

A Greater Love...Demystifying Detachment

A talk by Sister Jayanti

Thursday 24th May 7pm. GCH, LONDON

Introduced and welcomed by **BK Jim Ryan**, **Sister Jayanti's** opening question to a full Conference Hall audience was '*What conversation is going on inside ourselves...is it of guilt and shame or is it of love?*' For the next hour Sister Jayanti provided many insights and practical clarifications on this topic and it was received with great enthusiasm and appreciation by many, in the Hall and online.

Please see below some of the main points shared:

- I can only love others when I agree to love myself first
- When my needs are met by the Divine, then I won't 'use' people to do this. When there is this inner vacuum, even if I have everything externally, I am going to use human beings.
- It is possible for a human soul to become a devta, a divine being created in the image of God.
- I start to give human beings love when I am able to draw love from God and my needs are met by Him. All disappointments and expectations in relationships then cease.
- To come to a stable stage of loving myself, I must:
 - 1st Step Recognize the inner being
 - 2nd step Know my core values and be aligned with them and then I can say "I love myself".
 - 3rd step Recognize and connect with the Divine, by detaching 'from my skin'. This provides powerful love and activates all the qualities I need to develop within and to become aligned to my core values.
- Detachment is the opposite of possessiveness. Possessiveness causes pain to the one who wishes to possess or control. In today's world, many are very insecure and when there is insecurity the need to control is stronger. When I am secure, I am not possessive.
- When I am able to love myself, to be stable and confident in a state of self-awareness and self-respect, I don't need to control. Starting inside is really the key.
- Often, people feel damage and hurt from the ones they are closest to, those who they appreciate and love.
- When there is an exchange of help, I also have to be careful that I don't then become dependent and attached.
- Detachment is appreciation and unpolluted love; when I give help at the time of need and then let go. With detachment, there is a state of love and happiness continuously.
- Detachment gives courage and confidence to another, so they can go out and fly; like a parent bird pushing its chick out of the nest so that it can develop its strengths.
- In today's world, many often allow dependencies to continue, which can hold them back.
- Detachment is an inner journey. As I focus more and more on the awareness within myself, I am able to see other human beings as that inner being, that being of light. Then there is a deeper connection with them.
- With the understanding of re-birth and the eternity of the soul, I can appreciate that when someone leaves the body at 'death', the soul takes another human body to continue its journey. Half the world's population does not understand this concept.
- On a human level, we may know each other for some years, yet we also have known each other for eternity.
- In terms of parenting, we are stewards to cherish, love, inspire, care and share with our children. Yet, we don't possess them.



- The concept of being a trustee in everything I have and 'possess' is very important.
- Many adults carry trauma and wounds that can be traced back to infancy. The scars can then be very deep. Wounded adults then create wounded children. The love from the Divine is able to heal. This is a love that never causes pain.
- When there is pure love, it uplifts and empowers. It always wants others to be better than they were yesterday. It always seeks ways to help them move forward.
- In the love I experience from the Divine, I need to fill with pure love and joy. Pure love does not criticize or see weaknesses.
- To the extent I am in touch with my inner core values, then I am open to God's love and have the grace to accept others love.
- When there is shame and failure then these scars create a block...there is fear of being hurt again.
- We may try and love someone but if they are not ready to accept, their defence mechanisms are up and the love cannot reach them.
- If I have filled myself with love, then it is not limited to any time frame.
- I may think of love in terms of 'my family, my kith and kin' – but a greater love is available to every human being. This is only possible when I have moved away from limitations of attachments.
- Meditation is the way to go up above and see the world as my home and all people as my family. It is then much easier to manage the tensions and conflicts that exist today. If I am ready to fly now, then detachment is the key.



Q&A

What is the purpose of the ego in self-love?

- We use the most amazing energy that exists in the universe; the energy of thought. When I think of someone I love, our thoughts connect. We can use the power of our thought to connect and communicate with the Divine.
- Thought is the basis of our success or failure. So, let go of all negative thoughts until there is nothing of them left. Now, when I understand I am a soul with all the treasures within me, I can start moving in this direction.

We are conditioned to depend upon each other to give us a sense of belonging. What is the first stage to simplify one's life?

- It is not easy to declutter a cupboard, never mind our life! It is good to begin with spiritual study. If I want to have a state in which the soul is self-sufficient and I'm not rejecting anyone, I need to actively study, find out information, understand it, assimilate it and practise this in life. Then this will make the soul self-reliant.
- My experience is that I can go inside and come to the awareness of I the soul, the being of light. In that state, I am detached from all things here and I have attuned myself to the presence of the Divine. As my mind becomes more peaceful in that direction, I am able to experience more of God's love.
- If I keep giving love, then fear is reduced; insecurities come to rest. There is then a sense of being able to rely on this consistent love that is coming.
- When we are consistent, others are able to trust and accept us. There is a step forward in the right direction

How do we detach from situations that are quite testing?

- If we want to perform, we have to rehearse to prepare.

- In a challenging situation, if I have prepared myself, the preparation helps me at that critical moment. Being aware of the inner being and practising this will help me at a time of crisis. Being the observer will help me deal with a crisis. When I see everyone as actors, I get a much broader perspective than if I just play my role. Be an observer of the situation. The world is the stage and these are all the actors playing their role. I can just give good wishes. This is what works in an amazing way.
- Let me create the feeling of sending thoughts of good wishes to everyone.

Sister Jayanti finished with a meditation commentary to draw a greater love from the Divine and Jim Ryan thanked her and closed the evening.