitude, which is benevolent. Benevolence is a quality that can inspire others to change their attitude and behaviour for the better.

Part of being benevolent is to see others with empathy. No matter what the other person is like if we remember that they are our brother souls, children of the one Supreme Soul, our perspective changes. Instead of being critical or judgmental, we recognise that each individual is on their own journey, with all its twists and turns, and the least we can do is to have good



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wishes for them.

Do we look at wrong as wrong? Do we think, "This one is wrong anyway", or do we see how we can put right what is wrong? Sometimes, if we have the wrong kind of cleverness, we may take pride in our ability to detect other people's faults. We fail to see that we are filling our minds with dross, which will contaminate our thinking and eventually become a part of our character. On the other hand, if we have elevated feelings, we become free from unnecessary and negative thoughts that arise from doubt, jealousy, attachment or other weaknesses. Our mental energy is conserved, leading to greater power, peace, stability and happiness.

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A THOUGHT FOR TODAY

Computers have a spam filter to redirect junk mail. Like a computer, my mind receives input from many directions; from people, the media, and my own subconscious memories. Much of this information is like spam and clogs my mind. On a daily basis, I can clean my mind with a spam filter by redirecting useless thoughts to the trash bin. This frees space for more valuable information. Today let me use my spam filter to delete unnecessary information from my mind.