

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, as we approach the end of one year and the start of another, we explore the theme of Time. If you would like to comment on anything you read in this newsletter, please write to: newsletter@uk.bkwsu.org.

Editorial Team



Being in the Now

“The key is to be in the present and aware of myself as a spiritual being.”

Dadi Janki
Administrative Head,
Brahma Kumaris

These days people feel they don't have enough time. This causes a lot of stress and unease. 'Multi-tasking' often leads to reduced concentration and mistakes – which then take up more time. Some become so dispirited by their 'to-do' list that they put things off, hoping it will be easier another day - or unnecessary if left long enough - and so the list gets longer... When time feels like this, everything seems an effort. Yet there are people who do a lot but don't appear to be busy; they are carefree. How do they manage that? The secret lies in how much we understand and value ourselves and time. This enables us to focus on what is important.

As human beings we constantly experience change – from being a child, to a young person,

to an adult, then an older person. Yet, 'I', the one who experiences the world and expresses myself through this ever-changing body, remain the same. The key is to be in the present and aware of myself as a spiritual being, temporarily inhabiting the body I use, observing and taking part in the great drama of life. I play my physical role with responsibility but I can also step back mentally from that role and observe myself. The role then becomes more beautiful, more precise and more accurate, because, I can understand better how to play it objectively. I come into time - into the drama of life - but I can also step back into another awareness – that of timelessness, of eternity. This practice we experience and develop through silence and meditation.

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Creating Inner Space

Taking just a minute
I move away from the bustle
and chatter of my mind,
and with a determined thought
I create a space for silence
within.

I create and hold
a feeling of harmony,
a feeling of peace
within this space.

Each second,
each thought,
drop by drop
gradually expands
till this inner space
becomes a reservoir
of tranquillity.

Now, whenever I wish
with a thought,
drop by drop,
I can create
this tranquil pool
and find release
from every tension.

From the new *just-a-minute 2*
CD, available from
www.bkpublications.com

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A Rewarding 2010

If you want to make 2010 one of the most rewarding years of your life, you will need:

- ▶ a clear vision of the life you would like to be living by the end of the year
- ▶ some goals to help you achieve your vision
- ▶ an awareness of your strengths and weaknesses to help you on your way
- ▶ an ability to focus your attention and think, feel, speak and act in a way that brings benefit to yourself and others
- ▶ the courage and determination to put into practice any changes you want to make.

With this in mind, take time out to relax and ask yourself the following questions:

1. In what ways would you like your life to be different by the end of 2010?
2. If you were to choose an overall theme (e.g. happiness) to give the year more structure and direction, what would it be?
3. What drains and/or blocks your energy? How can you change this?
4. Name three changes you could make that would help improve your health.
5. What improvements would you like to make in your personal relationships?
6. Name three ways in which you could economise. What will you do with the money you save?
7. How can you become more 'time-rich' - at home and at work? What will you do with the time you save?
8. How can you make your work more enjoyable and stress-free?
9. Think of the qualities of someone you admire and respect. How can you develop those qualities more in yourself?
10. What will you do to nurture your inner spirit this year?
11. If you had one wish for the world that could be granted, what would it be? How can you help make it come true?
12. What is the single most important change you could make to improve the quality of your life?

Use the answers to your questions as a focus for the next 21 days and see what changes it can bring.

Holiday Calm

Marneta Viegas

In today's world children are increasingly showing signs of stress. School tests, falling out with friends, arguments between parents, homework and being bullied all contribute. Christmas can be particularly stressful.

Stress can affect sleep, make a child irritable, anxious and emotional, as well as cause headaches and muscle aches.

Consider introducing simple relaxation exercises into their routine. It's a great way to spend quality time together, and you'll be sowing seeds for the future: your child will learn how alleviate their own stress symptoms. Try not to over-extend your child with activities – allow time for daydreaming and doodling.

Consider limiting TV and video games, which can stimulate rather than relax. Plan at least one healthy meal a day, so that children don't miss out on vital nutrients, while still enjoying Christmas treats. Try to stick to family routines and traditions, where children can spend quality time being



“Consider introducing simple relaxation exercises into their routine.”

creative – decorating the tree or baking cakes. This helps them feel safe and secure. Often, when routines are broken, stress results. Check your own stress levels and plan ahead, so you don't run around doing everything last minute. Laughter is a great way to beat stress, so find some joke books and play games that encourage plenty of family laughter.

Here's a relaxation exercise for the whole family:

Beautiful Balloon

Close your eyes, be very still and imagine that you are holding a big balloon. It is very light. It feels very smooth. The balloon is in your favourite colour. Now hold the bottom of your balloon, and feel the balloon gently rising into the sky. Each time you breathe in and out, you gently glide further and further into the warm summer sky. The deeper your breath is, the further you can travel. Enjoy this feeling of weightlessness. Enjoy the feeling of being completely free. Your body feels weightless and free and your mind feels totally free. Repeat to yourself quietly, I am light, I am light.

Marneta Viegas runs Relax Kids, teaching children how to relax and meditate. She has been practising Raja Yoga for 30 years.

The Spirit of Christmas

Sister Jayanti

Director, Brahma Kumaris, (UK)



What makes Christmas holy are two important qualities at the heart of the human soul: peace and love. Christ, the Prince of Peace, was sent to the world when things were off-track, when humanity was lost in chaos and darkness. While people could follow those elevated teachings, it was a great help to humanity, but now we are lost again and we need to rekindle the message of peace. For this, we need to first find peace within ourselves.

The second main aspect in the Christmas story is love. God wants the balance of love and law in our world. Moses brought the Ten Commandments which provide a foundation for an elevated life and Christ's message reminds us of the depth of the experience of God's love. We express this love by caring, sharing and giving at Christmas time.

“We can experience both peace and love as a power”

We can think of peace and love in three ways: firstly, as two essential, natural qualities of the soul, and so this Christmas let us practise cultivating them. Peace and love are also a code of conduct; they are our natural state of being, so, no matter what is happening around us, let us maintain those qualities consistently within. Finally, we can experience both peace and love as a power—that we can generate and use to help us make the changes we want to see in ourselves. Experiencing love as a power for the self can heal the past and present wounds that we carry with us. We can experience this by accepting and sharing God's love. There is no greater gift we can give ourselves and others this Christmas.



The A-Z of Spiritual Living

F is for forgiveness

Forgiveness does not change the past, but it does enlarge the future.

From *Thought for Today* – a daily inspiration sent by email. To subscribe, visit www.thoughtfortoday.org.uk

RECIPE: Hot and Sour Soup



2 tbsp olive oil
2 tbsp fresh green beans, finally chopped
1 tbsp mushrooms, finally chopped
½ cup cabbage, finely chopped
½ cup carrots, very finely chopped
½ tsp red chilli powder, or to taste
2 tsp soy sauce, to taste
1 tbsp tomato puree
1 tbsp sugar
1 tbsp cider vinegar
1 tsp salt, to taste
3-4 cups water
1 tbsp cornflour or rice flour (optional)

1. Heat the oil in a pan and sauté the green beans and mushrooms.
2. Add cabbage and carrots and sauté for 2 more minutes.
3. Add all the other ingredients and bring to the boil. Simmer for 5 minutes and serve.
4. For a thicker consistency, mix 1 tbsp of cornflour or rice flour with ½ cup of soup stock and return it to the pan. Simmer for a few more minutes.
5. Serve hot.

From *Pure & Simple – Cooking for a Busy Lifestyle*, available from www.bkpublications.com

Being in the Now

(Cont. from page 1)

I am sometimes asked, “Where do you get your energy from?” If I use my time, energy and money in ways that are benevolent and useful, I experience a lot of happiness and strength internally and in my relationships. We can waste so much time and energy thinking unhelpfully of the past – or creating expectations of an ideal future. Yesterday is gone and it is what I do in this moment that will determine the future that I and others would like to see. So what I have to do is focus my attention on the present and the quality of my thoughts, words and actions now.

With a better understanding of myself and time, I am able to tap into my inner power and the power and energy of the One above – and use that in a worthwhile way to help bring about positive change in my own life and in the world.

Dadi Janki

Snapshots from our partner organisations around the world



Australia: Dadi Janki, addressing the closing plenary session of the Parliament of the World's Religions in Melbourne on 9th December, 2009.



India: Writer and journalist Neville Hodgkinson and *Awakening with Brahma Kumaris* TV show host Kanupriya (far left and far right) interviewing participants at the launch of *The Future of Power* dialogues at the Indian School of Business, Hyderabad on 8th November 2009.



Philippines: Food, clothing, blankets, pillows and school supplies for children provided by the Brahma Kumaris in Quezon City are dispatched, as part of the flood relief and rehabilitation programme in October 2009.

In My Life

Dr Naseem Mazhar

I've been practising Raja Yoga for 18 years. I have three children in their forties and we all live together.

Raja Yoga has brought me total peace and has made me see and understand how beautiful life is, how beautiful people really are. We learn not to focus on people's faults but on their good qualities - to see them as God sees them.

I've always believed in allowing others to be and not forcing my own opinion on others. I now realise that this isn't about being nice - it's the right way of doing things.

“Raja Yoga has brought me total peace and has made me see and understand how beautiful life is, how beautiful people really are.”

I always thought I was polite, gentle and understanding. One day one of my patients said, “Doctor, I don't know what you do and

where you do it but you have changed so much!” I must have changed but hadn't realised it. I found that quite embarrassing! Was I horrible before? We don't realise that our attitude changes in a very subtle way, and this affects others.

Occasionally there were patients who were difficult to satisfy. My spiritual practice helped me realise better that these people were just needing help and their need was not being met. I was amazed how, being aware of this and understanding it at a deeper level, those people I'd found so difficult, became very happy. My attitude was different, so they behaved differently. I learned that it was not they, who were difficult, it was me. We make situations difficult.

For me the most important thing in life was manners. Real good manners - that come deep from within one's true personality – are what I am learning now.

Dr Naseem Mazhar is a retired GP and has been a student and teacher of Raja Yoga for 18 Years.

Dr Naseem Mazhar



Next issue: Happiness

Learn to meditate

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