

HAPPINESS MANTRA

# Generosity makes life more fulfilling



B.K. ASHA

Those who adopt spiritual practices with the aim of living a more fulfilled life wish to attain a state of mind that is easy, stable and elevated. However, because of some weakness, they find it difficult at times. Actually, they make it difficult by identifying with their weaknesses. Nothing can be too difficult for one who has understood spiritual truths and realises that they are a soul, a child of the Almighty. They will naturally be yogis, absorbed in meditation, spiritual study and service of the world. Meditation and service

are the defining traits of such a soul. Normally, people's minds are pulled by their family, friends and worldly things. For elevated souls, God is the basis of all relationships and attainments, so their mind gravitates towards Him. This makes remembrance of God a regular part of their life.

The way to reach a light and high state is to see oneself as a server and think, speak and work for the benefit of people everywhere in the world. We have several resources, such as knowledge, virtues and time, that can be invested in serving others.

We can help by creating a positive atmosphere with our attitude, and inspire others to do likewise. Our words and actions can be such that they encourage others to speak and act in a more refined way and, ultimately, connect with God to achieve a



high state themselves.

By using time in a worthwhile way, we can highlight the value of time and the importance of timely action. Serving others in this way will take us to an easy and elevated state.

How do we serve in this way? One who has developed their virtues and powers naturally thinks of using them to help others. We can do that by being cooperative. Generous souls keep very little of their resources for themselves, preferring to use them to serve others. This does not leave them poorer, because

generosity brings multiple rewards, not least the goodwill, cooperation and blessings of others.

To be a donor is to receive. Being of benefit to others is to be a benefactor for the self. To donate is to get hundredfold returns. Therefore, it is unwise to expend one's resources on the self or on trivial matters or problems.

When we engage in serving others, we automatically serve ourselves. Sharing our spiritual attainments unselfishly is the easy way to uplift the self. When we use the time

we would have spent on solving our problems in serving with deep love, the problems will get resolved. This is because service done with an honest heart brings instant reward in the form of happiness and strength. The Lord, it is said, is pleased with an honest heart.

Some people complain that their service does not bring success. Why? We can serve in two ways—from the heart, and superficially, with a desire to be acknowledged and praised. If there is a desire for short-lived results, that is what will be received—momentary fame. How can there be lasting success then? We get glorified, become known to everyone, and get to hear, 'You did very well'. Accepting such praise is akin to plucking unripe fruit from a tree and eating it, for quick gratification. How can

we expect to get the ripe fruit then?

When we are happy to have our fleeting desires fulfilled, we deprive ourselves of the full benefit of our efforts—the contentment and power that come from the awareness of truly having been of service to others. As a result, we are not able to make others feel content.

Those who serve with an honest heart may have several shortcomings, yet they share with others their virtues. That brings great satisfaction, and love and cooperation, all of which help us remain easy and elevated. When we are always ready to help, we will be constantly busy, and then the trifling complaints that arise from idleness will come to an end.

B.K. Asha is the director of the Brahma Kumaris' Om Shanti Retreat Centre in Gurugram, Haryana.

DISCOURSE

## UNLIMITED CONSCIOUSNESS HELPS US CONNECT WITH GOD



DADI JANKI

Until we learn how to detach ourselves from a limited consciousness, human love, with all its limitations, will attract us against our will again and again. Detachment of this sort is cultivated by reaching for God in such a way that we feel Him satisfying the needs of any

and all relationships. God is the Ocean of Love, so it is possible to experience Him as our perfect father, mother, beloved, and so on, all at the same time. It is only when we expose ourselves to all the aspects of God's love that we are then purified, that is, made full by its power. A limited consciousness will not allow us to experience such fullness.

Only by being faithful to One can we fulfil ourselves in this way. Souls have the habit of being distracted by the physical world. We have to study and look after ourselves to ensure that this does not happen to us. The only thing that will break this habit is the practice of soul-consciousness. By being introverted, by turning our attention to One, we will continue to receive light and might from God.



### A THOUGHT FOR TODAY

In Greek, the word for meditation comes from the root word for dialogue. Meditation is having a sweet dialogue with my true self and with God. For this I must focus my attention to discern my subtle spiritual self, then reach my mind upwards to forge a connection with the Divine. This sweet dialogue is called meditation. Today let me enter a dialogue with myself and with God.

COMMUNE WITH GOD

# Moving seamlessly from fear to love



B.K. VERONICA

In today's world, one of the most important needs is for stability. Most people though, are in a state of instability and insecurity based on named or unnamed fears.

Some fears are obvious and clear to us and some are hidden and only come to the surface in exceptional circumstances. For many, the enforcement of a lockdown and the abrupt cessation of a busy working life can, in the sudden abundance of time available to us, bring many fears to the surface. Fears that we

may have been suppressing for a long time.

With courage and honesty and a sense of inquiry, we can begin to acknowledge, understand and accept the fear and this can lead to some kind of permanent change.

There are three questions to ask the self, if the feeling of anxiety and fear is difficult to pinpoint. Am I afraid of God? Am I afraid of others? Am I afraid of what is or is not going to happen?

Sometimes, an inherited, misplaced and unexamined feeling of a punishing God can bring up guilt and a perceived need for retribution.

If I am afraid of others, what is it that I am afraid of, rejection or punishment?

Am I afraid that I will be unable to bear or manage anything that might be on the horizon?

Sometimes, we suppress our fears to such an extent that when they do



come to the surface, they have become so enormous and out of all proportion to the reality, they feel like monsters.

Research shows that very small children are not only afraid of unnamed monsters, but also of loud noises, falling and separation. So,

we too often become afraid of the loud noises of fear in our heads, of falling from grace and of being separate and alone.

We need to respond like a child, with innocence; the kind of innocence that brings immediate confidence. We need to remember that

whatever mistakes were made, were made in innocence of real understanding and power.

We need to put all our trust in the true Innocent Lord—who has immense benevolent love for each and every one. We need to remember that while each one of us is an individual and will ever remain so, the human family, nature and the animal world are one—there is in reality no separation.

There was a time when all was divine, and that time is to return. Let hesitation, the first step towards fear, not rob me of my right to return home to my divinity.

To feel that oneness, let me commune with God, have confidence and trust that all will be well, and contribute my powerful good wishes and pure feelings to all the souls of the world.

B.K. Veronica coordinates the activities of the Brahma Kumaris in Florida, USA.

INSIDE OUT

# THE BEST WAY TO LIVE INTELLIGENTLY



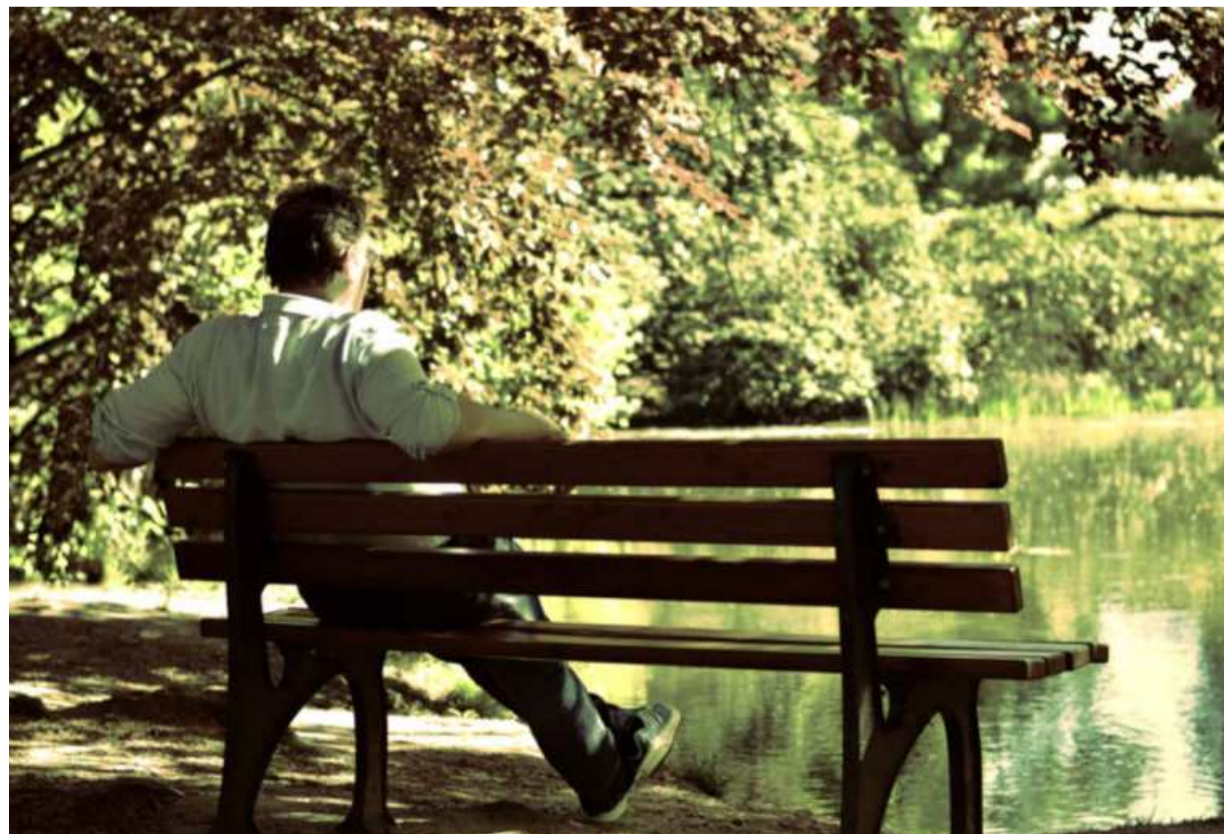
MIKE GEORGE

No one teaches us self-awareness and self-understanding. Yet, if we do not understand our self, we cannot manage our self and, therefore, our relationships, roles and responsibilities. As a result, we learn to believe life happens to us and we live from 'outside in'. We will often play victim. But when we realise who we really are and understand how life works, we come to know that life happens for us and we start to live from inside out. We restore our personal mastery.

Understanding exactly why this is so requires us

to cultivate the four main levels of intelligence within our consciousness. We 'think rationally', which is a function of our rational intelligence (IQ). We can 'feel intuitively', which defines our intuitive intelligence (II). We can 'know insightfully', which is defined by our spiritual intelligence (SQ). Sabotaging all three are our 'emotional reactions', which can only be understood and lessened when we cultivate our emotional intelligence (EQ).

But first, what is meant by intelligence? The simplest definition—using what you know in the accurate way at the accurate moment. For example, you make a rational decision not to walk into cars as you cross the road because you know that will mean damage to your body and much physical pain (IQ). You intuit and know your friend is suffering, so you intuitively decide to listen more (II). You have had



the insight that you are a spiritual being, so you knowingly decide to connect with the person who

wants to insult your physical looks because you know you will remain unaffected and compassionate (SQ).

They may insult your physical appearance, but you do not take it personally as you know you are

a non-physical being. In each case you are creating a decision using a different level of your intelligence

based on what you know. However, when you become angry towards someone and project that anger at them, it is a demonstration of your absence of intelligence and, therefore, your ignorance. I do not mean ignorance in a derogatory sense. It just means you have not yet realised, so you do not yet know, that you are 100 per cent responsible for your emotions and emotional reactions.

This is why emotional intelligence is an oxymoron. When you are emotional, it is a sign of your lack of intelligence, simply because you are unknowingly projecting responsibility for the emotions that you create on to another. That means you have not realised you are responsible for all your emotions and you are, therefore, making your self suffer. Love, joy, happiness are not emotions. They are our natural states of being. Emotional intelligence

is knowing how to untangle our emotionally driven reactions from our consciously created responses. However, discerning the difference is only possible when we have cultivated our spiritual intelligence. In other words, SQ is when we know and are able to maintain the awareness of who I am as a spiritual being, when we know and maintain the awareness of how I function at the level of consciousness, and know why I am here in this world.

It is these three aspects of our self that no one was able to teach us formally or informally. Most of our teachers and our parents did not know. They only passed on their ignorance out of innocence.

Mike George is an author of 16 books on self-awareness, spiritual intelligence and personal undevelopment. To subscribe to Clear Thinking, go to [www.relax7.com](http://www.relax7.com).