

REALISATION

What is love and where does it come from?

If you want to experience real love, then you have to know the One who is the Truth, God.



DADI JANKI

First, we begin with ‘Om Shanti’—Om means ‘I am’, and Shanti means ‘peace’. When there is peace there is love, and when there is love there is peace. Within our relationships in the world today, there are three things that don’t allow us to understand and experience true love, and they are competition, cor-

ruption, and criticism. Love means to have honesty. When I can understand honesty, then I can also understand what love is. The more we live our lives based on values, the more we are able to experience love and give others the experience of that love. If you want to experience real love, then you have to know the One who is the Truth, God. The love that we experience from God makes us truthful and honest; the experience of God’s love gives us so much courage. God does not discriminate. He is everyone’s Father, the One who wishes benefit for all. My experience is that when there is honesty with God, the



God does not discriminate.

power of God’s love is able to remove all feelings of discrimination. With realisation, let me free myself from competition, corruption and criticism. The illness of corruption is very bad—if someone gets some money as a bribe, they will do the work, otherwise, they will not. In competition, they push others aside or make them come down. I have to transform this bad habit and change myself. I have to have honesty and courage, no matter how many challenges I have to face. In my life, I have experienced that when a child has courage, the parent will help. When you are clean and honest within, then there can be no fear or worry. When someone asks who

God is, we say God is Truth and God is Love. We have to know three things: Who am I? Who do I belong to? And what is it that I must do? First, let me accept who I am: I am a soul—a spiritual being. I am not this body; I am a soul in this body. I am not a Hindu or a Muslim or a Christian; I am not this body; I am not male or female. When I say I am male or female, then that means the body. Who do I belong to? I am a child of the Supreme. This is the truth. Then the soul has the connection with the Supreme Soul and there is light and I can be enlightened. When I know who I am, then I know what I have to do. In this world, I have to live with the power of

truth and love, and I have to serve the world with such honesty and love that falsehood is finished. The world has now become such that people become so occupied, engrossed and trapped in external things that they don’t have time to know God or believe in God, so they do not see the value of, or the necessity for, this. Perhaps, at a time of difficulty when nobody can help them, then they will call out to God. But it is only when we give time to know God that we can understand, experience and value what it is that we receive from Him.

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

INNER WORLD

HAVING PURITY IN THOUGHTS AND FEELINGS



CHARLIE HOGG

For someone on a spiritual journey, purity becomes an essential requirement. There is physical purity, where things are untainted and unspoiled, there is also moral purity, but spiritual purity is when I embed my thinking and feeling in truth. Then there is a clarity and a lightness of mind and cleanliness of attitude. Then I have a choice. I can choose to create a high quality of thought and feeling. The clearer my thinking is, the more automatic the state of peace inside. Nothing now seems pure in our world. Self-interest, ulterior motives, deceit,



Purity in thoughts

false news, and fake sincerity are surging out of the collective mind of humanity, contaminating the atmosphere. Spirituality goes to the absolute seed of the influence of my thinking. My inner world is like a tree. There is a seed, the trunk and the branches and leaves. The leaves are the individual thoughts, far too many of them, and these thoughts are influenced by the seed, the sense of who I am. I contaminate all thoughts if I do not know who I am. The pure truth is that I am a spiritual being, a soul. When I maintain that awareness, then there

is a pure quality of thought, which is joyous. The potential of pure energy of pure thought is the most powerful thing in the world. It transforms atmospheres. If I speak to someone on an intellectual basis, the ideas I put forward will not change them. The ideas may interest or intrigue them, but will not change them. If I speak to them with a feeling of love, or belonging or respect, and in peace, then that moment can change them forever. We cannot underestimate the power of pure thought to influence the world. Thoughts are beyond time

and space. They can reach anyone in an instant. The greatest power we have is the power of pure thought. Cultivating pure thinking is possible for anyone. It is not solely for the hermit or recluse. My whole world, my whole reality is within my mind. My thoughts manifest my reality. When I take full responsibility for every thought I create, I take a huge step forward in improving the quality of my life, of those around me and ultimately, of our world. Charlie Hogg, based in Sydney, is the National Coordinator, Brahma Kumaris, Australia.

SEEKING TRUTH

A SPIRITUAL JOURNEY TO WHAT IS REAL



ELIZABETH PADILLA

There are many illusions on the way to truth. A spiritual journey can begin in many ways and for many reasons, but mine began with a desire to find what is real, what is true. I had spent many successful years in the theatre, and the awareness that the stage is a dramatic and often beautiful space, decked with scenery and sets, and that the players are just playing a part, began to feel hollow. Behind the scenes, things are much different and my desire to find what is real and true could be likened to the feeling of hollowness I was beginning to feel with the theatre, reflecting life in general. What I was demanding from life and the world,



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I discovered, was what I was wanting from myself. I needed illumination to be real and as the journey towards being fully authentic and alight began, many lights appeared on the path, showing me the way. The inner journey to experiencing the light of consciousness, of being a conscient light, requires that I stay constantly lit, constantly aware. It is in remaining aware that I can light the way for others, by seeing their goodness, their conscient spark

of inner light. There is a permanently constant conscient light, the Supreme Light, the Supreme Soul, and all I have to do is stay connected in thought to that being and I shine. It is an awareness of the essence. The essence of a tree is the seed. If I stay pre-occupied with the leaves or fixate on a branch, I will find myself out on a limb—with no sustenance. It is not enough to talk about light or simply light a lamp or even just under-

stand that I am light. To make the light real, I have to be it and sustain it through darkness, ignorance, heavy energy and fear. I must remain light in both senses of the word. The Divine has no reservations in the light of love and understanding He bestows; I just have to be still and see things as they really are. Sister Elizabeth Padilla manages the retreat programmes at the Brahma Kumaris Anubhuti Meditation and Retreat Centre, California, USA.

MALADY

CORRUPTION: ITS SPIRITUAL ROOTS AND REMEDIES



B.K. GEETA

Corruption is a malady that has afflicted human societies for a long time. Much research has been done into corruption by experts, and governments have put in place legal and procedural mechanisms to prevent, detect, and punish corrupt practices. Yet corruption is rife in the world. That is because it has not been tackled at its root. The root of the problem—as is the case with every problem human’s face—is spiritual. Most people in the world are ignorant of the fact that they are souls, and instead, identify themselves with their bodies. When we see ourselves as physical beings and not spir-

itual beings, our entire perspective changes. The body is mortal, so fear of death lurks at the back of the mind. It gives rise to the dread of losing everything that one loves. This leads to attachment—the desire to hold on to things and people who are a source of happiness, strength or support for us. Believing that one is a body also encourages the idea that one should enjoy life so long as one is alive. This fuels a desire for material possessions or sensory experiences that provide pleasure, even if it is momentary. The experience can be addictive, leaving one wanting more and more of the same. It is easy to see how this leads to corruption. A person chasing after objects, physical pleasures or just the sense of security that a large hoard of money provides, would look to enrich himself by any means. Once such a person’s greed gets the better of their conscience, corrupt activity begins. The psychological process



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that culminates in corrupt thoughts and actions can be reversed and eliminated by the practice of spiritual awareness. When we recognise that we are souls and keep reminding ourselves of this fact, the

soul’s innate qualities of purity, peace, and love start emerging, and they are expressed in our behaviour. We do not experience these qualities of the soul all the time because we are always looking for them outside. When

we turn our gaze inward and remind ourselves that we are souls, sentient points of light, children of the Supreme Soul, our true goodness comes forth and is gradually strengthened. The process is simple—where our attention goes, there en-

ergy flows, and that part of us gets strengthened. One who has learnt to enrich himself in this way feels peaceful, happy, and strong. This inner fulfilment ends neediness and greed, and there is no longer any attraction to objects or sensory experiences. It is when we are empty inside that physical possession or stimuli attract us with their promise of joy or a sense of power or achievement. Knowing that the soul is immortal, takes rebirth, and has to account for its actions either now or in future lives makes us watchful of our thoughts, words, and activities. As per the law of cause and effect, also called the law of karma, the better the quality of our thoughts and actions, the happier our future will be. One who is aware of these spiritual truths will not resort to corrupt practices, knowing well that they will ultimately bring sorrow. B.K. Geeta is a Rajyoga teacher at the Brahma Kumaris headquarters in Abu Road, Ra-jasthan.

A THOUGHT FOR TODAY

When my foundation is strong, the storms of life do not rock me. The light of a lighthouse will only be seen if its foundation is strong and built to withstand the crashing ocean. For my light to shine, I need a strong inner foundation, built on a regular practice of silence and spiritual study. Today let me strengthen my foundation so my light can be seen.