

# The Inner Wave



BRAHMA KUMARIS  
WORLD SPIRITUAL UNIVERSITY (UK)

Insights and experiences from the Brahma Kumaris World Spiritual University (UK)

Welcome to Issue 3 of *The Inner Wave*, for which our theme is 'youth and newness'. We lead with news of a special event to honour the ever-young 93-year old Dadi Janki, followed by several stories from and about young people. We hope it puts a spring in your step. Your feedback, please, to [newsletter@uk.bkwsu.org](mailto:newsletter@uk.bkwsu.org).

*Editorial Team*



From left to right: Lord Stone of Blackheath, Dr Ray Bhatt, Murlu Kirpalani, Swami Ni, Bhai Mohinder Singh, Sarah Teather MP, Swami Nkanda, Lord King of West Bromwich, Shernaz Engineer, Sanjay Shrinet, Dadi Janki, Raj Kumari Hira Sisodia of Merwar CBE, Sister Jayanti, Sir Gulam Noon MBE, Lisa Lin, Henry Grunwald QC, Karuna Shetty, Ashokbhai Shah, Prof. Nathu Ram Puri, Arjan Vekaria

## Friends United

Royalty, Lords, Members of Parliament and leaders of all major faiths gathered at Global Co-operation House, London on 12th January to unite in a common aim, world peace, at an event organised by *Demystifying India*, in partnership with *Hindu Today* and the *Indo European Business Forum* in honour of Dadi Janki.

"Simplicity is Dadi's message, enabling individuals to achieve a peaceful and happy life. As the world sees the adverse impact of the economic meltdown, it needs a guiding light like Dadi Janki even more than yesterday. Dadi is universal. She doesn't belong to any one particular faith, so it was very appropriate to bring together all the nine leading faiths to share the stage with Dadi and honour Dadi for the tremendous work she does all around the world." **Editor-in-Chief of *Hindu Today*, Arjan Vekaria**



Arjan Vekaria, Editor-in-Chief of *Hindu Today*, paying tribute to Dadi Janki

"Learning to meditate has increased my success and happiness in life. I thought to do something well, you had to be serious, but Dadi has taught me that you are more effective when you are happy." *Lord Stone of Blackheath*

"What Dadiji is doing for humanity is incredible, giving her time and life to serve." *Sir Gulam Noon, MBE*

## Eternal Child, Eternal Student

*Dadi Janki* Extract from Dadi Janki's address

The most important questions we have to ask ourselves are: 'Who am I?' and 'Who is mine?' And time is prompting us to ask: 'What should I be doing with my life?'

Instead of thinking about what others are doing and what is - or isn't - happening in my life, I need to think about my eternal, spiritual self and God. Allah, Ishwar and God are all One - you cannot separate them.

I am a child of God and a student of God. Whilst I live, I have to keep learning. I have to become free from my weaknesses, because these are the true cause of my unhappiness. When I become an example, others will follow: people learn not by being taught something but by seeing someone else's life and saying: 'Yes, I'd like to be like this.'

My desire is that everyone should experience a life filled with that profound happiness that comes from God. Let my life be filled with God's love, blessings and protection, so that I am able to share these with those around me.

# Young and Effective

A group of young people from Leicester invited Sister Jayanti, Director of BKWSU (UK), the Right Worshipful the Lord Mayor of Leicester Councillor, Mrs Manjula Sood and Steve Humphries, Games Director of the Special Olympics 2009, to share their thoughts about Being Effective in an Affected World at De Montfort University, Leicester on 7th December 2008. We asked event hosts Jyoti Basra and Vishal Salas to tell us about it.



Hosts Vishal Salas and Jyoti Basra

**Jyoti:** People nowadays are increasingly influenced and affected in a negative way by situations. However, it's all to do with our attitude in life.

Our generation is influenced by so much negativity that finding something good and positive is becoming rare. Changing our vision and attitude towards people and situations is key.

Sister Jayanti conducted a meditation which focussed on our ability to maintain our own stability in a chaotic world. It sounds so simple, but having a

few moments of silence can enable you to withdraw and then feel undisturbed by the situation around you.

As trainee teachers, Vishal and I know the importance of being effective with our pupils rather than being affected by them. We find that when we go into a classroom with a genuine positive attitude, pupils respond to that energy and the whole atmosphere becomes more productive.



Sister Jayanti with Steve Humphries and Lord Mayor of Leicester, Councillor Mrs Manjula Sood.

**Vishal:** Although the world is faced with a financial crisis, global warming and relationship problems, there is an ever greater need to be able to go within and emerge the power of silence to help nurture and sustain a positive attitude.

It was great that the event was organised by young people, who have a lot of enthusiasm. We want to create positive friendships with the wider community and hopefully inspire and motivate others.

For me the most memorable aspects of the event were people's experiences - genuine life changes - of how meditation has helped them and hearing their methods for stabilising the mind, switching off from the external and releasing that strength from within.

“The South African Paralympic sprinter Oscar Pistorius said, ‘You are not disabled by the disabilities you have, you are able by the abilities you have’. That doesn’t just relate to people with learning difficulties - but to all of us. Imagine, if we could unlock all that positive ability and energy in people, what a difference it would make to our world!”

**Steve Humphries**

“Truth, peace, love, righteousness and non-violence – of those love is the best, because all sublime human values have their origins in love. All the negative talk about our society will disappear, if we love each other.”

**Lord Mayor of Leicester, Councillor Mrs Manjula Sood**

## Meditation Commentary by Sister Jayanti

*Sitting quietly, I turn my attention inwards and look at the screen of my mind.*

*I see thoughts moving in many directions.*

*I select one thought: peace.*

*As I hold peace in my mind, it feels more and more comfortable and natural.*

*I begin to understand that I am peace.*

*Now I can experience the presence of the Divine, the Source of light and love.*

*God's light and love reach the soul.*

*The light shows me the difference between illusion and reality, falsehood and truth.*

*The love awakens hope. It heals the wounds of the past, so that I can let go of the pain I carry and allow my heart to be filled with love.*

*The light and love reach out into the world, touching all souls.*

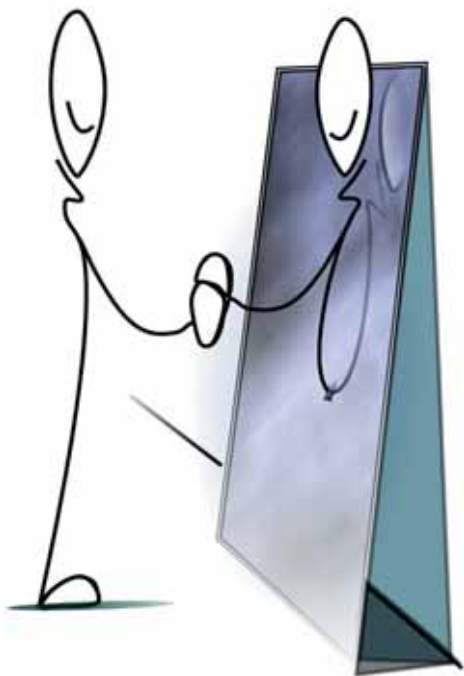
*The light and love touch nature and restore it to harmony.*

*Filled with this awareness of my own original state of goodness and truth, I return to the physical dimension, empowered to perform actions that will bring truth to the world again.*

*Om shanti.*

# The A-Z of Spiritual Living

## A is for Appreciation



Today I will let my vision be drawn to the diamonds, rather than the stones. I will see specialities rather than defects, both in myself and in others. This is how I increase the value of my life.

From: *Thought for the Day*.

To receive one by email each day, please sign up at:  
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# Aladdin and the Genie

*Aladdin:* Genie, I command you to come out of the lamp and grant me a wish.

*Genie:* Yes, master, what do you desire?

*Aladdin:* I want a palace

*Genie:* Can I ask why?

*Aladdin:* I can't afford to buy one.

*Genie:* But why a palace?

*Aladdin:* I want to live in luxury, feel better about myself and command the respect of others.

*Genie:* Why is that important?

*Aladdin:* [After a long pause] So I can feel contentment, happiness, peace and love.

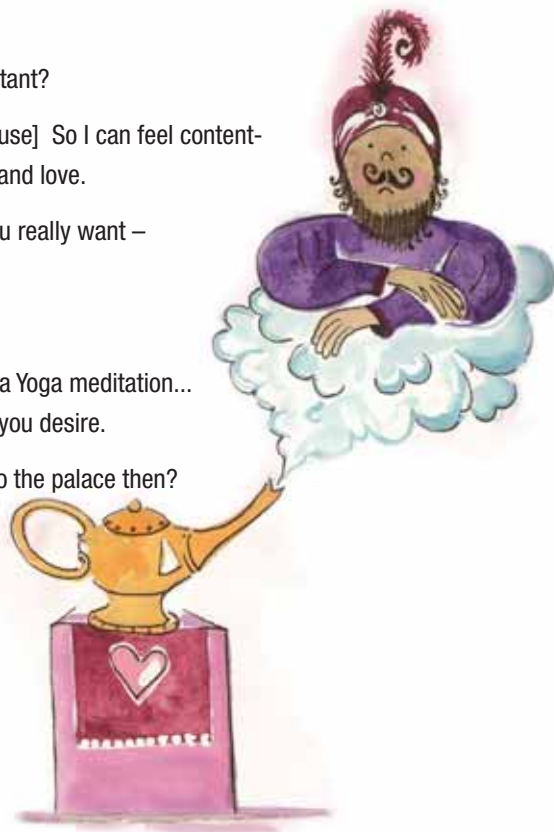
*Genie:* So that's what you really want – not a palace at all?

*Aladdin:* Well...

*Genie:* Can I suggest Raja Yoga meditation... you'll then receive what you desire.

*Aladdin:* So that's a no to the palace then?

[Genie smiles and disappears back into lamp]



## RECIPE: Aubergine Pepper Stew



2 medium aubergines, peeled (optional) and cut into 2 cm cubes  
3-4 tbs olive oil  
Pinch of asafoetida (optional)  
1 green and 1 red bell pepper, chopped into 2 cm squares  
2 to 3 fresh tomatoes cut into cubes or 1 cup chopped canned tomatoes  
1-2 tbs additional olive oil for drizzling (optional)  
3-4 tbs cider vinegar, or to taste  
2 tsp sugar  
½ tsp salt and ½ tsp ground black pepper, or to taste

1. Soak the chopped aubergine in salty water for 5 to 10 minutes. Squeeze out the water (to take away the bitterness of the aubergine).
2. Heat 3-4 tbs olive oil in a pan, on medium to high heat.
3. Add asafoetida. After a few seconds, add peppers and sauté them for couple of minutes.
4. Add chopped aubergines, tomatoes, cider vinegar, sugar, salt and pepper. (Remember the aubergine will be slightly salty already.)
5. Reduce the heat to low and cover. Cook for about 15 minutes.
6. Drizzle 1-2 tbs of olive oil on top after cooking (optional).
7. Serve warm or cold.
8. Serve with bread and plain yoghurt, or with plain rice.

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## Spiritual Youth Work on a Bigger Scale

*Maxine Green*, consultant with the voluntary and statutory youth work sector

*IYF youth co-ordinators with Brahma Kumaris seniors*

Over the last five years there have been some excellent initiatives to develop work with young people within their communities which have focussed on the areas of faith, interfaith and spirituality. For me these have been glimmers of light, which keep the values side of youth work alive - at a time when targets and government policy are framed by behaviour, skills and personal competence.

I was very excited to hear of the International Youth Forum (IYF) which was exploring a concept called 'You First', with an aim to produce ways of working with young people to help them explore and develop a relationship with their spiritual selves. This initiative is part of the work of the Brahma Kumaris World Spiritual University (BKWSU) and I was invited, with two UK colleagues, to attend the youth co-ordinators' annual retreat in Mount Abu, India in December 2008.

The programme *You First* has a three step self-enquiry process, encouraging young people to reflect, understand their spiritual identity and then share these values, by developing a spiritual and moral compass for living.

The really exciting part of the retreat was the way the co-ordinators used their own spiritual resources and strength to gather and focus the vision for *You First*. With an internet platform as a focal point the group



developed a range of ideas and resources supported by a good system which ensures that the project is well managed. The other essential factor integral to the success of the *You First* project is how it is held by the wider organisation: the Brahma Kumaris seniors are very supportive of the work of their young people.

59 youth co-ordinators aged between 16 and 30 came from 26 countries, where they are involved in exciting and challenging work. Their aim is not to seek converts to the Brahma Kumaris but to help people locate their inner selves and use this connection to

inform and support the work they do in the world.

It was a real privilege being invited to share with the IYF as they are developing this ambitious world wide approach. The ingredients are in place in the organisation to support this and it is certainly a significant time to launch this project. I will follow their progress with interest and hope.

*Extract from an article to be published in the National Council for Voluntary Youth Services Magazine, February 2009*  
[www.ncvys.org.uk](http://www.ncvys.org.uk)

*Brahma Kumaris representatives sharing meditation at the United Religions Initiative Global Assembly, attended by 300 interfaith leaders, including 100 young people, in Mayapur, India, in November 2008.*



*Communities in Burundi ravaged by genocide and disease are being helped to rebuild confidence and trust through positive thinking and values education programmes run by Brahma Kumaris (Africa).*



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The Brahma Kumaris World Spiritual University (UK) promotes the principles and practice of Raja Yoga meditation, encouraging the development of the spiritual dimension in life and with it a sense of well-being, dignity and self-reliance.

For more information about our activities around the UK, please see [www.bkwsu.org/uk](http://www.bkwsu.org/uk)

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