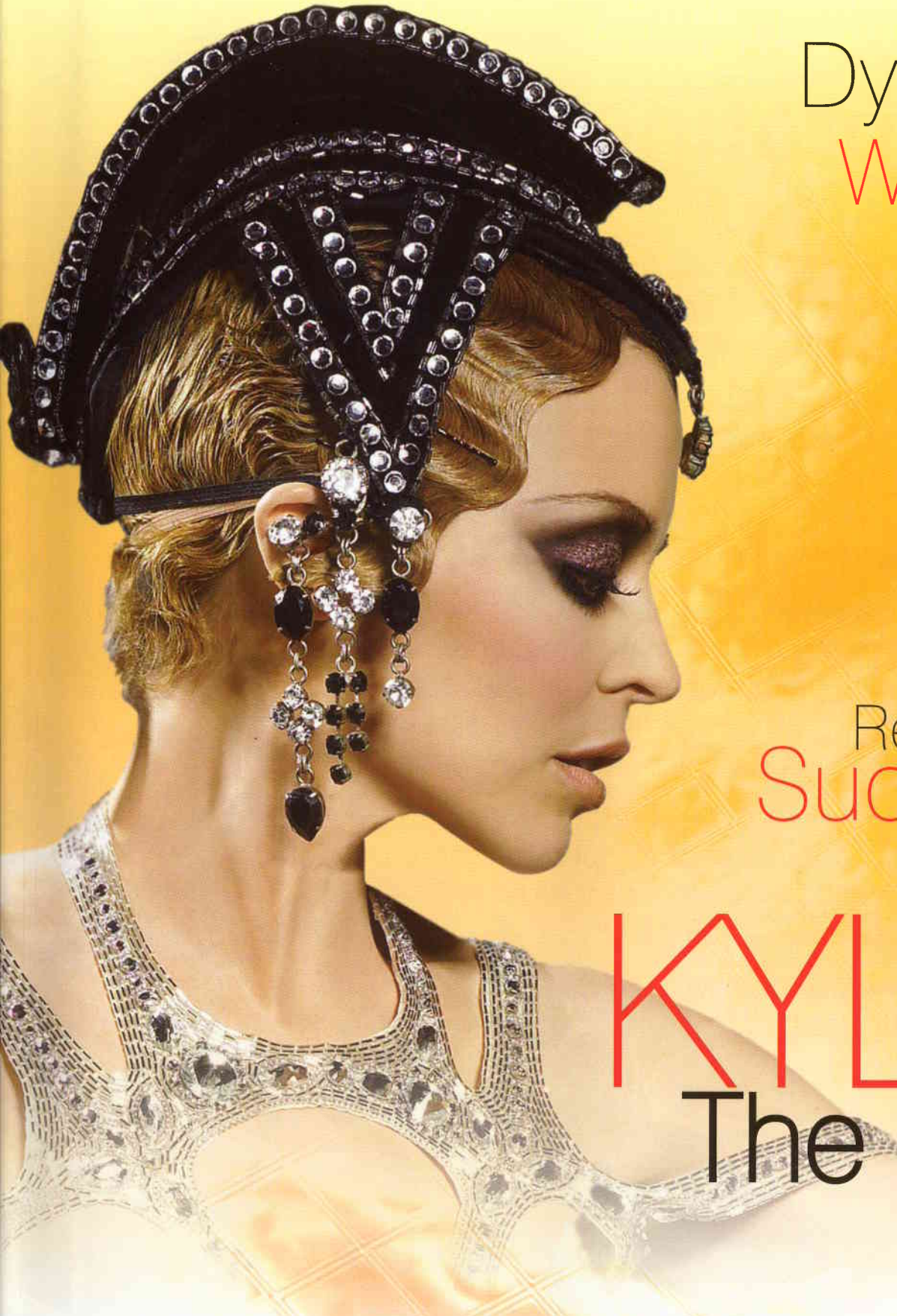


THE OFFICIAL GUIDE TO INTERNATIONAL
Women's
MONTH

March-April 2007



Dynamic
Women



Recipe for
Success

KYLIE
The Icon

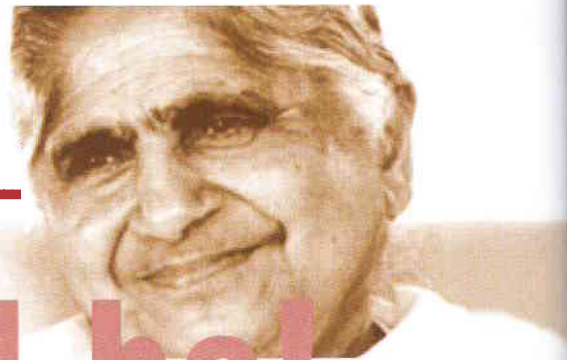
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Que Sera, Sera- Whatever will be... will be!



To celebrate International Women's Day, I'd like to share with you something my meditation mentor taught me. Dadi Janki is 91 years old and has over 70 years meditation experience - quite an achievement. She is one of the leading spiritual leaders of our time, for a woman - certainly an achievement. At first, I found this hard to accept.

Chuckling at my concerns, she said: "Whatever will be, will be!" My indignant response was, "That's not helpful!" With the mandatory twinkle in her eye she asked: "Are you still resisting? Do you not believe that what happens is for the best and what should happen will happen?"

Resistance leads to persistence. Whatever you resist or push against simply persists and pushes back in equal measure. It is one of the universal laws. Resistance can stem from a subconscious belief that the world should agree with us, and when it doesn't, our anger turns into more resistance and fuels our fears.

"Que sera sera... whatever will be, will be..." The famous line from a country classic always reminds me to start with acceptance. To empower the self, begin with acceptance. To encourage and empower another to change, start with acceptance. If you want to resolve

conflict in a relationship, begin with acceptance. To be a leader, always begin with acceptance. Acceptance connects you with the other person or the situation. Be careful not to make it conditional, otherwise, it's just resistance disguised as acceptance.

You are peaceful, patient, and wise at heart. Struggling to defeat the habits of fear or anger only makes the habits stronger. If you find a block between you and your peace, between you and your wisdom, between you and your power to be patient, don't resist, for that is like resisting yourself. You are in effect battling with yourself.

Resistance to self leads to suppression, the build-up of buried emotional energy, and inevitably it will explode. Learn to accept emotions: Que

sera, sera. It begins by becoming aware of them, observing, acknowledging them then accepting them. When you do this, you are accepting yourself, and that is the beginning of loving yourself.

Try this. Stop what you are doing. Find a quiet corner. Sit comfortably. Relax your body. Become aware of your thoughts and feelings. Observe them - if you feel the temptation to be drawn into them, then gently release them and return to the observer-position. Now become aware of the space between your thoughts. Experience the inner peace building in your mind. The more you try this, the calmer you will become..

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Ms Arti

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Cecylia Hinds

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