

# The Inner Wave



BRAHMA KUMARIS  
WORLD SPIRITUAL UNIVERSITY (UK)

News, insights and experiences from the Brahma Kumaris World Spiritual University (UK)

Welcome to The Inner Wave. In this issue we look at some aspects of the link between meditation and health. You can download this newsletter and previous issues from [www.bkwsu.org/uk/newsletter](http://www.bkwsu.org/uk/newsletter) and, if you would like to comment on anything you read in it, please write to: [newsletter@uk.bkwsu.org](mailto:newsletter@uk.bkwsu.org)

Editorial Team

## The Healing Mind

Q&A with Dadi Janki

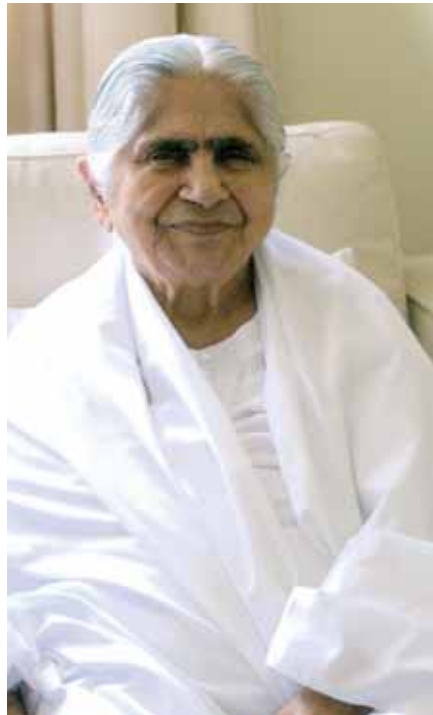
**How can I not worry when my body is unwell?**

Our response to pain can cause as much distress as the pain itself – so we need to learn how to use our minds to help, not hinder, our recovery. I have spent many years both as a nurse and a patient, and have seen how silence works alongside science in the healing process.

I can use the power of my mind to step back from what is happening in my body. By observing what is happening, instead of being caught up in it, I free myself from negative thoughts and feelings. I make a point of creating thoughts and feelings of happiness, peace and benevolence, which make me feel better – not worse.

It is important not to suppress what is in my heart, as this can impede healing. Let me listen to my heart with love and honesty. Honesty gives me spiritual power to deal with the situations I have to face. But I must be careful not to take on sorrow, for that weakens me. If I keep having pure, positive thoughts and good wishes for myself and for others, then I will be cared for, I will receive power and my mind will become strong and in this way I will help the body to heal.

**Dadi Janki** is Administrative Head of the Brahma Kumaris. She is also President of the Janki Foundation for Global Health Care, a



*“I make a point of creating thoughts and feelings of happiness, peace and benevolence, which make me feel better – not worse.”*

UK-based charity that researches and promotes a values-based model of modern health care, offering improved understanding in response to suffering and encouraging the development of positive thoughts and attitudes. [www.jankifoundation.org](http://www.jankifoundation.org)

## Experiencing Inner Power and Protection ★



Every day, people everywhere rely on their inner strength and courage to make the right choices in life, often finding an experience of protection and strength that is beyond human capacity.

The Brahma Kumaris are launching the project *Experiencing Inner Power and Protection* to help us cope with the challenges of the uncertain world we live in today. How do we harness our inner strength? Is Divine protection possible? How do we access this? What effect do such experiences have on our own lives and the lives of those around us?

We are inviting people of all cultures and backgrounds to get involved by sharing their own experiences of inner power and protection on our blog. There you will also find details of *Experiencing Inner Power and Protection* events taking place in September and October 2009 throughout the UK and in over 100 countries, each designed to help us access inner strength and the experience of protection that brings.

[www.powerandprotection.org](http://www.powerandprotection.org)

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*“Raja Yoga taught me to focus on positive thinking and see my qualities rather than my defects.”*



# Inside the Mind of a Psychiatrist

Dr Sarah Egger

Psychiatrist Dr Sarah Egger works in the NHS with elderly patients with mental illness and with professionals in the City. She has been a meditator for 30 years. The Inner Wave asked her how this has impacted on her work.



“I originally learned meditation for my own benefit, but I’m now realising just how much it’s helped my patients too. I deal with people who are distressed and often very angry, so I need to be able to handle that. Raja Yoga meditation has taught me to remain peaceful within while I listen to patients. I find this helps them to calm down. Mental illness causes a lot of worry and fear, so reassurance is the first and often the most important thing they need from me.

My meditation practice helps me to connect to the positive part of that person and to listen, *really* listen, to them. So I need to be still inside. Being listened to is very therapeutic for people in a state of distress. You’re then not treating an illness, but a person who needs your care and attention and to feel a real sense of hope that recovery is possible. One of my patients is a wonderful character but also very

*“I originally learned meditation for my own benefit, but I’m now realising just how much it’s helped my patients too.”*

disturbed and manic. Her carer told me that what had helped the most was that I took time to listen and see the good in her – and that she hadn’t always received this care.

A useful tool that people can learn through meditation is the understanding that you are in control of your thoughts, rather than your thoughts controlling you - in the

sense that when something gets into your mind, you can’t stop thinking or worrying about it. This is so common. So I encourage patients, especially those in the City who are really stressed and anxious, to take up meditation. Their lives are so fast that they can’t digest what’s going on. It’s essential for them to learn how to calm themselves. They can then be guided into reflecting on the self as a soul and learn to connect with the universal source of love and energy.

Of course, there’s plenty of research about the positive physiological effects of meditation - like reduced blood pressure and muscle relaxation - but the most important thing it has given me is being able to see beyond the illness in a person and see the soul. I know by listening, understanding and seeing their qualities I’m helping them in their recovery.”

**Dr Sarah Egger** is a Consultant Psychiatrist and Clinical Senior Lecturer, Department of Psychological Medicine, Imperial College London. She runs meditation sessions for psychiatrists at the Royal College Annual meeting and is an active member of the British Holistic Medical Association and Scientific and Medical Advisor to the Janki Foundation for Global Health Care.



Indian TV show host Kanupriya, Sister Jayanti and Sister Shivani in lively discussion at the Whitworth Hall, University of Manchester on the topic ‘Discovering the Deep Secrets of Karma’ on Sunday 28th June – part of the *Awakening with Brahma Kumaris* Live UK Tour. In total over 7,000 people attended 16 events in 14 locations around the UK in June/July.

## Being Cared For: a Visualisation

*Take a few deep breaths in and out... observe your breathing... on the in-breath instruct yourself to relax... on the out-breath allow all your tensions to fall away...*

*Imagine you are sitting comfortably in a room looking through a large window with sunlight streaming through it... Outside there is a beautiful scene of nature... just looking at it brings calm and inspiration...*

*Inside the room it is set up in a way that is in harmony with your inner self. Look around you and describe this room to yourself...*

*In this building there is someone who you care for and who cares for you very deeply, understands you more than you even know yourself. At times, when you need them most, you can sense their caring thoughts and nurture supporting you.*

*Here you stay as long as you want, whenever you want... you can sit, walk, talk, as you wish... there is no-one to determine how you should be... you just are... appreciate your uniqueness.*

*In your own time become aware of your body, gently move and look around.*

From *Lifting Your Spirits: Seven Tools for Coping with Illness* by Jan Alcoe, available from [www.bkpublications.com](http://www.bkpublications.com) or The Janki Foundation for Global Health Care Tel: +44 (0) 208 459 1400 [www.jankifoundation.org](http://www.jankifoundation.org).

## The A-Z of Spiritual Living

**D** is for Determination



In the midst of uncertainty let me keep determination in my thoughts and it will become a guiding light in front of me.

From *Wisdom for The Day - Timeless Calendar*, available from [www.bkpublications.com](http://www.bkpublications.com)

## Brain Surgery: a Meditator's Experience

*Jasminder Love*



I was watching my daughter do a presentation at school, when I collapsed with a seizure. I was diagnosed the next morning – my 51st birthday – with a brain tumour the size of a mandarin. I immediately used my spiritual understanding to help me 'receive' the news. My husband and daughter didn't have this resource, so were more upset than me. In the five months leading up to the surgery, I didn't worry. I just got on with preparing myself for it.

*“I asked myself: what do I need to learn from this?”*

A week before surgery, I stayed overnight on the same ward as people having the operation I was about to have. That night I observed nothing going right: people not returning from surgery, blood transfusions not working, someone having a stroke. There wasn't a lot of hope but I used meditation and my connection with God to get me through. I asked myself: what do I need to learn from this? What opportunity am I being given here? I held on to the thought that it might not happen to me and, if it does, then that's OK too.

On the day, I joked with the surgery team and

asked them to keep a sense of joy during the operation. I asked them to observe five minutes of silence before the anaesthetic. I went into a state of meditation and actually felt quite good. When I came round I was so glad to be alive and appreciated every little thing. I found myself inspiring others on the ward to be more positive. We'd laugh and sing together, but when their relatives came and asked in a worried tone, "How are you?", they would go back into the role of being sick and feel down again. We were on the same medication yet I slept far less than the others and my swelling was down within a week and I left hospital without any complications. I don't need to go back for two years and I'm the only one not on anti-depressants. I think the only difference was my positive state of mind that came through meditation.

I can honestly say I'm glad it happened. It has been an opportunity to deepen my whole life. I see how wonderful life is, when I stay positive.

*Jasminder Love has been a social worker, psychotherapist, photographer and film-maker. She is now a government advisor on diversity and women's issues and delivers personal development, leadership and management training to a wide range of organisations. She is actively involved with several Brahma Kumaris activities, particularly in the areas of training and education and women in leadership.*



### RECIPE: Courgette Delice

3 courgettes, peeled  
¼ cup plain flour  
¼ cup olive oil  
½ cup plain yoghurt  
½ cup walnuts, chopped coarsely  
Pinch of red chilli powder  
Pinch of salt  
½ cup fresh dill, finely chopped  
Pinch of asafoetida (optional)  
Walnuts, for decoration

1. Steam the courgettes and mash them
2. Fry the flour in oil in a saucepan. Add the courgettes. Simmer for 2-3 minutes.
3. Mix the yoghurt, chopped walnuts, chilli powder, salt, chopped dill and asafoetida to form a sauce
4. Mix courgettes and sauce, decorate with walnuts and serve

From *Pure & Simple – Cooking for a Busy Lifestyle*, available from [www.bkpublications.com](http://www.bkpublications.com)

