

The Inner Wave



BRAHMA KUMARIS
WORLD SPIRITUAL UNIVERSITY (UK)

News, insights and experiences from the Brahma Kumaris World Spiritual University (UK) Registered Charity No269971

Welcome to the first issue of *The Inner Wave*. Inspired by Dadi Janki, the Administrative Head of the Brahma Kumaris, this newsletter is the start of a conversation with you, our friends. In this issue we look particularly at anger and how to deal with it. We hope you find it useful and enjoyable. We welcome your feedback and suggestions as to what you would like to see in future issues at media@uk.bkwsu.org

Editorial Team

Healing Anger

Question & Answer with
Dadi Janki



There is a lot of anger and resentment between the generations, which is unproductive – it doesn't help things. How can we deal with this anger better?

To be angry is to be out of control and so someone who is angry deserves my love and compassion more than ever. If I can stay in my own peace and patience and keep my self-respect, I can help others to do the same. When I see people's good qualities, I empower both myself and them. This is true generosity.

By reaching a place of peace inside, I can share that feeling with younger - or older - people, so that they can free themselves from their own anger. If someone throws something at me, like an insult or an angry comment, I can just let it drop and leave it lying there. By not picking up another person's anger, I protect myself and at the same time give them the chance to take it back.

When I remember my own inherent goodness, I can share it with others. For this I need to spend time in silence and really get to know and love my true, spiritual self and connect with the Divine. At the Brahma Kumaris, we use the words, 'Om shanti', which mean 'I am a peaceful soul', to remind us of who we really are - no matter what is happening around us. To be peaceful is to be powerful. It is also our natural way of being.

SPACE FOR QUIETNESS

Taking just a minute
I sit comfortably,
Quiet and still.
In the quietness
I watch my mind,
I feel my senses.
Gently I speak to them:
"For a moment stop,
Just stop.
Relax and be calm.
Become free of hearing, seeing, doing.
Just stop."
Now I am in peace.
I am serene;
I am quiet.

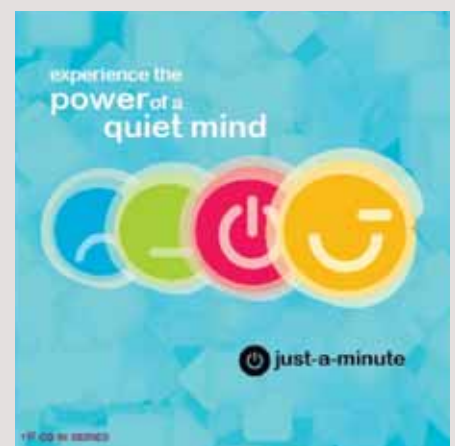


just-a-minute

More **just-a-minute** meditations will be available on CD soon, with 21 new tracks written and recorded by Anthony Strano, Director of Brahma Kumaris activities in Greece, Hungary and Turkey.

Meanwhile, the original **j-a-m** meditations CD is being re-released. Workshops introducing individuals and professional groups to the benefits of just-a-minute are being held around the UK – to find out more or to give your feedback, please contact info@just-a-minute.org.

For meditations, animations, information and more: www.just-a-minute.org



That Old Teenager and Mother Thing - One Mother's Experience



Photo courtesy Rent-a-Moose

“Things improved with my daughter much faster, and with less internal struggle, than I expected.”

The relationship with my daughter was getting really difficult. I could blame the fact she is a teenager, and doing all the things that teenagers do, but in all honesty that kind of blame wasn't helping the situation. It was time to do something positive about it, so I enrolled myself on an anger management course with the Brahma Kumaris in London.

I was in for some surprises. Number one, it's quite a shock to find out that you actually enjoy getting angry. Number two, I realised that I was carrying on the family tradition, since my dad was an angry person. The third shock came when I realised that anger was a thread that ran through quite a few of my relationships.

The group was really encouraging and the peace at Global Co-operation House started to help me approach the situation in a different way. Things improved with my daughter much faster, and with less internal struggle, than I expected.

Here are some practical tips that helped me along the way :

The course triggered off a series of realisations that have really helped the main relationships in my life. I could see that I grew up not really knowing who I was, just acting out negative ways of being, because it was the only way I knew of dealing with things. The meditation that we learnt in the course has helped me to discover that underneath all that is a nice person and I am getting to know that good person and liking what I see.

I still have my moments, but it's no longer inevitable that I will get annoyed with my daughter over every little thing. I have a choice. And out of love for my daughter my choice is to be the best I can be.

- Watch how you say things to the people around you; the tone of your voice is enough to send things spiralling down, so make the effort to stay respectful, even if your loved one is not being respectful towards you.
- Timing is crucial, when you speak to people who trigger your anger. Choose a moment when you feel calm.
- Getting angry can be like a fix, if it's been a habit for a long time. The first step towards change is to realise that you have had enough of the negative side of yourself and are ready to discover your good side.
- Wanting to be the best you can be for the people you love is a great motivator.

The wonderful sea air and views enhance the peaceful and uplifting atmosphere of the Brahma Kumaris' Lighthouse Retreat Centre, Worthing.



Anger Management: How Are We Doing?

UK anger statistics from the British Association of Anger Management website

- 45% of us regularly lose our temper at work
- 27% of nurses have been attacked at work.
- 33% of Britons are not on speaking terms with their neighbours.
- UK airlines reported 1,486 significant or serious acts of air rage in a year.
- More than 80% of drivers say they have been involved in road rage incidents; 25% have committed an act of road rage themselves.
- 50% of us have reacted to computer problems by hitting our PC, hurling parts of it around, screaming or abusing our colleagues.

Overcoming Anger Courses Around the UK

BKWSU (UK) offers free courses to help you understand and deal with anger in London, Oxfordshire and elsewhere in the UK.

For more information, please contact your local centre via www.bkwsu.org/uk or email gch.enquiries@uk.bkwsu.org

Wellbeing in Education



“Every human being has goodness within.”

Sister Jayanti, Director of BKWSU (UK), spoke to head teachers and educationalists at two conferences this year at Wellington College in Berkshire. The first conference was on Happiness and Wellbeing (18th January) and the second on Spiritual Intelligence (10th June). Wellington College has attracted national and international interest by teaching ‘the skills of wellbeing’ as part of the curriculum. Here is an excerpt from Sister Jayanti’s Raya Yoga & Meditation session at the Happiness and Wellbeing Conference:

“Every human being has goodness within. It doesn’t matter about age, gender, colour, race, belief or whatever, there is goodness within. But what has happened is that layers of dust have accumulated and we’ve tended to look at the external, material things and forgotten about the inner being. As a result we have lost contact not just with the peace within but also with all the other treasures that are there within the self...”

As I go deep inside myself in silence, holding the thought of peace, allowing myself to

connect with my own original blueprint, I discover the truth, the joy, the purity and the love that is there. Discovering these treasures within is the key to freedom. We all talk about freedom and very much want to have that experience. When I was 18, I thought it meant being able to come and go, as I choose! But, of course, it’s the freedom to be who I truly am - the freedom to express my original qualities. To be able to sustain those qualities, I need to make time for myself in silence...”

Athletic Minds - Exploring Spiritual Intelligence in Sport

Three years ago teenagers across the UK were offered an amazing opportunity - the chance to compete in an Olympic Games in their own country. Since the announcement that London would host the 2012 Olympics, excitement has been growing across the UK - helped by Team GB’s record haul of 19 gold medals in Beijing.

What better timing could there have been for giving energy to a new and exciting initiative to explore more deeply the connection between sporting excellence and the power of the mind? Called 'Athletic Minds', the idea is to bring together professionals and practitioners working in sport and assist them in personal development and performance enhancement, using spiritual techniques that have their origins in the ancient wisdom of the East.

There is growing interest in understanding how such methods of using concentration and visualisation can have a critical influence on one’s state of mind and so improve, amongst other things, sporting performance.

An event is being planned that will explore spiritual intelligence and sport in greater depth, in an open environment of sharing and learning. It's scheduled to take place at the Global Retreat Centre, Oxfordshire in June 2009. If you're interested in taking part - or have ideas you would like to share, please contact the Athletic Minds team at: athleticminds@uk.bkwsu.org.

High Street Haven

17th May 2008 saw the opening of a new Inner Space in Chelmsford, Essex.

“This Parade has got everything the body needs, including a pharmacy, but it’s never had anything for the mind.”

Visitor to Chelmsford Inner Space on its opening day

Inner Spaces have been at the forefront of the Brahma Kumaris' vision of bringing personal insights and calm to the high street, accessible to local communities and businesses. Each Inner Space offers free courses and lectures, a Quiet Room and a bookshop.

Inner Spaces are in:

Cambridge

6 Kings Parade, Cambridge CB2 1SJ T: 01223 464616
www.cambridge.inner-space.org

Chelmsford

Moulsham Parade, 124 Gloucester Avenue, Chelmsford CM2 9LG
T: 01245 355654 www.innerspace.org.uk/chelmsford

Covent Garden, London

36 Shorts Gardens, London WC2H 9AB T: 020 7836 6688
www.innerspace.org.uk

Oxford

21 Broad Street, Oxford OX1 3AS T: 01865 244 321
www.innerspaceoxford.org

Romford

10 Carlton Road, Gidea Park, Romford, Essex RM2 5AA
T: 01708 766 865 www.romford.inner-space.org

Wembley

528 High Road, Wembley HA9 7BS T: 020 8903 1911
www.wembley.inner-space.org

Tao of the Traveller - the Seven Keys to Enlightenment

By Tinaka Niven

Film review first published in The South African and The New Zealand Times, April 2008.

Produced by Australian actor, director, producer and one-time winner of the Australian Arts Award, Robin Ramsay, *Tao of the Traveller* is a magical journey to magical destinations.

Tao of the Traveller follows a young woman on her journey of self-discovery; this film brings us the Seven Keys of Enlightenment. Taking us from the deserts of Australia to the mountains of New Zealand and also to India, the scenery is breathtaking and not only magical, but real. Meditation is the key to many people's inner peace and, whether it is your way or not, *Tao of the Traveller* is truly a visual delight and if you don't understand the concept of meditation, it provides the desire to learn about it.

Taken from Robin and scriptwriter Barbara Bossert's own experiences of Brahma Kumaris, a university that teaches meditation and helps people understand their inner strength, they faced the biggest challenge of putting this concept into film. Of course this was made a lot easier with the people Robin had on board. Dave Clayton of Simply Red fame is the musical director, composing the music and playing the keyboards for the movie. He wrote a song with Lucinda Drayton especially for the movie. *Tao of the Traveller* was premiered at the Fallbrook Film Festival in California in April 2008.

To see for yourself, you can get a taster at www.taotraveller.com or a copy of the DVD from www.bkpublications.com

Throughout April 2008 Robin Ramsay toured with the film around the UK. In Scotland preview screenings took place at cinemas to packed audiences in Glasgow, Edinburgh and Aberdeen.

RECIPE from Pure & Simple - Cooking for a Busy Lifestyle

"Food cooked carefully with joy will always taste better than food cooked with a negative attitude."

From the review of the book in 'The Vegetarian', the Magazine of the Vegetarian Society, Autumn 2008.

Fennel and Potato Stir-Fry with Peanuts

(Serves 4-6)

- 1 Heat the oil in a medium-sized pan. When it is hot, add the mustard seeds and cover.
- 2 After the seeds have popped, add asafoetida and cook for a few seconds. Add the peanuts and fry for a minute, then add the chopped fennel.
- 3 Stir the mixture, allowing the fennel to cook for a couple of minutes. Add chillies and chopped potatoes, stir everything together, cover and turn the heat to low.
- 4 Allow to cook, stirring occasionally, until the potatoes are cooked, adding 1 tbsp of water if necessary.
- 5 Add the roasted chickpea (gram) flour, stir, cover and allow the chickpea flour to cook for a couple of minutes, still on a low heat and stirring occasionally to make sure nothing sticks at the bottom. Then add the ground cumin and coriander seed mix.
- 6 Remove from heat, add lemon juice and sprinkle with freshly chopped coriander and serve.

This can be served either hot or cold.

Pure and Simple is available from www.bkpublications.com



- 3-4 tbsp sunflower oil
- 1 tsp mustard seeds
- 1/2 tsp asafoetida
- 2-3 tbsp peanuts
- 2 fennel roots, cut into 4 cm lengths and 1 cm thick
- 2-3 green chillies, finely chopped (optional)
- 2 potatoes cut lengthways into 1 cm thick chips
- 5-6 tbsp chickpea (gram) flour, roasted in 2 tbsp of oil for 2 minutes
- 1-2 tsp ground cumin and coriander seed mix
- 2 tbsp lemon juice
- 1-2 tbsp fresh coriander, finely chopped

Brahma Kumaris World Spiritual University (UK)

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