

Chandigarh, 29 March: Our thoughts have enormous power, which if used properly; all the human sufferings and problems can be overcome. Today, we have polluted the environment by our negative thinking and are paying a very heavy price for it. Thought pollution has led to all-round corruption, in security, tension, anger, hatred and fear in the minds of people. All the human sufferings are as a result of negative thinking. A person who thinks positive does a great service to the humanity as he contributes towards creating a positive environment.

This was stated by Brahma Kumari Usha Didi, a senior Rajyoga Teacher and international Self-Management Trainer from global headquarters of Brahma Kumaris Ishwariya Vishwa Vidyalaya at Mount Abu at a seminar on Planting the seeds of Positivity at Rajyoga Bhawan Sector 33A. She also addressed a seminar on "Facing Challenges through Meditation" held at Bhargava Auditorium of PGI today as a key note speaker. PGI director Dr. K. K. Talwar was the chief guest on the occasion.

Explaining the concept of mind power she said that the mind is good servant but a bad master. Mind can be our best friend or the worst foe. A sound value system is needed for the mind to fulfill its role as friend. Just an ocean can not catch fire; a healthy strong mind can not be touched by negativity. On the other hand unhealthy mind will be always seeking, desiring, complaining and demanding, depending on people and things to fill up the weakness inside. She categorized thoughts into positive, routine thoughts, waste thoughts and negative thoughts

Brahma Kumar Amir Chand said that negative thoughts and feelings have placed our planet in a state of crisis. Instead of being constructive and creative a corrupted mind drains away all vital energies and resources. A negative mind leads to wrong functioning and imbalances; it directs all external inputs in wrong wasteful activities. A polluted mind ruins the health of the body, spoils relations and fritters away all resources.

On her power point presentation at PGI B.K. Usha Didi said that Rajyoga meditation fills us with the power to pack up unnecessary thoughts of the past and to free us from the undue worries of the future. We become free from fears and tears. Meditation develops power to face the situation, tests and challenges.

While talking about present world scenario she elaborated that today, it is the age of uncertainty and age of re-evaluation as we seek to find new strategies for the future. It is hardly possible to manage the external environment. So the emphasis has shifted towards our inner environment and harnessing inner resources. We need to set down personal principals, ideas, values and beliefs and to develop a bold approach to lead change, rather than to be tossed around in a sea of change. The challenge is to redefine, reinvent and reorient ourselves for the future so that we can lead change creatively.

Explaining the concept of self management she told that our success at self management will determine how we survive and prosper in the 21st century. In a highly competitive world, there is little margin for error. One of the big challenges in the present time of transition is to make sense of it.

The key principle that forms a practical basis for facing present challenges is to understand that whatever happens is to help me learn and grow. There is benefit in everything- this understanding is required in order to live effectively and happily, she further added.