

# The Inner Wave



BRAHMA KUMARIS  
WORLD SPIRITUAL UNIVERSITY (UK)

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

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Welcome to the Inner Wave Issue 11. This issue's theme is 'Antidote to Stress' and we look at why we experience stress, and how meditation can help us deal better with 'stressful' situations in daily life. If you would like to comment on anything in the newsletter, please write to [newsletter@uk.bkwsu.org](mailto:newsletter@uk.bkwsu.org). Previous copies can be downloaded from [www.bkwsu.org/uk/newsletter](http://www.bkwsu.org/uk/newsletter).  
*Editorial Team*

## Life Without Stress



*Ken O'Donnell*

One definition of stress is a lack of capacity in dealing with whatever is going on around us. Perhaps with a big effort we summon up the energy to cope, but the stress involved is draining and may eventually lead to burnout.

One of the greatest thieves of our coping capacity is remorse, arising from unresolved situations of the past. Another is uncertainty and fear about the future. Both eat away at our strength, leaving us struggling and insecure in the way we deal with the present. When there are pressures from our roles, relationships, commitments, family, work, debts, and so on, we don't have enough power to act appropriately. Eventually, we may crumble.

An ability to be fully present to life's challenges, free of pulls from the past or future, is the secret of a stress-free life. However, the only human beings who are 100 per cent present are young babies. They lie in their cribs observing the colours, shapes and movements around them in a state of wonder.

We can't go back to being babies. We face real pressures - the rent has to be paid, the report has to be handed in, the difficult conversation has to happen, and so many other demands have to be met. This is life. But there is a world of difference in our experience of it when we create an inner resilience sufficient to handle the scenes around. Stumbling blocks become stepping stones to a better future.

When we practise the consciousness of being a soul - the inner being, distinct from the body and the roles we play - the detachment that develops enables us to learn from the past and stop worrying about the future. This brings us totally back into the present and increases our ability to respond better to what is happening in the here and now. By enjoying our inner state of peace, our ability to deal with the scenes of the play of life without stress gradually returns.

*Ken O' Donnell has been a student and teacher of Raja Yoga for over 30 years, and is a management consultant and author. Born in Australia, he now lives in São Paulo, Brazil, from where he co-ordinates the Brahma Kumaris meditation centres throughout South America.*

For information about Stress-Free Living courses in the UK:  
[www.bkwsu.org/uk/uk/whatwedo/courses](http://www.bkwsu.org/uk/uk/whatwedo/courses)

## Brake For A Break

*Taking just a minute  
I stop,  
I take a break.  
Just to be still,  
and to fill  
my life with quietness,  
is all I need  
in this moment.  
A brake on the doing,  
the thinking and the speaking,  
gives me space and time  
to be attentive,  
to observe  
the traffic of my daily life.  
In the silence break  
I realign myself,  
and with clarity  
re-enter my day,  
effectively coping with  
the jams, the shouts, the busyness.  
Now, several times  
during the day  
I take this brake  
for silence.*

Downloadable from  
[www.just-a-minute.org](http://www.just-a-minute.org) and also on  
the *just-a-minute CD 2*, available from  
[www.bkpublications.com](http://www.bkpublications.com)

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"I've learnt to accept that I have to change and that slowly, imperceptibly, everything is changing all the time."*



# Meditation On The Go

[www.just-a-minute.org](http://www.just-a-minute.org)



Stress is becoming increasingly prevalent in today's world and it's something that can affect us all – at work, at home, in our relationships, when we travel or watch the news. According to UK mental health charity Rethink, "Stress is the most common cause of ill health in our society, probably contributing to as many as 70% of all visits to family doctors." ([www.rethink.org](http://www.rethink.org))

What can we practically do to avoid and alleviate stress? Peace of mind, contentment and inner strength are just some of the benefits we can experience through meditation. But many people feel they don't have time to meditate or perhaps they've tried meditating before and aren't sure how to make it work for them.

Brahma Kumaris have a great online tool to help us deal better with the challenges in our busy lives. **just-a-minute** is about taking 60 seconds for oneself – anytime, anywhere - to slow down, let go and focus your mind. We can regain control over our thoughts and feelings, maintain our inner peace and clarity and respond positively to challenging situations, instead of being upset or thrown by them.



## How To Meditate... When You Haven't Got Time

A new **just-a-minute** website has been launched, which offers 40+ free downloadable audio meditations, personal experiences to watch or read, plus plenty of exciting, easy-to-use features and options. For example, with one click, sample the one-minute meditations online, and, if you like, you can quickly see exactly how you can use them in your own daily routine. There is also a 7-step programme you

can follow to take the guess-work out of meditation practice, or you may choose just to explore a step that appeals to you.

The **just-a-minute** initiative was originally launched at Wembley Arena on 17th September 2006 in a spectacular event reaching over 30 million people, with over 110 countries linking in via webcast.

## What people say about the benefits of a minute's silence From the video testimonials at [www.just-a-minute.org/resource\\_centre](http://www.just-a-minute.org/resource_centre)



**Dadi Gulzar,**  
Co-Administrative  
Head, Brahma  
Kumaris

"Some may say, 'What's the effect of just a minute?' I would say, 'What's the effect of a split second?' If we brake a split second later, we might hit somebody. If we have a positive or negative thought, it takes a fraction of a second. A minute is a very long time. My life was changed in 48 seconds, which was the time it took to run the 400m hurdles. So a minute of intention by a large number of people I think could have a fantastic effect on the world."

"One of the most priceless, rare things in today's world is time. Even if somebody wants to do something and there's a need, they will avoid it, if it takes too much time. But, if you say 'just-a-minute'... A minute anyone can take, whilst moving from one place to another. You can find a minute somewhere in between. The principle we are talking about is the principle of acquiring a taste. If you are going to taste something, even if you don't eat it, the taste becomes unforgettable. Then, after that, even if you want to forget it, you can't forget it."



**David Hemery,**  
Former Olympic  
Athlete



**Clarke Peters,**  
Actor and Writer

"Silence is where I go when I need to be recharged, where I need to sit and focus, where I need to be on top of that mountain and looking at the world... Silence is a wonderful place to be. Stay there as long as you can."

*"It would be impossible to live the sort of life which we live nowadays without the use of silence."*

"We need silent reflection the most at the moments in which we are most reactive, when we are being drawn out of ourselves by whatever is going around us - even by our inner agitation. It is in those moments that we need somehow to remember that we can come back to who we are... to this place of nourishment and stability that lives inside us. Then, of course, we can also recognise how nourishing it is and so we would choose to go there. That moment of choice can be less than a second."



**Revd Dr Stephanie Dowrick,**  
Interfaith  
Minister (Australia),  
Writer and Founder  
of The Women's  
Press (UK)



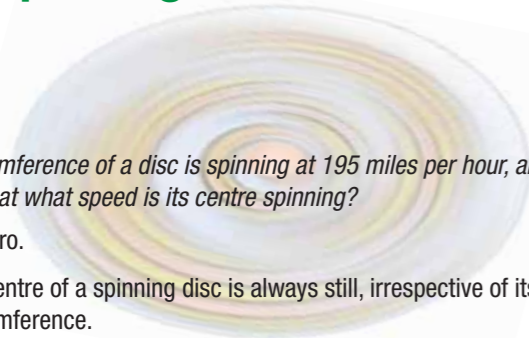
**Dr Peter Fenwick,**  
Neuropsychiatrist

"It would be impossible to live the sort of life which we live nowadays without the use of silence. The periods of meditation are absolutely vital to keep you balanced. The pauses during the day are part of the lifeblood of living, because, if you watch your actions very closely, the quality of the action stems from the moment that it's born. If you're all over the place, then the action will not carry the purity in form that it will have if you yourself are quiet and centred and have a good understanding of how the action should be made."



**Feeling Great with Dadi Janki**  
*Feeling Great* is the theme for a special event with Dadi Janki at the Hammersmith Apollo, London, on Thursday 12th August, 7.30-9pm. For more information T: **020 8955 1935** and (from 1st August) [www.bkwsu.org/uk/feelinggreat](http://www.bkwsu.org/uk/feelinggreat).

## The Spinning Disc - A Riddle



If the circumference of a disc is spinning at 195 miles per hour, and the radius of the disc is 2 miles, at what speed is its centre spinning?

Answer: zero.

The very centre of a spinning disc is always still, irrespective of its size or speed of its circumference.

This has an interesting spiritual parallel. When we recognise that we are souls, non-physical points of spiritual consciousness, we can experience the profound stillness of our centre, whatever is happening around us, however fast life is spinning.

This analogy can also be applied to the whole of life in which the Divine is the ever-constant 'centre'. When we souls rediscover our ancient relationship with that Supreme Soul, we can experience powerful support to remain in our own centre.

## The A-Z Of Spiritual Living I is for Insight

Insight is where I am able to see the positive reality of others, no matter what their appearance may be or how negative they may seem. The insight of someone who has encountered God is to see others through God's eyes - as one's brother or sister.



## RECIPE: Khoresht Karafs (Celery Casserole)

A traditional Iranian dish (Serves 4)

- 1 pack celery, washed and cut into 1cm lengths
- 1 bunch parsley, washed and finely chopped
- 125g tofu
- 1 tbsp dried mint
- 1/2 lemon, juice of
- 3/4 can or 2 fresh tomatoes, chopped
- 10ml water
- 2 tbsp oil
- 10g butter (optional for more taste)
- 1/2 tsp turmeric
- 1/3 tsp asafoetida



From *The Mmmm Factor*, a cookery demonstration event supporting National Vegetarian Week at Global Co-operation House, London, in May 2010.

1. Pour 1 tbsp oil in a casserole and heat it. Add turmeric and asafoetida and stir for 20 seconds.
2. Add tofu, stir for 3 minutes, then add parsley and stir for a further 3 minutes.
3. Add all other ingredients except the remaining oil, lemon juice and mint. Cover with a lid and let it boil. Then turn the heat down low and simmer until the celery has softened (15-20 minutes).
4. Pour the rest of the oil into a small pan and heat it, adding the lemon juice and dried mint. Stir for just 5 seconds, making sure the mint does not burn. Pour it into the casserole and wait a couple of minutes before serving.

## Snapshots from our associate organisations around the world



**Colombia:** At an event to mark 30 years of Brahma Kumaris service in the country, Marcelo Bulk, co-ordinator of BKWSU (Colombia), speaks on *The Power of a Peaceful Mind* in Bogota in May 2010.



**Canada:** A gathering of 450 people celebrate the inauguration of a new centre in central Toronto with Dadi Janki, Head of the Brahma Kumaris, and Sister Mohini, President of the Brahma Kumaris Organization (Americas, Caribbean & Canada) in June 2010.

**Iceland:** Mayor of Reykjavik Jon Gnarr (second from left) meeting Dadi Gulzar with Sister Jayanti, European Director of the Brahma Kumaris, at the capital's Town Hall, with Sigrun Olsen and Thor Barddal of Brahma Kumaris (Iceland) in June 2010.



## In My Life *Darryl Manners*



I'm a forensic scientist working for the police. Every day I deal with the worst that people can do – murders, assaults, suicides, etc. I see a lot of death. I used to hate that. Now, through the understanding I have got through Raja Yoga, I can see we are souls and only occupy an 'overcoat' and that all I'm looking at there is the overcoat - the soul has gone – so it doesn't worry me. I can accept what is going on, do what I have to do and stay detached.

Ten years ago I had a lot of turmoil in my life. Raja Yoga helped me deal with it. It taught me

to let go and say to God: "I can't sort everything out on my own - you've got to help me." It's worked. Those problems have been resolved.

It has also helped me to improve the relationships I have with my sons and my ex-wife. Because I'm calmer and more laid back, I understand them a lot better. I'm less controlling with my sons and after a difficult relationship with my ex-wife, we are now more like friends.

*"I've learnt to accept that I have to change and that slowly, imperceptibly, everything is changing all the time."*

I've learnt to accept that I have to change and that slowly, imperceptibly, everything is changing all the time. What happened yesterday happened - and I've got to move on. If something makes me angry, I have to address that in me and not try to change others.

At work, I try to stay in the awareness of being a soul and not the physical body. We have a tannoy system and I use it to remind me of that. After any announcement – they come every half hour or so - that's when I think of God for a minute.

*Darryl Manners lives near Reading. He has been studying Raja Yoga for seven years.*

### Learn to meditate

For information about free Raja Yoga meditation courses around the UK:  
[www.bkwsu.org/uk/uk/whatwedo/courses](http://www.bkwsu.org/uk/uk/whatwedo/courses)

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### Visit our online TV channel

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The Brahma Kumaris World Spiritual University (UK) teaches Raja Yoga as a way of experiencing peace of mind and a positive approach to life.

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